



UNCOVER YOUR PURPOSE

*** Become a detective in your life. - look for the footprints you have left behind**

Recall your childhood dreams, the people in your life that you admire, the activities you love and that you would pay to do, the things that you are passionate about. What do they all have in common, what are their common threads? How can you use these threads as clues to your purpose?

*** Connect with your creative Self – it holds keys that will open the door to purpose**

Creativity is one of the ways the soul reveals itself to you. Give yourself permission to play, have fun and be creative; when you do these what are the activities showing you and telling you about your natural gifts and your purpose?

*** Listen to your inner voice – it carries pearls of wisdom**

Daily make space and time so that you can hear that inner voice, your higher Self. Create still moments in your day to dialogue, to listen and to ask for what you want. Enter these moments with clear intention, faith and openness. What is that inner voice telling you?

*** Take a holiday, a break from the norm – enjoy being more true to your Self**

Trust that actions that bring you closer to your true Self will take you closer to your purpose. Notice how much more alive you are. What is it that you have now that is missing from your everyday life? How can you bring this into your everyday life?

*** Be patient and have faith - timing is critical.**

Seeds when sown do not emerge immediately, the first activity, germination, is below the surface. A seed emerging before its time is unlikely to reach its potential. Whilst waiting for your seed of purpose to reveal itself how can you ensure that this waiting time is a time of opportunity rather than of frustration?

*** Let go of the old – create room for the new**

When you uncover your purpose it will need room in your life. Examine how you spend your life, including your relationships and your activities. Do they serve you well now? If your answer is 'no', is it time to let them go? If it is not time what do you now have to do to enable you to let them go?

*** Identify and honour your core values – care for your soul**

When you honour your core values you are being true to your Self, you are kindling your spirit and you will shine even more brilliantly; your purpose will have unfolded naturally and be before you. Is there a dark corner of your life where you are currently ignoring or denying your true Self? How can you ensure that you shine brilliantly in every corner of your life?

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