



what is my
LIFE PURPOSE?

Why are we here?

What were we put on the earth to do?

It seems that a few - 'lucky' - people are granted the insight into what they are supposed to achieve in their lifetime. They're passionate about what they do and totally connected with why they do it. To those on the outside, it appears that their life is blessed and that every direction they turn provides another opportunity to succeed.

We're so lost in our comparison of ourselves against others success that we end up spending our time struggling day to day; lost but with a sense that life is waiting for us to do something that will trigger our purpose and set us on our path.

Unlocking the secret to finding our purpose isn't a philosophical exercise that is only available to the 'awakened'. For some reason society has found a way to move finding our purpose into the realm of overwhelm. We've come to believe that it is only available to those few whom are 'deserving'.

Your purpose is uniquely yours. The truth is that it's inherently a part of you. The only person who can unlock the secret of your purpose and determine the path you walk to get to it is you!

Unlocking the secret to your purpose

Starting the process to connecting with your purpose is actually really simple.

The easiest way to determine your purpose is to focus on your energy. What is energy? It's the life force we have on a day to day basis.

Think about how you feel when you first wake in the morning. Are you abounding with energy and wanting to jump out of bed and attack the day? If the answer to this is 'no' then it's likely that you're going against the flow of your energy.

Not sure whether or not your energy is in flow? Here's some questions to ask to see where your energy alignment is at:

- Do you love your life?
- Do you have lots of love and laughter in every day?
- Does your life seem easy, effortless and fun?

If you answered 'yes' to these questions then your energy is probably really well aligned.

- Do you have to drag yourself to your work?
- Are you exhausted at the end of a day at work?
- Do you feel like everything in life is difficult?
- Do you feel like things always go wrong?

If you answered 'yes' to these questions then your energy is probably not so well aligned.

There are things in our life - people, places, activities - that give us loads of energy no matter how much time and effort we spend on them.

These are the things we need to make sure we have more of because they provide us with the path to fulfilling our purpose.

On the flip side - there are things in our life that constantly sap our energy - they drain the fun and laughter and leave us feeling exhausted.

The important thing to understand is that no matter how hard you try, these things will always drain our energy and will not enable us to fulfil our purpose whilst ever we are engaged in/with them.

Our social conditioning has taught us to constantly compare ourselves with others. This comparison process has also taught us to undervalue the characteristics that make us strong.

Our strength is fed by our energy so when our lives seem effortless and we're doing things that seem easy and in 'flow' we can often feel like we're not achieving anything because we've been taught that life isn't meant to be easy.

Does this mean you shouldn't work hard? Or that you shouldn't find ways to constantly grow and develop? Does this mean that the achievement you seek will happen instantaneously?

No - absolutely not!!

It simply means that what you do should be aligned with your energy. The things - people, places, activities - you choose should be the ones that give you more energy than you use to do/be with them.

Use these steps to help you find your purpose in life

Step 1:

Make a list of all the things - people, places, activities - that you love to do/be with.

- these are the things that give you more energy than it takes you to be with/do them.

Step 2:

Make a list of the things - people, places, activities - that drain your energy.

- these are the things that you come away from feeling exhausted. You most likely feel tired just thinking about being anywhere near these things.
- it's really important that you are honest here - your energy is the only thing that suffers if you choose to leave things off this list.

Step 3:

Work out how you can do more of the things listed in Step 1, and less of the things listed in Step 2.

- create a plan for how you will reduce those things listed in Step 2 and increase those things listed in Step 1.
- make time to assess how your energy levels change along the way.

Assess your energy changes along the way

Become really conscious of how good you feel with everything you're doing. How alive and full of energy are you?

The list of things in Step 1 should energise and restore you. If you find they don't, simply move them to the list at Step 2. Treat it all as an experiment and an adventure and it will take the pressure out of 'getting it right'.

Learn to trust that the more aligned you are to your energy the more you will step into your life purpose.

Your energy will naturally guide you to the path that will allow you to fulfil your potential and you'll eventually create what you are supposed to create.

About Bronwen Sciortino

Bronwen is a global thought leader who empowers simple connection and the author of 'Keep It Super Simple - Tips from a Recovering Perfectionist'.

Bronwen is passionate about showing people there is a very different way to live - driven by the power of lifting consciousness, waking people up and increasing self-awareness world-wide.

Working with people globally through corporate programs, conference platforms, retreats, professional mentoring programs and in the online environment, Bronwen shares her secrets to success and inspires individuals to simplify their lives and embrace the concept of an economy of enough.

Bronwen believes in the positive impact that communities can have globally, and that the best is yet to come!

Bronwen is an advocate of living life aligned to your values and provides people with simple tools, tips and tricks to decrease stress, build resilience and embrace change.

Other resources:

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