
FRONT COVER:

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Chapter 1:

The Basics On Life Purpose

Synopsis

Many people have doubts with their lives. Some even have doubts about God and other things they do each day. That is because they don't know their purpose in life and what life purpose is all about. And for that reason, most people tend to feel that they are lost. That is why it is important to know your purpose in life and what it can do for you.



Life Purpose Defined

Many said that life purpose is about life's meaning in some abstract, cosmic sense, and grand. But, it does not only revolve in that aspect as it also talks about the meaning of your life. And, it is not about reaching your preferred destination because life purpose is about feeling your purpose in each step of your journey.

Why Bother Knowing Life Purpose?

Understanding and knowing your life purpose as well as incorporating it in all the things that you do is the key to all. This will provide you a meaningful compass in which you gain direction and guide in your life. If you're looking to transition into a new path of your life, knowing your purpose in life can help you.

Moreover, if you have a nagging feeling that there is something more in your life, yet you don't feel that you need to make changes on something, discovering life purpose can bring into a whole new level of passion and joy to your life. It can also help you find out why you love those things that you love and what you can do or accomplish to excel and do more at a particular stuff.

Being VS Doing

Whether you feel lost or you want to make changes in your life, you have to keep in mind that life purpose is not really about what you do, it revolves

around who you are when doing it. Life purpose does not have any connection in your activities. It is because it's not about the doing. It's about the being. It's the "you" that appears in everything that you accomplish or do in life.

Finding your life purpose isn't easy for everyone. But, what you need to take note is that, life leaves clues, which will lead you to whatever purpose you have in life.

No matter what you do with your life, whether you are doing your job, daily activities or your hobbies, they can serve as the clues for you to find your life purpose.

Your very first task when discovering your purpose in life is to know and understand your activities while you're doing such tasks. Also, consider taking a look on those things that make you happy, contented, purposeful, and put you at peace.

If you are experiencing difficulties when knowing your activities, you can ask yourself with questions. You can also make a list that will help you know who you really are when doing the things you love. Through these things, you will know how to live a life with purpose.

Chapter 2:

Identify What You Love to Do

Sypnosis

Steve Jobs once said that you have to find what you love as it is the only and best way to do a great work. But, how can find you find the things that you love to do?

Many people raise questions like “how can you identify what you love to do?” and “Is there any requirement to know those things?”. Such questions sound simple, but they are difficult to answer as it depends on every person’s preferences or choices in life.

There is no step by step procedure or advice that talks about on how you can find what you love to do. Although there are some tips that can help you, these may be useless because of some factors. One of the best examples to evaluate your life purpose is to put yourself in a particular situation. For instance, if you have a job that you hate and you feel trapped, yet you cannot quit because it is the only source of your income, you tend to live in a silent desperation. But, why can’t you just quit your job and do what you love?

What Do You Love

There are two reasons why people can't just quit on one thing they do. One of these reasons is that they don't have any idea about what they love to do. Another reason is that many feel fear. With these, you won't be able to find your life purpose.

Knowing what you love to do can serve as your steering wheel of your life. If you don't know what you love to do, you won't have any direction to your life. But, if you have an idea on your passion, it will be much easier for you to know your life purpose. Also, all your burdens and uncertainties in life will be removed.

Why Is It Hard to Identify What You Love to Do?

It is not really hard to know or identify what you love to do. But, why do others experience some difficulties? It is because they have never really asked themselves about what they love to do. There is always an answer to your questions just like there is always a solution to your problem. The only thing that you need to do is to focus because how will you find out the answer to your questions if you are surrounded with doubts or confusions?

Being honest is also a key to find out what you love to do. Let it out and don't get distracted with anything because the answer is within you. You are just afraid to know the answer because you really don't have any idea about the answer to the questions that bother you.

Helpful Ways to Find Out What You Love to Do

- **Be Optimistic-** Always believe that you will find answers. Don't leave rooms for doubts. These will just destroy everything and may lead you to commit mistakes.
- **List Down Your Skills-** Listing your skills or interests can also a great help. Through these, you can easily concentrate on what you love to do. However, make sure to list down the true information about you. Skills and interests are important because skills will help you identify your strengths and interests will let you love what you do.
- **Make No Rooms for Distractions-** Making no rooms for distractions will let you focus especially when you are asking yourself the right questions about yourself. Clarity is the key to answer everything that bothers your mind.

How Will You Know That You Have Identified What You Love to Do?

Identifying what you love to do is like winning a jackpot. Once you have felt this, your search for answers is now over. Moreover, you will be free from any doubts or anything that bothers you. However, if you are still confused, you haven't still found the answers that you are looking for about the question "What you love to do?". So, try those tips mentioned above again and find out the real answers you need for your questions. Just remember that the answers rely on you. The only thing that you need to do is to dig it in yourself and find out what you really love to do as this can give you access on your life purpose.

Chapter 3:

What Do Other People Think You're Good At?

Sypnosis

Strengths are said to be the basis that defines a strong person. But, unfortunately, if you think that you are strong, others may think that you are weak and not really strong at all.

The reason behind it is that not all have the same criteria when defining a strong person. Some have high standards while others have low standards. That is the reason why each person says a different thing about a person's strengths. So, what other people think you're good at?

There are tons of answers to that question and these may vary depending on one's perspectives in life.

But, don't worry about it as majority of people says positive things on things that you're good at. However, make sure that your strength is what makes you when doing the things you do as this may reflect on your personality.

Common Things That People Think On What You You're Good At

The most common things that majority of people think about what you're good at is positive. However, make sure that you are doing those things just because you want to get good comments from other people. Sometimes, it is also good to be criticized by other people.

The reason behind it is that you are not always strong and good at something. There will always times that you might fail on the things you regularly do. You have to take note that there is no perfect person. That is why it is also good to experience failures as these can also give you understanding or knowledge about what you want to achieve in your life.

Your strengths are what make you stronger. Though you also have weaknesses, your strengths can be the key to get good comments or reactions from other people. If you always want to get positive feedbacks from other people, do the things you love and work from your heart.

You can always fake your feelings, but your output or performance can tell something that will reflect on you. So, if you don't want to fail in searching for your life purpose, you should do the things you love in order for you to get positive feedbacks or comments from some people you want to impress.

Basis of People's Judgements On What You're Good At

There are various things that other people consider when judging on what you are good at. These include your personality, strengths, weaknesses, and so on. There are cases that no matter how you're good at a particular thing,

some people will try to ruin your image, which may frustrate you or give you reasons to quit. Though these are not a good thing for you, these can actually help you become a better person as these can help you seek your life purpose. With these, you will understand more about your life and you will do the things not just to impress anyone but to fulfill your dreams or needs in your life to have the best life experiences.



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