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**Impair Healthy Healing In People Over The Age Of 30!**

**What is A Life Purpose**

**By Michelle L. Casto**

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What is a Life Purpose?

The word purpose means to have intentional results. When we are on purpose, we are making a conscious effort to be or create something. Usually what we really want to be or do seems out of reach, "impossible." But we must remember that the word "impossible" with an apostrophe is actually I'm (I am) possible. And you are!

Dudley Lynch and Paul Lordis in their book Strategy of the Dolphin said this: "We can define "purpose" in several ways. For one, when know our purpose, we have an anchor--- a device of the mind to provide some stability, to keep the surprises of a creative universe from tossing us to and fro, from inflicting constant seasickness on us. Or we can think of our purpose as being a master nautical chart marking shoals and rocks. Perhaps the most profound thing about "being on purpose" is that when that is our status, our condition, and our comfort, we find our lives have meaning, and when are "off purpose" we are confused about meanings and motives."

A clearly defined life purpose provides meaning, direction, and significance. Your life purpose answers two essential questions: Who do I want to be? & What do I want to do? When we are living from our true soul's purpose, we feel more alive---filled with excitement, joy, and inner peace---in a word "contentment." We are more connected to one another as human beings and more content with who we are and what we do.

When we are "on purpose" we tap into a higher power, we have supernatural support! The best things in life seem to be naturally attracted to us. When we are not on purpose, we try to do it all alone! We grasp at straws, every thing looks good---whether it is a new job, going to school, moving, finding another lover---anything to fill the void of the extreme emptiness we feel inside. Not being on purpose leads to constant seeking--- external things to make you feel more fulfilled. Being on purpose leads to effortless contentment---an internal peace with what is unfolding in your life. You have a feeling of "all is right with the world" and I have an important part to play!

As Thomas Edison once said, "If we all did the things we were capable of doing, we would literally astound ourselves." To reach this place of soulful purpose, an inner shift must first occur. Change starts on the inside, and as you awaken to the real part you are meant to play, you will develop confidence in knowing who are meant to be and what you are meant to do in the world. You will develop awareness of how big and bright you really are. You will then begin to accept your part,

## What is A Life Purpose

articulating it to yourself and others, and finally taking action to live out your purpose.

### 5 Steps to Discovering Your Soul Life Purpose

#### 1. Awakening

This is step where you awaken to the fact that you have a bigger game to play in life—a unique personal and professional purpose.

If you are awakening, you are beginning to notice a restlessness in your soul, you may be having trouble sleeping, getting intuitive messages, having symbolic dreams.

#### 2. Awareness

This is the step where you become aware that you need to find out exactly what your life purposes are.

If you are becoming aware, you are wanting to find out more about what else there is to life, desiring

more fulfillment and meaning, and feeling more awake about who you really are.

#### 3. Acceptance

This is the step where you accept your life purposes and come to terms with what it means to you and the world.

If you are in acceptance, you are beginning to embrace the idea that your life has purpose, realizing it is your job to be it and do it, and wanting to find out how.

#### 4. Articulating

This is the step where you articulate your life purposes by putting them into words.

If you are articulating, you are putting in words what it is that you are meant to be and do, starting to share it with others, and getting excited about it.

#### 5. Acting

This is the step where you take action by moving towards the fulfillment of your life purposes

If you are taking action, you have begun making major personal and professional life changes that are more in alignment with who you are and what you are meant to do.

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## **LIFE'S PURPOSE**

### **By Onaefe Umenu Edebi**

To every life, there is a purpose; a purpose of will and a purpose of choice. A choice to make the right or wrong decisions and the will to act on the choices made.

There is no life that exists that is without a purpose, for everyone exists for something or someone. It may be one single act to which one is born; maybe an act of five minutes. Not so long compared to a life time you would say. But most people live their whole life without having lived—without having lived

## What is A Life Purpose

their purpose.

To many, life is a cycle—a routine, it does not end but goes on as birth to youth, youth to adulthood, then to old age and death, which would normally come after one has given birth, thereby continuing the cycle.

Now, what is the purpose to ones life? Unless God makes it known to a man, no one can tell, but that you look deep within yourself, as it is placed within you to know your reason for existence.

A man who lived twenty years on earth and achieved his purpose for life is exceedingly greater than one who lived a hundred years and never achieved his purpose.

A difference between them is that ones name would be written in The history as an achiever, while the other, it would have been better if he were not born.

Therefore pray to the Father—God, to make known to you your purpose for this life. And most importantly, **LIVE OUT YOUR PURPOSE**

Onaefe Edebi is a teacher, instructor and motivational speaker.

### LIFE'S PURPOSE

Freedom Through Purose

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Among the Purpose & Personality

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