

Free Life Purpose Guidebook By Suzanne Strisower

Your Life Purpose Expert & Coach



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www.AwakentoYourLifePurpose.com

Welcome!

I'm thrilled that you decided to download my free guidebook, **7 Steps to Living a More Purposeful Life ~ Awaken to Your Life Purpose**. Congratulations for making the time to focus on your purpose to bring clarity, confidence and a clear direction to create a more fulfilling life.

In this guidebook, you will find seven powerful and proven steps to help you truly find your purpose and how it can help you make major life decisions easily, especially during times of transition. Every person goes through life changes and times of reassessment where you don't know in what direction to go. This guidebook helps you make optimal choices that reflect who you are today, your purpose, calling, and goals to successfully move forward in your life.

The sad part is that over 500 million people a month are searching online for their purpose in life. Equally startling is that according to a recent Manpower survey over 80% of people planned on changing their jobs this year because they were unfulfilled in their current jobs. People know they need to make a change, but don't know where to turn or in which direction to go.

These facts have led me to give you some life purpose and career advice that will help you to reinvent and reposition yourself from the inside out. Your life purpose will easily guide you in making the right career choices and decisions for who you are.

I'll share with you a proven method and techniques you must use to truly know who you are and what you came here to do. This wisdom and guidance comes from decades of experience, education and work with thousands of clients. I have created this guidebook for YOU to be fulfilled in all of your endeavors.

I look forward to meeting you in person in the near future. In the meantime, get started on using these seven strategies to give yourself clarity, confidence, purpose and direction for a more fulfilling life.



7 Steps to Living a More Purposeful Life

~ Awaken to Your Life Purpose ~

Step #1 Assess Your Current Life

The meaning of the word "purpose" gives you a hint into what you will accomplish during this step. Purpose means "the aim or intention of the energy you put forth."

Explore your intentions and what you are trying to accomplish in your life:

- **Profession and Career**
- **Money and Finances**
- **Your Relationships**
- **Personal Growth**
- **Mind-Body-Spirit Wellbeing**
- **Home and Work Environments**
- **Your Work/Life Balance**
- **Fun, Travel and Play**



How inspired and passionate are you about your life? The answers to these questions begin to reveal to you where you need to take a deeper look at your life.

Being purposeful, impacts every aspect of your life...

Ask yourself the following questions about each area of your life.

- **What are you putting your energy into?**
- **Are you passionate or are things feeling very routine?**
- **What is outdated that needs to be let go of now?**
- **What goals do you have for each of these areas of your life?**

Give your life an honest look to determine what is going on. Get to know you - your wants, desires, things that really mean something to you. What is the aim or intention - your goals of the energy you put forth - are they being met?

Begin looking at the common threads in your life and notice what is working for you and what isn't anymore. Do you tolerate things that don't serve you anymore which then create a rut and lowers your self worth.



Another perspective is what blocks or obstacles do you have that keep from achieving what you want or living on purpose?

- **What fears do you have about living the life of your dreams?**
- **What blocks keep you stuck and not living your purpose in life?**
- **What obstacles keep surfacing that you need to resolve before you can truly move forward?**

This reassessment is the first step in living a more purposeful and fulfilling life because it gives you a clear sense of where you are in your life and how close or far you are from achieving it.

This background into who you have been, who you are today, the things that you want to BE, DO or HAVE shows how closely you are aligned and living the vision you have for your life and yourself.



This assessment is crucial because it leads to the next step...



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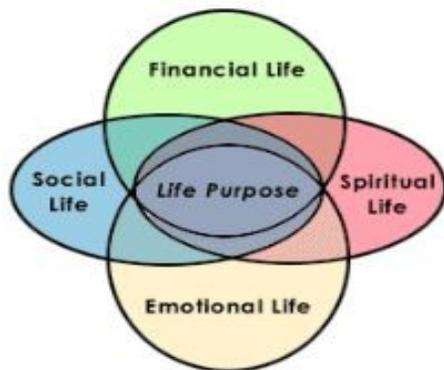
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Step #2 Knowing Your Personal WHY

Your life purpose can be called your "Personal WHY" because it reveals our true motivations to us. Why did you want to BE, DO or HAVE a particular thing or experience?

The underlying reason is your **Personal WHY** or **Whole Happy You**. Each of us has our underlying reasons that when we tell ourselves the truth about why we set particular goals for ourselves - there is a motivation or intention behind the path we choose whether we consciously know it or not. Everyone wants to feel whole, happy and successful.

Your Personal WHY leads you to your life purpose every time.



In the previous step, you looked at your deeper motivations and the intentions or your WHY which is also your life purpose.

Everything we do is to fulfill our purpose in life, no matter what activity or area of life. You are doing what you can to be the best of who you are while expressing your purpose in life.

Look at the aim and intention of the energy you put forth in all these different areas of your life. Your desires are based on fulfilling your purpose too.

- **What is the most important thing you want to accomplish - WHY do you want it so badly?**
- **What have you strived to BE, DO or HAVE throughout your life?**

The consistent themes or answers to these simple questions are the crux of your life purpose. Knowing your WHY gives you the opportunity to take a fresh look at your life. Ask yourself, Is this really what I want to be doing now? Are there other ways you can think of that are more closely aligned with your interests, skills, gifts, talents and your inner calling?

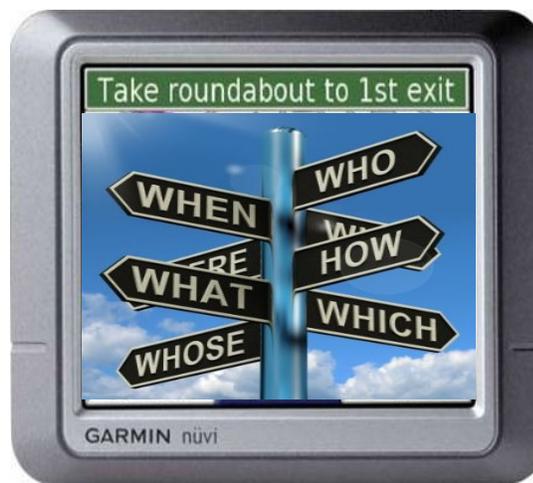


People have many misconceptions about what a life purpose actually is and how it functions in their lives. Your life purpose is designed to be a GPS for who you are and what you came here to do. It points you down a path, but there are many possible ways for you to get there.

Your life purpose gives you a general direction or path to follow—how you choose to get there is dependent on who you are.

A great example is a person who knows their life purpose is to be a healer. Think of the multitude of ways that you could accomplish that - as a nurse, doctor, veterinarian, EMT, naturopath, energy healer and so many more possibilities...

Now, go back to what you want to be, do or have. How can you optimize the expression of your life purpose?



What are the things that you want to BE, Do or HAVE & what is your Personal WHY for them?

Let's personalize this for you:

First, identify your motivations - why do you want what you want?

Second, ask yourself what the common WHY is they all share.

Third, look at your life. See what you have been trying to express or accomplish.

Fourth, now with clarity answer HOW you would like to express that purpose in life for yourself now - are you on the right track or do you need to reset your inner GPS.

**Make sure your GPS is set for fun and fulfillment.
Remember if it hurts, stop doing it, because it's not good for you...**



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Step #3 Getting Clear About Your Career

Your life purpose clarity and the discovery of your Personal WHY impacts and effects your professional and career choices.

People often use the words “profession” and “career” interchangeably which can lead to confusion about your direction and goals in life. Your profession is the skills, gifts and talents that you use to make a living. This profession over time creates a body of work which is your career. A person's career when expressing their purpose often leaves a legacy.

This desire to do something that is personally meaningful will always lead to fulfillment. Are you expressing your purpose professionally? Does your life's work reflect a career that expresses your purpose?

Here's an example from my own life.



My purpose in life is to “connect humanity with the Divine in practical ways so that their conscious vibration will fulfill them and enrich the planet.”

Now the next question to ask myself is HOW do I want to do that? And to the left are many of the ways we go in search of the answers for our professions and careers.

I want to propose a more strategic approach than this hit or miss proposition. Once you know what your life purpose is like I do, ask yourself these questions:

- **How would you ideally like to fulfill your purpose NOW?**
- **What are some of the ways you would like to do that?**
- **What would your ideal day look like and how can you turn that into a career?**

In my case, I love helping people, I'm trained as a coach, social worker, psychic, and many other things. How would I best like to help humanity connect with the Divine - I can coach, be a minister, work as a lay counselor or healer.



How can I best get my message out? Well - I could write, be on a radio show, have a television show, do blogs, see clients, work as a corporate trainer in some forward thinking LOHAS company... The list of possibilities is endless.

The question is what makes your heart sing today?

For me, I love working with people one-on-one as a coach, I love impacting and having an influence on many people through my radio shows, I love helping people find their way through my books and workbooks, I love helping society have better tools in our schools so I create curricula for them. You can see how this expresses my Personal WHY—to help people grow, so that growth can fulfill them and enrich the planet.

The point is that everything I love and have the skills to do is an expression of my life purpose. I can express my purpose in life professionally and have many career paths that fulfilled me.

Now, I want you to do this same exercise for yourself by writing down the first thing that comes to your mind:

1. Your personal mission statement based on your life purpose - how do you want to accomplish it professionally?
2. Use your life purpose to create a job description or classification for yourself.
3. Ask yourself, "Does my profession and career path lead me towards fulfillment and the best expression of my purpose in life now?"

If you don't feel like you are on track, stretch yourself by asking and listening for the answer on ways to use your natural skills, gifts and talents to correct your course in ways that you feel good, empowered and inspired about ways to express your true purpose and potential.

Don't censor yourself—write down the first thing that comes to your mind, not the answer that either you or someone else wants to hear. You want to write down what is TRUE for you NOW. Don't feel bad if you feel a little stuck, only 38% of people who responded to an online survey actually knew their purpose in life.



**Be creative, how can you express the best of who you are...
Your purpose is always expressing itself no matter what!**

Write your Personal Mission Statement here.



Now brainstorm some ways that you could express it professionally that would make your heart sing.

What endeavors or career possibilities best match this for you?

How can you take your current job or career and shape it to more accurately reflect your purpose in life and who you are?

What is your ideal career?

What are the next steps that you can take professionally to live more purposefully now that you know your true purpose in life?

**There is no time like the present to KNOW your “Big 3”
Purpose, Profession and Career connected and working for you.
The Big 3 will always bring you fun and fulfillment!**



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Step #4 Confidence Comes From Inner Guidance

Earlier, I mentioned your GPS and how to make it work for you in your everyday life. Now, I want to help you to develop your **Inner GPS** - in your inner world stands for **G**ut Feelings, **P**syhic Hits or **S**piritual Guidance. Each of us has these three abilities to tap into our "insider information." They are natural occurrences that will help to guide us in life if we just listen.

Is your Inner GPS working?

Take a minute, reflect on the ways you access your inner GPS...

- Do you rely mainly on the gut feelings or hunches that you have or feel in the pit of your stomach?
- Do you receive psychic or intuitive messages that help guide you in your life?
- Do you get spiritual or messages from the Divine, God or your Higher Power or Higher Self?

Listen to your intuition or Inner GPS and follow its guidance. Create an unshakable inner confidence because you can know what you are supposed to be doing and how to do it. When you finally open up and let yourself flow with the Divine, a natural confidence and peace will come over you.

Be yourself.
There is something
that you can do
better than any other.
Listen to the inward voice
and bravely obey that.

(Unknown)

During troubled times, consult your inner GPS—it's free of charge! It is always there to help and guide you...The only way to have true confidence is to be centered within and any of these approaches take you there.

Each approach is totally natural and this information leads us in many different directions that our conscious minds can't. This voice will never lead you astray. Its job is to create a life of ease and flow for you, all you have to do is ask, listen and follow its guidance. You will always have confidence and courage to go in whatever direction your life's calling takes you. It's always perfect and purposeful!



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Step #5 Connect to Something Bigger Than YOU

Deepak Chopra in his book *The Seven Spiritual Laws of Success* talks about the three criteria that are universal for us to have success, abundance and fulfillment. They are:

1. **You have a unique gift or talent to use in this lifetime.**
2. **You know how to use your talents in some kind of service.**
3. **It must in some way benefit humanity and the planet.**

I love this list because the criteria are for living fully and playing the as biggest game possible. Each of us is designed to play at this level, when our life purpose is fully and purposefully expressed.

Remember Marianne Williamson's words in "Our Deepest Fear"...

Our Deepest Fear

**Our deepest fear is not that we are inadequate.
Our deepest fear is that we are powerful beyond measure.
It is our light, not our darkness
That most frightens us.**

**We ask ourselves
Who am I to be brilliant, gorgeous, talented, fabulous?
Actually, who are you *not* to be?
You are a child of God.**

**Your playing small
does not serve the world.
There's nothing enlightened about shrinking
So that other people won't feel insecure around you.**

What's your heart's yearning or deepest desire? How would you like to make that difference? How can you use your true purpose and infinite potential in service to something bigger than yourself?

Which friends or mentors would support you in this adventure and the endeavor of your life?

**What would you truly like to accomplish?
What have you been guided to do?**



Every person has the desire to make a difference. Each of us came here for a specific reason—our life purpose and a commitment to make something happen.



What is Your Deepest Desire or Vision?

In what ways can you partner and share your bigger goals and mission that reflect your purpose in life? Where would you like to start....

It's time to take some purposeful action!

1. Use your knowledge about who you are, what your life purpose is, what direction you want to go in to create your plan.
2. Connect with other like-minded individuals, groups, associations, employers or non-profits to see who you can partner with.
3. Find a mentor or person influential in the field that you can align yourself with.
4. Figure out ways to have your professional life compliment your causes so that your effort can have the most impact.

Start with people you know. Ask them for their input on your chosen direction. What helpful guidance and feedback can they give you? Who do they know who might be helpful to expand your circle of influence?

Every person wants to feel powerful and purposeful in their lives, to be in service to something bigger than themselves.

YOU CAN TOO!



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Step #6 Bring Your Spiritual Self into Your Daily Life

Once you have gotten the other areas of your life in focus, now it's time for the integration of your spiritual self into your daily life. You started this process by opening up to your intuition and inner GPS and this step takes you deeper into that connection and expression in your daily life.

Have you ever thought that there must be something more to life... Well Abraham Maslow called it the "Stage of Self Realization" and "Transcendence" or connecting with something bigger than yourself as a way of Being, not just doing.



More recently Eckhart Tolle' in his book, *A New Earth*, says, "Your life has an inner and outer purpose. The inner purpose concerns Being and its primary purpose is to awaken. The outer purpose is secondary and your Doing." The previous steps have focused on your "outer life" and gave you a clarity, confidence and a direction to go.

Now it's time to focus on your "inner life."

Your inner purpose is the one that brings you true fulfillment. It helps your spirit and soul truly awaken. Your inner purpose and inner GPS create the "mind-body-spirit" connection that most people want to have. And you can too!

This step starts by looking at what you already know about your spiritual side and your connection to the Divine, God, your Higher Self or Higher Power or whatever form you experience that is wisdom, love, power, energy and guidance.

Start by asking yourself the following questions:

1. What brings you joy and bliss?
2. Or what activities or things do you do that let you totally lose yourself?
3. Perhaps Nature gives you that transcendental quality of being connected with all things with its vastness and peace.



4. Some people love to meditate or do guided visualizations — have you tried these forms of relaxation and guidance? Being quiet and seeing what arises from within...

Whatever your approach, spend some time with your Self, get to know the inner you. Your inner GPS has been gently and patiently leading you to this place, now it's time for you to make a concerted effort to explore your spiritual side and all of its wisdom and beauty.

Open Up to Your Spiritual Side!

You will...

1. find your mind-body and spirit connection in your daily life. There's a richness, flow and grace.
2. have an inner and unshakable clarity that comes from the depth of your being that is tried and true and you know you can trust it.
3. exude an inner confidence because you have seen, felt and known how things are supposed to be for you because you are divinely guided.
4. know your purpose and look for wonderful ways to express it. New opportunities and expressions will naturally come to you beyond your wildest dreams.
5. express your knowingness and purposefulness in your activities and have a clear direction to go, based on your purpose in life and Inner GPS.
6. feel fulfilled by the richness of your life in both material and spiritual ways.



“Live from the divine center of your being.”



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Step #7 Your Next Step: Unique Expressions of YOU

You have come a long way by discovering your purpose, syncing up with your inner GPS, knowing your Personal WHY, connecting with something bigger than yourself and living from your Divine core....

Now the question emerges again - is there some uniquely personal expression of your purpose that you want to express?

Are you being called to write a book, share your story, speak about your genius or asked by the Divine to step out onto a new platform, like I did in radio and screenwriting?

Once you have clarity and confidence and a clear direction in life, new opportunities can spring forth or be created. Give your life another look, see if what you are doing best expresses your purpose or do you want to make some tweaks or expand your vision. Don't be shy, this is part of the natural evolution of our path. Each one of us takes when we want to have a truly fulfilling life.

Everyday is a New Adventure...Are You Playing Full Out?

Is there an inner calling, direction or next steps that you are being guided to explore and express?

- Are you being given new opportunities that you hadn't considered—if so, how can this situation be a further expansion of your purpose? Is the opportunity something that you can see and would be very fulfilling for you? If so, **SAY YES!**
- Have you had recent dreams or visions about doing something totally out of your comfort zone—public speaking, writing a book, going to outlandish places, taking an assignment you hadn't anticipated, starting a radio show. It could be anything...If it aligns with your purpose and feels good to you, **SAY YES!**
- Does your heart have a desire or does your intuition lead you in a particular direction? Use your clarity, confidence and connection to pursue that direction, **SAY YES!**



These 7 Steps Will Always Give You Clarity, Confidence and a Clear Direction in Life

First, you completed the assessment of your life. This first step to gaining clarity about what is going on in your life.

Second, you discovered your Personal WHY, which led you to an understanding of what you have been doing and why. It gave you the possibility to create a new direction for yourself that is intentional and consciously fulfills your Personal WHY.

Third, you got clear about your career using your purpose in life and Personal WHY. Your career should be their expression to feel truly satisfied and fulfilled.

Fourth, you opened up to your own intuition and Inner GPS and learned to follow your own inner guidance. Your GPS will always keep you on purpose and never lead you astray.

Fifth, you connected to the possibilities of something bigger than yourself works in both your business and personal life which adds dimension and richness to our lives in unimaginable ways.

Sixth, you brought your spiritual side into your daily life so that all of you to be present at all times. You are a whole person.

Seventh, you took the next steps which brings your purpose, guidance, service and profession together in the most impactful and positive ways.

**With Clarity: You Have Confidence.
With Confidence: You Have a Clear Direction.
With a Clear Direction:
You Have a More Purposeful and Fulfilling Life!**

It has been my pleasure sharing this guidebook with you. I look forward to supporting your on going journey.

Need Help Discovering Your Life Purpose Fast? Learn how you can be personally coached by me to discover your purpose in life fast. Use my proven step-by-step life purpose programs at www.AwakentoYourLifePurpose.com



BIG BONUS!!

**Contact My Office Today to Set Up Your
FREE 15 Minute Phone Consultation!**



On the call you will personally discover how I can help you discover your life purpose in as little as 30 days!

Sessions by appointment only!

Set up your free coaching call now via email to Suzanne@AwakentoYourLifePurpose.com

I look forward to talking with you soon!

Suzanne Strisower
Your Purposeful Living Expert & Coach

