

## Finding a Job you love by Discovering your Life Purpose

*Written by Jane Johnson B.Com, Certified Associate Coach, Founder and Principal of Aspect Coaching and the International Life Purpose Institute.*

### **Did you know that only 1% of the population are living out their life purpose?**

Life Purpose is not something that many people think about or even could describe but it can be one of the most important aspects of life to clarify. Many seek to find fulfilment and success in a variety of different areas. Life purpose seeks to bring all those areas together. If you cannot say you are giving yourself to something big in your life, you may be missing out on living in line with your life purpose. Another sign may be if you are feeling unfulfilled in your work or parts of your life.

Marcia Bench, author of the best selling book “ Career Coaching”, states in her book: -

" People will tend to experience success and fulfilment in their life to the extent that they are clear about their life purpose".

### **So what is a Life Purpose?**

Colin Salisbury of “Life that Matters” states:-

“Life purpose is a calling, overall theme for our life or intent that transcends our daily activities. It is the quality we are here on earth to develop, the type of service we are here to render, the way we can enhance or improve some segment of the planet. It is much broader than one job or career; it pervades our entire life”.

### **Benefits of Finding your Life Purpose**

#### **It will be compass to direct you in the right path**

Life purpose allows you to decide which opportunities to take up and which to decline. It becomes like a compass that can help you assess your options. Without that you can be tempted to take up opportunities that may ultimately not lead to fulfilment.

#### **With a Life Purpose you can make a significant contribution to mankind.**

Because you will be tuning into your gifting and passion you will be carrying out what you were designed to do on this earth. No one else can do what you were created to do and so mankind will be a better place if you live this out fully.

Aspect Coaching and International Life Purpose Institute

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## **Living out your Life Purpose creates energy and passion**

Have you heard the expression, find a job you love and you will never do a days work in your life? Why is that? Because when you tap into your purpose and passion you are working in alignment with your unique gifting and as such you are not worn down by working in conflict with those.

## **Confidence grows when you know and walk in your Life Purpose**

There is a higher chance that you will achieve greater results when you work out your life purpose and as a result your confidence will grow.

## **It will bring greater health**

It stands to reason that when you are happy, fulfilled and working in your strengths you will naturally be less stressed and likely to have much greater health.

## **It brings meaning to life**

Without a purpose, goals can be meaningless. With a purpose our goals can be aligned and we can feel that they are worth our time and energy. With meaning in our lives, we can then have the motivation to overcome difficult times and build in resilience. It allows us to have perspective in our lives.

## **Life Purpose Principles**

### **1. Everyone has a Life Purpose- it is not for the elite few**

You were born with a unique DNA, and a distinctive way of expressing it. Everyone has a unique purpose. It is not just for those we deem as special or heroic.

You may have a number of ways of living out our life purpose, some will be longer lasting than others.

### **2. Society will pull you away from your life purpose**

Often society will temp you to work for the wrong reasons that are not aligned with our purpose. By knowing your values you can make sure you are staying true to yourself.

## How to Find your Life Purpose

### 1. Get a clear understanding of your passions/ values.

Your values are those things you are naturally inclined towards when your needs are fully met. They are more than “wants”; they represent what you are truly passionate about. Begin to develop some words that sum up what contribution you want to make and to whom. This can be the beginning of a Life Purpose Statement. Some of these questions may help?

### 10 Vital Questions to Discover Your Life Purpose.

- What do you love to do whether in your spare time or at work?
- What parts of your present job or life activities do you thoroughly enjoy?
- What do you naturally do well?
- What are your ten greatest successes to date?
- Is there a cause that you feel passionate about?
- What are the 10 most important lessons you have learned in life?
- Are there some issues or perceived problems that have occurred over and over for you?
- What do you daydream about doing?
- What things do you want to be remembered for?
- What would you do if you knew you could not fail?

### 2. You will find your life purpose when you find the crossover of your unique desires/strengths and a human need

Knowing your strengths and passion is not a life purpose until you are able to match it with some human need. Consider the areas you are passionate about. Try to be as specific as possible.

### 3. Understand the blockages

Fear, failure, thinking is it only for a few and viewing the cost as too high, are a few of the blocks that can get in the way. Identifying your blockage can be useful to stop you sabotaging your behaviour on your journey.

### My Challenge to you

How committed are you to finding your life purpose? If you are, then I encourage you to take some steps now to move yourself forward and build in some accountability. Coaching can be a great way of doing this. What can

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you do to move forward on this journey? Free Life Purpose Test and other resources available at [www.internationallifepurposeinstitute.com](http://www.internationallifepurposeinstitute.com)

## **ABOUT THE AUTHOR**

Jane Johnson is a leading Performance and Life Purpose Coach. She has worked with many solo entrepreneurs, consultants, coaches and executives, to enhance their purpose and success in their career/business. She has also helped many find more fulfilling work.

She is Founder of the International Life Purpose Institute, Author of the Home Study Course “ Finding your Life Purpose” and a Coach Trainer.

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