

FINDING YOUR PURPOSE

P- Positive: If you were positive you would succeed, what activity would you pursue? Would you become an entertainer, a lawyer or legal assistant, a racecar driver, a CPA, a pilot, an artist, a teacher, etc.? Knowing what you would do if you knew you couldn't fail is an important clue.

U- Uplifting: What activity is uplifting for you and always puts a smile on your face? Everyone has something they love doing and when you're doing it, time seems to pass very quickly. What activity do you enjoy and how can it give you a clue to your purpose?

R- Respect: What are you respected for? What skills and talents do others frequently compliment you for? Often friends and family, who know you well, see things in you that you don't see in yourself. It reminds me of the adage, "You can't see the forest for the trees." Ask other people what they think your strengths are. Listen to their responses and learn more about you. Make sure you write down what they say.

P- Passionate: What are you passionate about that says more about you? All of us are creative in our own way. Writing poetry is easy for some while others seem to know how to fix almost anything. What do you often find yourself thinking about? What gets you excited and energized to the extent that time flies? What problems are easy for you to solve? Maybe there's a clue to your life purpose in the answer to these simple questions.

O- Observe: What do you observe in your environment? What do you find yourself noticing around you? For example, a dermatologist might notice a person's skin; an architect notices the structure and design of a building; a chef notices the taste and presentation of other people's cooking. Pay close attention to what you feel drawn to observe. What is this saying about you?

S- Studying: What do you love to study or learn about? What subjects are you drawn to explore? What do you find yourself reading about? For example, I've

always enjoyed reading about people's lives and their successes and failures. That interest led me to my current career as a therapist and life and retirement coach. Are you reading books and articles about biographies, history, politics, technology, etc.? A review of what you enjoy reading can be another indication towards discovering your purpose.

E- Enjoyment: What do you enjoy doing when you have free time? Where do you want to escape to when you have no pressures to complete a project or fulfill a responsibility? What do you look forward to doing that is satisfying and rewarding to you? What do you do that makes you relax into the experience?