**A sign on the side of a mountain road

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**Let’s Start to Talk About Purpose**

**Introduction**

Have you ever wondered about your life’s purpose? Looked around you after another long day in the office, looked at your bills and wondered why you’re doing this? You don’t have to have a mid-life crisis or go off to an ashram to discover how to improve your life satisfaction and find meaning. Humans are wired to find meaning in their lives. There’s plenty of science to back up the importance of finding meaning in your life.

As well as making for a happier more fulfilled life, finding your purpose has been shown to improve your resilience.It also helps you deal better with stress and life’s adversities, learn more effectively and increase your happiness.

There are many techniques available to help you explore your values and work out how to live an authentic life that is right for you. What they all have in common is an approach that asks you to look within, do some self-reflection and see what come up for you.

This guide is designed to give you an introduction, and is in no way a comprehensive guide to purpose! It’s designed to start you to think, and to prepare you to go deeper in discovery. Here are some suggestions to help you get started.

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**Journaling**

Journaling is a powerful tool to help you discover your life’s purpose. And there is strong scientific evidence that supports infusing meaning and purpose into your narratives. Magnetic resonance imaging (MRI) scans clearly show that reflecting on meaning and purpose engages a particular part of the brain and can help build new neural pathways.

Journaling can not only help you explore your life purpose, but it can help you deal with stress, build personal growth and learn more effectively. Studies have shown that people who write down their goals are significantly more likely to achieve them.

Useful journal prompts to help you find your life purpose can include:

1. What have been the important events in your life?
2. How did they make you feel?
3. What are your strengths?
4. What comes easily to you?
5. What makes you feel good?
6. What have other people told you you’re good at, or thank you for doing?
7. What are you grateful for right now?
8. How would you like to make an impact on your family, your neighborhood, your workplace or your town?
9. What would you do with your life if you knew you could be successful?
10. Imagine your best possible life? How would it feel?

Using prompts like these can help you work out your values, your skills, and your aspirations. You can use all sorts of techniques to journal, and you don’t have to stick with words. Often using images, drawing or making collages can lead to unexpected breakthroughs in self-realization. Allow yourself to play and explore. After all, it’s your private journal, and you don’t need to share it with anyone unless you choose to.

Journaling can also help you plan so that your choices align with your life purpose. And looking back you can see how far you’ve come!

**Yoga**

Yoga might seem a surprising suggestion to help you find your life purpose, but yoga is much more than a set of challenging physical poses. It is a deeply spiritual practice, and in fact, the poses or asanas are techniques to help you focus on your inner self, to develop the discipline to look inwards.

To successfully hold a yoga pose you must tune into your current state of mental, emotional and physical health. You need to know your body, its capabilities, and limitations. And meditation and finding inner stillness are key to this self-knowledge.

Yoga comes from the Hindu spiritual tradition, which teaches that finding your life purpose comes from knowing your Dharma, your true nature. If you disconnect from your true nature, you may feel confused and frustrated. Finding your true Nature is a process that calls for you to connect to your higher self through meditation and reflection.

Forms of yoga such as Yoga Nidra and meditating in savasana will help you connect to your subconscious mind and discern who you are and why you are here at this time. The Sankalpa, or intentions you set for your meditation practice, form the basis for self-reflection and a deeper connection to what makes you happy, living in harmony with your inner self.

Choosing a yoga practice that has a strong emphasis on meditation and spiritual practice will help you find your true nature and your life purpose.

**Meditation**

Meditation can be the golden key to finding your life purpose. Often, worrying about what is happening in the world or what other people think can stop you from exploring your life purpose. Meditation requires that you turn all your attention inward and find stillness, free of the distractions, judgments, and opinions of the outside world. For a time, you focus totally on the inner world that allows you to notice and observe your thoughts.

The whole purpose of meditation is to help you release from what is not important and to achieve your full human potential. Meditation is not relaxation or mindfulness. It is a discipline that allows you to declutter and focus on what is most important to you. It has been described as a process of ‘coming home,’ of discerning what brings you back to your essential values, and an honest appraisal of your true self and what you want really.

To begin with, sitting in meditation can seem a daunting prospect. Sitting in silence without the distractions of social media or tv or interaction with other people might even feel scary or boring. But learning to move past the monkey mind and its constant anxieties, and to live fully in the present, can be a life-changing experience.

No one expects you to be able to sit in mediation straight away. It takes time and patience to develop a meditation practice. Luckily there are many classes, books and smartphone apps that you can use to develop your meditation practice. And guided meditations might be helpful as you build your ‘mediation muscles.’

Over time you can expect to make a deeper connection and relationship to your inner self and the world. You’ll develop insights into yourself and what you want really in your life.

**Mindfulness**

Mindfulness is a completely different practice form mediation. In a sense, it can pave the way for meditation and is an essential element of mediation. But where meditation helps you to look inwards, mindfulness has an outward focus. Being mindful means that you deal with the world in a way that notices and appreciates what you are doing and why.

Mindfulness can help you stay focused on your life’s purpose in three ways:

1. Mindfulness asks you to stay in the present moment and be grateful for where you are right now
2. Mindfulness can help you tune into what’s important to you by asking you to identify your values and beliefs
3. Mindfulness can help you act in alignment with your values and beliefs. By practicing mindfulness and seeking to live an authentic life, you can stay focused on your life’s purpose.

You can practice mindfulness no matter what you’re doing or where you are, by focusing your attention on every aspect of what you’re doing – whether you’re washing dishes, or hiking through the mountains. Notice every movement, how it feels, and infuse purpose into all your actions. No matter what your life purpose is, you can keep it front of mind all the time.

**Ikigai**

You may not have heard of Ikigai, but it can be another tool to add to your life purpose arsenal. The very word ikigai means “reason for being” or life purpose. According to ikigai, four main categories need to align for you to realize your life purpose;

1. What you’re good at
2. What you love doing
3. What the world needs
4. What you can get paid to do.

Like a puzzle, all these elements need to converge to make your life purpose. If one or more is missing, things won’t feel right. You’ll feel frustrated or bored or out of your depth or that you’re not having an impact on the world.

It’s important to know that part of the philosophy of ikigai is that we all carry our ikigai inside and it is essential for you to find it and own it. Only then will you be able to overcome adversity.

Furthermore, your ikigai is unique to you. It won’t be the same as anyone else’s, and only you can discover it. And all your ikigai wants is to shake off passivity. Once you own your ikigai, your power is released.

To discover your ikigai, you need to be clear on each of the four basic aspects: your passion, your vocation, your profession and your mission in life. Helpful strategies to get this clarity can include:

* Ask yourself every day if what you’re doing is making you happy
* Resist the temptation to compare yourself with others. Remember your ikigai is not like anyone else’s!
* Be clear on what your skills, talents, and gifts are and use them.
* Accept that ikigai requires you to live in the present.
* Remember that Ikigai gives you the energy to achieve what you want and be your best you!

**Conclusion**

There are many tools and techniques available to help you discern and align with your life’s purpose. You might choose one or more to explore your values, recognize your skills and superpowers and start to live a more authentic life. The important thing is to begin the journey and to find the path that’s right for you.

If you are interested in going deeper, Jolease Enterprises offers several programs designed to identify purpose. For details on a 4 week program designed around purpose, visit <https://www.knowingyourwhy.com/course/>.

To schedule a complimentary 30 minute exploratory career coaching session with me, schedule some time on my calendar at <https://go.oncehub.com/alethiatucker>.

I look forward to talking more about your purpose and how identifying it can lead to the fulfilled personal and professional life that you desire.