

Finding a Job You Love by Discovering Your Life Purpose

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Did you know that only 1% of the population are living out their life purpose?

Life Purpose is not something that many people think about or even could describe but it can be one of the most important aspects of life to clarify. Many seek to find fulfilment and success in a variety of different areas. Life purpose seeks to bring all those areas together. If you cannot say you are giving yourself to something big in your life, you may be missing out on living in line with your life purpose. Another sign may be if you are feeling unfulfilled in your work or parts of your life.

Marcia Bench, author of the best selling book “Career Coaching”, states in her book:

“People will tend to experience success and fulfilment in their life to the extent that they are clear about their life purpose”.

So what is Life Purpose?

Colin Salisbury of “Life that Matters” states:-

“Life purpose is a calling, overall theme for our life or intent that transcends our daily activities. It is the quality we are here on earth to develop, the type of service we are here to render, the way we can enhance or improve some segment of the planet. It is much broader than one job or career; it pervades our entire life”.

Benefits of Finding your Life Purpose?

It will be a compass to direct you in the right path

Life purpose allows you to decide which opportunities to take up and which to decline. It becomes like a compass that can help you assess your options. Without that you can be tempted to take up opportunities that may ultimately not lead to fulfilment.

With a Life Purpose you can make a significant contribution to mankind.

Because you will be tuning into your gifting and passion you will be carrying out what you were designed to do on this earth. No one else can do what you were created to do and so mankind will be a better place if you live this out fully.

Living out your Life Purpose creates energy and passion.

Have you heard the expression, find a job you love and you will never do a days work in your life? Why is that? Because when you tap into your purpose and passion you are working in alignment with your unique gifting and as such you are not worn down by working in conflict with those.

Confidence grows when you know and walk in your Life Purpose

There is a higher chance that you will achieve greater results when you work out your life purpose and as a result your confidence will grow.

It will bring greater health

It stands to reason that when you are happy, fulfilled and working in your strengths you will naturally be less stressed and likely to have much greater health.

It brings meaning to life

Without a purpose, goals can be meaningless. With a purpose our goals can be aligned and we can feel that they are worth our time and energy. With meaning in our lives, we can then have the motivation to overcome difficult times and build in resilience. It allows us to have perspective in our lives.

Life Purpose Principles

1. Everyone has a Life Purpose – it is not for the elite few

You were born with a unique DNA, and a distinctive way of expressing it. Everyone has a unique purpose. It is not just for those we deem as special or heroic.

You may have a number of ways of living out our life purpose; some will be longer lasting than others.

2. Society will pull you away from your life purpose

Often society will tempt you to work for the wrong reasons that are not aligned with our purpose. By knowing your values you can make sure you are staying true to yourself.

How to Find your Life Purpose

1. Get a clear understanding of your passions/values

Your values are those things you are naturally inclined towards when your needs are fully met. They are more than “wants”; they represent what you are truly passionate about. Begin to develop some words that sum up what contribution you want to make and to whom. This can be the beginning of a Life Purpose Statement. Some of these questions may help?

10 Vital Questions to Discover Your Life Purpose

- What do you love to do whether in your spare time or at work?
- What parts of your present job or life activities do you thoroughly enjoy?
- What do you naturally do well?
- What are your 10 greatest successes to date?
- Is there a cause that you feel passionate about?
- What are the 10 most important lessons you have learned?
- Are there some issues or perceived problems that have occurred over and over for you?
- What do you daydream about doing?
- What things do you want to be remembered for?
- What would you do if you knew you could not fail?

2. You will find your life purpose when you find the crossover of your unique desires/strengths and a human need

Knowing your strengths and passion is not a life purpose until you are able to match it with some human need. Consider the areas you are passionate about. Try to be as specific as possible

3. Understand the Blockages

Fear, failure, thinking is it only for a few and viewing the cost as too high, are a few of the blocks that can get in the way. Identifying your blockage can be useful to stop you sabotaging your behaviour on your journey.

Skills Development Exercises

Here are some exercises to help you take the information from this document and apply it to your situation in a practical manner. Having a diary or journal to document your discoveries can be most helpful.

- Re-read through the 10 Vital Questions to Discover Your Life Purpose. Document your discoveries in relation to answering these questions. What patterns emerge from your answering of the questions posed?
- Consider completing a values assessment so that you can understand the underlying considerations that are important to you. Do an on-line search and there will be a number that you can choose from pick one that suits your particular purpose and need.

Information on the www.internationallifepurposeinstitute.com could be a good starting point.

- Consider what beliefs and attitudes may be limiting or impacting your ability to determine your life purpose? Now reflect on whether they are truths or simply perceptions? If they are not truth how might this impact the actions you take in future?
- How much does your current position/job provide fulfilment? What is it that you like about the position? What don't you like about the position? What would you change if you had the chance? What steps might you be able to take to bring about that change? How does knowing your values influence the steps you would be likely to take?

What are two actions you can take within the next week that would take you closer to understanding and acting on working towards achieving your life purpose?

Acknowledgements & Further Reading

Jane Johnson is a leading Performance and Life Purpose Coach. She has worked with many solo entrepreneurs, consultants, coaches and executives, to enhance their purpose and success in their career/business. She has also helped many find more fulfilling work. She is Founder of the International Life Purpose Institute, Author of the Home Study Course " Finding your Life Purpose" and a Coach Trainer.

High ideals Pty Ltd is grateful to Jane for allowing us to use her document in full. Free Life Purpose Test and other resources are available at www.internationallifepurposeinstitute.com.

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