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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

Synopsis

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 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?

Synopsis

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.



Chapter 4:

What Is On Your Bucket List

Synopsis

Some people said that the only people who are afraid of death are those who have regrets. That is the reason why there are others who consider creating their own bucket list. But, what is actually a bucket list? And how it can help people achieve their goals and fulfill their life purpose? Is a bucket list really necessary for everyone?



What Is A Bucket List?

A bucket list is actually a list of all your goals or things you want to do. It can also be a list of your dreams that you want to fulfill. Some bucket lists include life experiences you want to experience before you die.

Why Create One?

If you won't live your days with your plans and goals in mind, chances are, you will just get stuck on your daily activities, which can be boring and unproductive. So, what are the things that you have achieved for the last three months? What are your other goals? And, what are your plans in the coming days? With a bucket list, you will always be reminded about the things that you want or plan to do in the future. It can also open up the context that is blocking you to achieve everything you want in your life. The reason behind it is that a bucket list can set everything or anything you want to do regardless of its size.

Creating a bucket list is like planning ahead of time and highlighting what you want to do with your life. It can also give you enthusiasm on what you can do and achieve while you are fulfilling your life purpose. The main goal of making a bucket list is not to create a kind of race against time or to build something that will lead you to death. One's existence has no limitations, but it is short. That is the reason why you have to live the most of your life as this can give you a fulfilling experience. This can also make you a much happier person.

But, what is really the point of creating a bucket list? The whole point of making a bucket list is to do your best in your existence and live your life to the fullest. It acts like a daily reminder of what you want to achieve in your lifetime. Instead of doing something that will not contribute to your life purpose, with a bucket list, you will know what matters to your life and what you must attain in order for you to live a life with a purpose.

Creating a Bucket List: Things to Consider and How to Make One

If you still don't have a bucket list, it is now the best time for you to create one. But, how much does it cost? How can you make one?

Creating a bucket list won't require you any amount of money. All you need is time and patience. However, this does not mean that you will spend a day for you to create a bucket list. In fact, you can create it for thirty minutes. Depending on what you prefer or need to create your own bucket list, you will only need to consume about an hour to create one. But, make sure that you are focus when creating a bucket list because this can make a difference. So, how can you start creating a bucket list? Here are some of the tips you can consider:

Tip #1: Ask Yourself about The Things You Want to Accomplish Before You Die

Many people ask various questions about what they want to do before they die. Unfortunately, not all get clear answers. Some still have doubts and confused about what they really want to do with their lives because they really don't have no idea on whatever things they want to accomplish.

When asking yourself some questions, you don't need to rush yourself just

to get the answers you need. You can take your time for you to get clear answers.

If you want to be effective, writing down some questions can be a good idea. There are no limitations about the questions you want to ask. You can come up with as many questions as you can. No matter you what you want to achieve, you goals can play a big role when making a bucket list.

Tip #2: Consider Some Bucket Lists of Other People

If you can't still figure out what you want to put on your bucket list, you may consider reading some bucket lists of other people. There are instances that some people may have the same thing you want to achieve in life.

Most of the time, some of the things that are included in the bucket list of other people is to travel around the world and try to eat something that is extraordinary. Depending on your preferences or what you want in life, you can write down anything in your bucket list. As long as these would fulfill your life purpose you are free to come up with any ideas you want.

There are other tips that you can consider for creating a bucket list. But, if you want to be unique, you can do it in your own way. For those, who have already his or her own bucket list, you can review it or consider revising it by adding more things.

Chapter 5:

Using Visualization To Find Your Life Purpose

Synopsis

Have you ever doubted yourself about your life purpose? Or, do you wonder if there is something more you can do or should be doing? Such feelings are common. In fact, there are many people who are not sure on how to handle these feelings. For them to be satisfied and have peace of mind, they search for years just to know their purpose and meaning of life. However, whether you are searching for the meaning of your life or you want to know your life purpose, visualization is the best tool that can provide you guidance and insight in order for you to have a much meaningful existence.

Before you start visualizing, the first thing that you need to do is to let go of your stress, tension, frustration or fear, and relax your mind and body. Then, start visualizing. Through this, you will be able to picture the things that will help you figure out about your life purpose.



Integrating Visualization for Your Life Purpose

When visualizing, it is not advisable to rush everything. You need to take your time and expand your vision until you see yourself doing the things that bring passion and joy to your life. If nothing comes in your mind, just be patient because the visualization process is long. Never try to force yourself because this might affect your concentration.

Once you have successfully visualized your life purpose, you will realize those things that you want to do in your life. You will also be surprised about the things that will fulfill your life purpose. Through these, you will be able to get a clue about the meaning of your life in this world. If you got the clue, spend some of your time thinking about it completely.

You can visualize anything you want. Whether you want to improve your career or you just want to know more about your life purpose, visualization can give you inner wisdom, which can bring you satisfaction and joy.

Taking seriously about what you have visualized is important. It is because this can fuel you up so that you will be able to achieve anything you want.

Visualization can also be used if you want to realize greater enjoyment and satisfaction from any of your activities including your relationship, exercise routine, and any aspect of your life. If it is your first time to visualize, there is no need to worry about because you can always practice it. Once you have mastered it, you will be able to fight doubts and sense of aimlessness and emptiness.

Chapter 6:

Taking Action

Synopsis

Once you have already visualized your life purpose or what you want to aim in your life, the next thing that you need to do is to take action. But, what is the process involved when taking action? What is the key for you to take action successfully? Are you ready or not?



Get Into Action

There will always be bunch of questions that may bother you once it is the time to take action on what you want to do with your life and what purpose you have. These are normal and most of you will experience it most particularly if it is the first time that you will do something that will fulfill your life purpose.

Below are the things you need to take for consideration when taking action:

- **Make Plans-** When starting to take action, planning out the things that you want to do is the best way to get started. Planning can help you find successful path toward your goals.
- **Be Reminded of Your List Every Time-** Listing the things you want to achieve can be a good idea. It can also help you remind about the daily activities that will give you the best life experience. There are various things you can do when reminding yourself. You can do anything as long as it would remind you every day.
- **Share It to Everyone Who Matters to You the Most-** Sharing your life purpose with others can help you to take action successfully. It is because you will get support from your family and friends. Also,

this can give you confidence that you will achieve everything you want in your life.

- **Never Limit Your List of The Things You Want to Do-**

Sometimes, you will feel like you want to take shortcuts just to get fast results. Shortcuts are also great, but it is never advisable because these will give you headaches in the end. What's worse is that, you will not get any satisfaction from what you achieved.

- Taking action does not mean that you have no time to do the things you want or love to do. It revolves on doing the things that you want while you still have time to fulfill your life purpose and life experience. It is essential because if you will not start taking action, all the things that you want to achieve are useless and will be just a crap. This may not also give you fulfillment and might cause emptiness, which is not a good thing especially if you really want to know your life purpose. So, don't waste your time on other things, start taking action now as this can make a difference.

Chapter 7:

The Benefits Of Finding Your Life Purpose

Sypnosis

Everybody wants to have a happy and fulfilling life. Unluckily, some people miss an essential ingredient to get a good life. It is because they don't know their life purpose. Finding life purpose is important if you want to live a life that will give you happiness and best experience. Once you have found your life purpose, you will experience financial success and achieve fame.



Reasons Why Finding Life Purpose is Important

Finding life purpose may be just a waste of time for some. But, actually, if you won't find your purpose in life, your time will be wasted until you come to a point that you will not have the time to fulfill your life's goals or dreams. Below are some of the reasons why you should your life purpose:

- **Gives Meaning to Your Life and Everything You Do-** Life purpose can make everything meaningful. You may be successful outside, but without your life purpose, you will not find meaning as you will always stay on the path of emptiness.
- **Provides Guidance-** Your life purpose can give you direction or guidance on where you want to go in your life. It can also help you in decision making most particularly if you want to want to be successful with your life. People who do not find their life purpose do not have a sturdy foundation when making decisions. Typically, they will just follow the opinions of other people.
- **Motivates You-** With your life purpose, you will always be motivated. In life, failures and rejections are always present, which can be the reasons why there are many people who consider quitting. But, if you know your life purpose, you will always keep going as motivation will fuel you up.

Life Purpose Benefits

There are numerous benefits that you can get once you have found your life purpose. One of the main benefits when finding life purpose is that it will make you much happier. You will no longer wake up for another frustrating and stressful day. But rather, you will look forward to do what you love and enjoy whatever you accomplish each day.

Dealing with stress and other things that brought negative impact to your life is part of anyone's lives. In fact, stress can also be a good thing as this can help you perform to become better and keep moving forward in your life no matter how hard it is to hold on. Therefore, you should not expect that your life purpose will get rid of any stress in your life.

Another thing that can life purpose can give you is confidence. If you know what you want to aim, you will have more confidence to achieve everything. If you lack confidence, it means that you don't really understand your purpose in life and who you really are.

Finding your life purpose can bring positive things in your life. It will not just make you better, but also it will let you understand who you are and what you can do to help others. Life purpose can also give you new skills. Plus, it can give you more reasons to live and enjoy life.

Chapter 8:

Staying Motivated To Live Your Purpose

Synopsis

Staying motivated to live your purpose is never an easy task. With the countless distractions, one can easily be distracted or disturbed when achieving their goals or dreams. That is the reason why it is essential to seek for those things that will help you stay motivated.



Sources of Motivation

There are various sources of motivation. But, since each person is unique, the sources of motivation may also differ from one person to another. The two main and best sources of motivation are: What will happen if you don't? What will be the result if you do? For instance, your family doctor advises you to quit smoking. If you will follow his advice, you will live longer and feel better. If you don't, your overall health condition will deteriorate. Both can make a difference and they are also equally powerful.

There's a strong connection between achievement and motivation. Those individuals who are highly motivated are achievers. Those who always seek for thrilling life experience often search for threatening activities because they always want to be motivated. Danger provides them pleasure and always keeps them motivated.

Understanding and knowing motivation gives you the power to accept your behavior especially when you have strange reactions. It can also let you change what you think and do what you want to improve your performance or behavior. So, when doing your job, it is always important to understand motivations.

Best Ways to Stay Motivated

- ***Always be Determined***- Determination is important when staying motivated. It will not just keep you going. But also, you will be able to stay on the right track no matter what distractions try to stop you.

- ***Know Your Desires***- If you want to be motivated, you must know your desires to get what you want in life. Having a strong desire on something can also help you.
- ***Discipline***- It is vital that you have discipline if you want to achieve something that you want. Motivation is the key to get your dreams and goals in your life. That is the reason why you need to discipline yourself for you to have a direction in life.
- ***Stay Focus***- Concentration is the key to stay motivated. If you will be distracted on some things, you will not be able to have a fulfilling life.
- ***Know Your Purpose***- How will you be able to stay motivated if you don't know your purpose? Knowing your purpose will give you enthusiasm and will boost up your motivation.

Chapter 9:

Staying On Track

Synopsis

Getting motivation is important. It is the difference between failure and success. Also, this will keep you stay on track. So, how can you stay on track?



Staying On Track

Staying on track may not be easy. It can be challenging and impossible to do for some. However, if you really want to live your purpose, it is important to stay on track. There are several ways that can help you stay on track and there are as follows:

- **Get Rid of Negative Thoughts-** Getting rid of negative thoughts will never give you reasons to quit. By being optimistic, you can do the impossible things and live your purpose in life.
- **Don't Waste Your Time-** Never waste your time when achieving your goals. It is because you are not just wasting time. You are also wasting your opportunity to do what you want to do.
- **Focus and Think about the Benefits-** Some said that if you will always get distracted by various things, you won't be able to accomplish anything. The reason behind it is that you will just live with doubts in mind. Instead of thinking about distractions, focus on your goals and think about your price for you to stay on track.

It may be difficult to stay on track. But, this will lead you to success and will help you fulfill your life purpose in no time.

Chapter 10:

Making Resolutions For Life Purpose

Do you want to fulfill your goals and live your purpose in life? Then, make resolutions for your life purpose. Through resolutions, you will be able to stay on track without being affected by your previous mistakes or failures in life. But, what are best resolutions for your life purpose?

Creating resolutions is easy. You can even do it within few hours.

Unfortunately, not all know how to make their resolutions true and only few do their best just to make their resolutions into a reality. That is the reason why others fail to achieve their goals and start from the bottom.

There are various factors that can affect you to turn resolutions into a reality. One of these factors is that some create resolutions that are impossible to reach. When making resolutions for life purpose, always keep in mind to choose the ones that will help you with your purpose in life. Also, see to it that these will motivate you in the long run as these may matter most particularly if you are one of those who always consider quitting as their number one option.

Resolutions are what guide you in your every step of the way. If you will not be careful of choosing your resolutions, you won't be able to be successful in living a life with purpose. Remember, your choice can make a huge difference. Poor choices can just make you weaker while good choices can lead you to a better life. So, focus when making resolutions and keep them in your heart and mind! Live with a purpose in life and be happier!