



# Finding Your Purpose: The Illusive “It”

By Farra Allen, MA Psych.

When you wake up in the morning, are your feet light as they hit the floor? Are you fueled by the spirit of something bigger that underlies your everyday tasks? Do you feel connected to what you do? Or do you live in a world defined by “have to’s” and survival, rather than “thrival?”

Many of us feel pushed and pulled by a nagging, undefined inner “something” that we try to appease by changing jobs, mates, homes, etc only to find ourselves back in the same emotionally unsatisfying boat time and time again. The straight line that we wish life would follow eludes us with twists, turns, and occasionally, tantrums.

My own journey has looked more like a winding mountain path than a full steam ahead straight-way. During thirty-years of educational and personal growth endeavors, I have studied many philosophies about actualization, fulfillment and happiness. When I stirred theories about reaching these “highly evolved” states together with my own life experiences, I came up with a simple statement: We fall in love with how we are expressing in the world and what we are doing when we are serving others by being who we most naturally are.

Stated this way, achieving happiness by living “on purpose” seems like a very natural and wise thing to do. But, finding our true selves in the midst of our society’s opinions and socializations can be a rather arduous task. Even though we know the benefits of discovering who we truly and naturally are, we can be a bit stumped about how we, in this “doing” society, can accomplish this all-important connection with our natural purpose and gifts. As with all things that you want to move toward, there are steps you can take to create the space for this knowing to become a part of your conscious awareness.

1. First, set the intention that you will discover and uncover your passion, your vision, your purpose and your unique gift. By doing this, you open up an inquiry and create a questioning space that you will continue to expand into.

2. Next, get into a quiet space that soothes and calms your soul. Retreat to a place in nature, a meditation room, or another sacred space.

3. When you feel calm and connected, ask yourself these questions: If you could do anything you wanted to do, regardless of money and resources, what would that be? What did you dream of doing before responsibility and life intervened? What do your friends say that you naturally give them? What do you naturally love to do?

4. Then listen. Just listen. Write down any thoughts,

pictures, memories, emotions, or feelings that come to you.

5. As you go about your daily activities, watch for what life synchronistically presents to you. Take note of these things and record them in some way.

6. Take time to ponder those things that you attract. And then ask yourself some more questions. What has life groomed you for? What are your natural gifts and talents? What “lights you up,” ignites you, sparks you? If you came onto this planet for one reason, what would that reason be? If you could leave behind one legacy, what would that be? Who are you inside and how do you express that outside without even thinking about it?

7. You may also want to do some research. Walk into a bookstore and trust that you will be guided to resources that are perfect for you right now.

8. Keep a record of your journey and the clues you uncover along the way. Journaling, writing, and taking notes are helpful.

9. Get support so that you can make the best of your journey. Attend workshops, join or form a Mastermind group, hire a coach.

In working with hundreds of people to assist them in finding their purpose, I have discovered that we often have a strong drive to contribute to others the very thing we feel we did not get emotionally from our parents when we were growing up. To discover what this is, and to then turn it into your unique gift, become a student of your own life. Be curious and open to learning about yourself.

Most importantly, trust your instincts. When you come upon your purpose, you will feel it and “know” it. When you define your gift, it will inspire you and call you to action. As you get in touch with the ingredients that make up the authentic you, you can then begin to design a life, and a way to make a living, around contributing your gift to others. You will experience tremendous satisfaction by merely engaging in the act of giving from your passion and purpose. And by giving this, you will experience well-being and receive the gift of abundant living.

*Farra Allen, MA is the founder and lead facilitator of LifeWorks School of Coaching. He can be reached at 404-274-2223. For more information, go to [www.wemakeithappirenow.net](http://www.wemakeithappirenow.net)*

