

## **What is a Divine Life Purpose?**

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What is a Life Purpose? Who am I? Why am I here? What is my purpose in life?

These are some of the oldest and most important questions posed by human beings throughout history. They become the most profound when an individual such as yourself begins to think and reflect on them. Upon reading this workbook and doing some soul-searching, you will discover your own unique answers to these important questions. The word purpose means to have intentional results. When we are on purpose, we are making a conscious effort to be or create something. Usually what we really want to be or do seems out of reach, “impossible.” But we must remember that the word “impossible” with an apostrophe is actually I’m (I am) possible. And you are!

Dudley Lynch and Paul Lordis in their book *Strategy of the Dolphin* said this: “We can define “purpose” in several ways. For one, when we know our purpose, we have an anchor—a device of the mind to provide some stability, to keep the surprises of a creative universe from tossing us to and fro, from inflicting constant seasickness on us. Or we can think of our purpose as being a master nautical chart marking shoals and rocks. Perhaps the most profound thing about “being on purpose” is that when that is our status, our condition, and our comfort, we find our lives have meaning, and when we are “off purpose” we are confused about meanings and motives.”

A clearly defined life purpose provides meaning, direction, and significance. Your life purpose answers two essential questions: Who do I want to be? & What do I want to do? When we are living from our true soul’s purpose, we feel more alive—filled with excitement, joy, and inner peace—in a word “contentment.” We are more connected to one another as human beings and more content with who we are and what we do.

When we are “on purpose” we tap into a higher power, we have supernatural support! The best things in life seem to be naturally attracted to us. When we are not on purpose, we try to do it all alone! We grasp at straws, every thing looks good—whether it is a new job, going to school, moving, finding another lover—anything to fill the void of the extreme emptiness we feel inside. Not being on purpose leads to constant seeking—external things to make you feel more fulfilled. Being on purpose leads to effortless contentment—an internal peace with what is unfolding in your life. You have a feeling of “all is right with the world” and I have an important part to play!

Every human being has the universal purpose of learning how to love more. Every human being has his or her unique purpose of helping to heal our planet and other people. Planet Earth is the ultimate university for our souls, where you have the task of learning your lessons, showing love, and sharing gifts. You can evolve yourself by understanding, accepting, and taking action to live out your universal and unique life purposes.

You were born to do something specific. A role and opportunity was entrusted to you and you alone. If you don't know your life purpose, you are still a diamond in the rough. Discovering one's life purpose is like cutting a diamond. Every gem quality diamond has within it a ready-made design, waiting to be discovered. So do you. The secret is to discover and actualize your unique pattern. Like a diamond needs to be excavated to have worth, you have to dig deep within yourself to discover your unique life purpose.

#### Characteristics of a Life Purpose Your Life Purpose...

- “ Lasts a lifetime, shaping you from birth to death, and usually doesn't change.
- “ Is bigger than you, connecting you to others and allowing you to share your gifts with the world.
- “ Supports your values and beliefs, providing you an opportunity to excavate your hopes, dreams, aspirations and bringing them to the light of awareness.
- “ Provides structure for what you will be and do during your lifetime, you achieve maximum performance & satisfaction, experience less-stress, and enjoy more meaning and authenticity.
- “ Is the theme of your life story, giving you more freedom to decide how to live out your personal and professional roles.

Thomas Edison said, “If we all did the things we were capable of doing, we would literally astound ourselves.” To reach this place of soulful purpose, an inner shift must first occur. Change starts on the inside, and as you awaken to the real part you are meant to play, you will develop confidence in knowing who you are meant to be and what you are meant to do in the world. You will develop awareness of how big and bright you really are. You will then begin to accept your part, articulating it to yourself and others, and finally taking action to live out your purpose.

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