



Purpose

The way you get meaning into your life is to devote yourself to loving others, devote yourself to your community around you and devote yourself to creating something that gives you purpose and meaning.” Mitch Albom

Tips for using positive affirmations to your advantage:

1. Find out what your negative thoughts are saying, and then replace them with an opposite positive thought.
2. If you often tell yourself that you can't do something, write down: I can do this anytime I want.
3. Say it with feeling, with vigor—like you mean it—and in time you will believe it just as much as you once believed its negative opposite.

Day 1 Affirmation:

- The better I know myself, the clearer my purpose becomes am responsible for my own Spiritual Growth

Your thoughts: _____

Day 2 Affirmation:

- My unique skills and talents can make a profound difference in the world

Your thoughts: _____

Day 3 Affirmation:

- Today I follow my heart and discover my destiny

Your thoughts: _____

Day 4 Affirmation:

- My purpose is to develop and share the best parts of myself with others

Your thoughts: _____

Day 5 Affirmation:

- Today I present my love, passion, talent and joy as a gift to the world

Your thoughts: _____

This Week's Challenge: The Life Purpose Quiz

Does it work? The only way to know is to try it ... So take out your journal, a blank notebook or a sheet of paper and ponder each of these questions.

Ask yourself each question and write down whatever comes to you, no matter how silly or off the wall. Do not be surprised if the first 10 or 20 answers are spilling back to you the things you have heard others say or you have read somewhere. Often, you have to empty out all the rote answers you were given or picked up before you get to the intuitive answers that come truly from deep inside of you.

Keep asking the questions and writing down the answers until you have at least 50 answers, you keep getting the same answer, or you keep drawing a blank.

1. Why am I here? _____

2. What did I come to learn about? _____

3. What did I come to experience? _____

4. What did I come to understand? _____

5. What do I need to leave with? _____

6. What has to happen to know I have achieved my purpose in my life? _____

7. Who can help me with my life purpose? _____

8. What else do I need to know about my life purpose? _____

9. When will I know I am done? _____

10. What is my purpose in life? _____

Working with Your Answers

Once you have answered all of the questions, go back over them and see if you have anything more to add. You might want to put your answers aside for a day or two and then come back and ask them again. Sometimes that gives you more clarity and a second chance to get more detailed information, especially if you were having a bad day or were stressed out.

Now, take a few minutes to read over your list of answers. Start to pick out the ones that have a common theme or resonate with you. Try to group them and rewrite them into a combined sentence that makes more sense to you.

You may have to play with this working sentence for a while to get it so it feels right and resonates with some place deep inside of you. When you are ready, ask these follow-up questions.

1. Is this my life purpose? _____

2. What else do I need to know? _____

3. How can I make the sentence better, more descriptive? _____

4. What should I do with it now? _____

5. How can I start living my purpose? _____

6. What is my first step? Where do I start? _____

Write down all your answers and think about what they mean. If you are not sure about what you have come up with that is OK. Sometimes, finding that small, still voice inside is all you need to do. Trusting it comes with experience and time.

Now, take some time to see how you feel about what you have written. Does it make you feel excited, inspired, more calm or full of energy? Does it help you make sense of your life; what has happened so far and the path that lies in front of you? Does it make you feel better about yourself?

In addition,

- Your weekly Mp3 audio message:
<http://nawomenrise.audioacrobat.com/download/a9837776-30fb-f473-cd7d-b919514ccf6f.mp3>
- To discussion forum, www.nawomenrise.com

Until next week...

Live on Purpose

A stylized, cursive signature of the name "Sylvia" in a light teal color.