

WorkingMomsOnly.com
presents

the Purpose test



How to Find Your Exact Purpose in Life in 24
Hours or less **By Answering 100 Simple**

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INTRODUCTION

Do you feel confused, lost in space, not knowing what you should do next and how to design your life?

Finding your purpose in life can be one of the most difficult things you do and equally one of the most important things. It is a process that takes time and energy. The “purpose of life” is a big phrase and a powerful idea. It is comprised of several concepts of which different aspects of your life contribute. The purpose of life has to do not only with a logical assessment, but with feelings and desire. Identifying the aspects of your life that create the most intense feelings and emotions is the first and most important step. We congratulate and applaud you for having the courage and desire to seek yours!

Purpose doesn't just appear by chance. It requires quiet, deep introspection. You may be able to eventually find it by yourself, but with the proper guidance, you can find and define it even more quickly.

Purpose is defined as “the reason for which something exists.” It can be identified with meaning. It is that which you believe to be right and which is congruent with your desires, beliefs, and values. It is something that you follow each day and have in mind when you wake up in the morning. It is not an idea that you think about each moment of your life, but a more dormant feeling of assurance that guides you along the way and, yet, is able to erupt if needed, just like a volcano. It is, essentially, your map.

You may have some underlying fear of finding your purpose because once you find it you just can't sit around and do nothing. You have to take some kind of action and that means change, which we are all somewhat afraid of. When everything is clear in your current life you can have an idea of what needs to come up next.

How do you know that you found your purpose? You just know. There are no guidelines or rules here. Each person is different and has a different purpose. While it may help to verbalize it or even write it down sometimes, purpose is just that feeling of calm and assurance that settles upon your whole being.

The purpose of these questions is to clear up those fuzzy areas of your life and

bring out to light hidden desires or even hidden frustrations that you might have to deal with in order to grow as a person. They help you define yourself and identify that which makes you truly happy. They are a map, and you have the guide for it. Hundreds of women that took this test found several patterns in their life that were “showing them the way”.

You are different and special and no one can tell you what your purpose is. Remember you and you alone have to find it! But you can undoubtedly do it when you have the right tools to do so.

The questions are simple because they are about you and you know yourself better than anyone else. Most of the answers will come naturally. You will not even have to think about them for too long. They will spring to your mind while you are reading the question. There are no right or wrong answers so do not try to alter or change too much. Accept them as being true and learn what they mean.

They are meant to help you look introspectively and deep within yourself. Some of them might make you feel uncomfortable at first, but, remember, you have to be honest with yourself. The answers will remain yours, and the feeling of overcoming some difficulties or defeating some insecurities is always one of satisfaction and joy.

The questions follow an established pattern and take you through all aspects of your life. Each one has a goal and is a little piece of the puzzle. Answer all of them and the answers will naturally join together to show you the bigger picture.

Meaning and purpose require commitment. Make a commitment to answering all of these questions. If you will, we guarantee that you will see things in a new light and that you will understand much more about yourself. We all know these questions, but few of us ever take the time to answer them. We are so busy with our daily tasks, deadlines, family, or other people`s needs that we forget about ourselves in the process. This is a great way to remind yourself that you are important, too!

Read the instructions and follow them closely.

You are at the beginning of an amazing journey; a journey within yourself!

Before answering the questions

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he following questions will lead you gradually on a road that will help you to understand what your deepest desires are as well as your natural inclinations and skills. Combining all of these will give you a clearer image of your life and purpose.

The questions are organized into nine parts that we call Dimensions. Each dimension represents a whole new world of thought level. While they are all connected you should deal with them separately.

Your purpose must be based on all nine pillars. Further, you have to maintain a certain degree of satisfaction and balance in each of the nine dimensions to be happy, content, and fulfilled as a person.

We also organized the questions in this way so they would be more manageable. Answering 100 questions in a row can be quite tiring and you should surely take it slowly so you can get sincere and meaningful answers. This is not a race. There is not prize for whoever answers all the questions first. It is a spiritual journey that will translate itself into peace of mind, energy and, a specific actionable plan that you can begin to follow in less than 24 hours-more on this later!

You can take frequent breaks to think

about what you answered, but answering all the questions should take no more than 24 hours at most.

If you put the right effort into it tomorrow you will begin your transformation to a better you. You will wake up with a whole new understanding of yourself.

How to answer the questions

Grab a piece of paper or a notebook and a pencil. It is very important to write the answer to these questions down. After all, it is your life`s purpose you are trying to figure out and it deserves some serious effort. Write it down even if only in a word processor on the computer, but make sure to keep a record. It will help you crystallize your thoughts, and record ideas that you never knew about that arise.

Why is writing the answers down that important?

When you write something, your level of concentration and retention is greatly enhanced. Your mind starts to organize ideas and concepts in a logical manner and digs deeper for ideas that are more

complex. It also benefits you because you will be able to review your thoughts later.

Give some thought to each question.

You should always take the time and ask yourself “Why did I answer like this?”

Take more time to analyze the questions than to answer them. Oftentimes the first answer that comes up in your mind is all that you need, because it is a pure thought that is not limited or constrained by fear or social standards.

Environment: Find a quiet place with no distractions and try to calm your mind. Set aside a few hours just for these test. Make sure there are no phones around that could interrupt you and let your loved ones know that you need some time for yourself. If you know how, it is

great to meditate before beginning your questions or to take quiet time to reflect, calm yourself, and prepare.

Most of the questions come with in-depth explanations that tell you exactly why answering that question is important and what exactly you should focus on.

Follow these steps for each question:

- 1. Read the question*
- 2. Pay attention to the automatic response that comes up in your mind*
- 3. Read the explanation*
- 4. Write the answer to the question*

Your true self

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he purpose of your life is engraved in your whole being.

To be able to find it, though, you really have to know yourself.

You must explore

and analyze aspects of your life that you might have ignored up until now.

Note that the kind of answers that trigger a strong emotional response, like creating goose bumps, taking your breath away, feeling butterflies in the stomach, making your eyes wet, and so on, are normal and may well be the kind of answers you are looking for. These are obviously the things that get you excited and are deeply rooted within your being so do not ignore these responses.

There is a big possibility that you will not have to go past the questions in the first dimensions to figure out your purpose, though we definitely recommend it in order to make everything clearer and to calibrate your life.

So let`s get on with it:

1. What would you say is the number one skill you posses?

Even if someone else has this skill or appears better at it that does not mean you do not possess it as well. It is not a contest and it does not have to be a special skill. If you feel that you are good at something, write it

down. The skills that you find to be natural to you usually do not come as naturally to other people. If you have more than one skill you feel you are great at, write them all down.

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2. What is the thing you enjoy doing the most?

Answer this one quickly and without thinking too much about it. We will go more in-depth with the next question.

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3. What is the activity that you would do all day long even without being paid?

The “without being paid” part is important. You could even replace it with “what is the activity that you would do all day long, even if you had to pay to do it?” You wouldn` t pay for just anything so that activity must

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have some value to you and get you in an amazing state of mind or give you immense satisfaction.

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4. What was your answer when someone asked you what you want to be when you grow up?

You would be amazed how many people still want that. Answer it, if only just for fun. If you don't really remember try to ask a member of your family or life that would know.

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5. Do you still want that same goal and could it be accomplished now?

If something that you answered years ago is still a goal of yours today, maybe you should think about pursuing it in some way, especially if you have not already.

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6. Do you consider yourself a left-brained (logical, analytical, practical) person or a right-brained (artistic, creative, emotional) person?

Knowing this will help you choose activi-

ties, jobs, and other important life aspects more wisely. If you aren't sure about this you should take one of the many assessment tests available online. For now, just answer what your intuition tells you and it just may be the truth anyway.

7. What were the subjects you studied and liked most in school/high-school/college?

These answers could be pretty general-math, biology, geography, etc. Try to think instead how that could translate into a career or a lifestyle. For example, might the fact that you loved geography mean that you would enjoy travelling more? Or why are you now doing statistics if you always were always passionate about literature? These are just examples. Identify your unique situation and see if there is any dissonance.

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8. What makes you feel real passion and excitement?

This question must absolutely be answered in depth. Take your time to think of the things that make you feel this unique way and write them down. Don't worry if you can't find too many. It's natural that only a few things can provoke this reaction. In time you will find more and more, but for now you have to focus on those that you can identify.

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9. What are your current hobbies?

Write them down and see if they are the same as the things that make you feel passion and excitement.

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10. What are your passions or interests that you are afraid of admitting?

This is an interesting question and luckily you can answer it safely here because you, and only you, will know the answer. Due to social conditioning, embarrassment, fear of ridicule or rejection and many other things, you may have a passion or interest you were secretly thinking about, but were afraid to develop. Try to pinpoint it and define it clearly. Next, try to find people who have the same interest or passion and see how their life is. If it works for them why wouldn't it work for you too? It is your life and you should be allowed to do anything you want, including to follow your interests no matter what others think of them.

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11. Could you transform one of your hobbies into a full-time job or revenue source?

Are there people who already make money by doing what you love or something related to it? Put yourself in their shoes. Would you like that life? If you are not sure how to transform a hobby into a revenue source, try consulting with someone who would know later on. Explore the ways your passion or hobby could become your full-time job or a business. Businesses that are based on passions or hobbies and which are not done just for money are often the most successful.

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12. What do people usually ask your help for?

If others trust you enough to ask for your help it means that you are good at it!

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13. What would you do right now if you weren't afraid?

Eliminate any fears you might have-losing your job, losing your friends, what other people think, etc. Imagine yourself as a very courageous person that could do anything. What would you do? You can even extrapolate that to specific situations and ask yourself that more in your day-to-day life. It

is an empowering question.

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14. What activities make you forget about yourself and have you fully immersed?

Try naming at least one. Three of them would be even better. That which gets you in a higher state of being and which completely involves your soul is often, if not the purpose of life itself, close to it. This state is also called “uptime” or “no-mind” and it refers to the time when you do something and concentrate on it and enjoy it so much that nothing else exists. Time does not matter anymore. This is the state of mind in which you are the most creative and could be defined as pure happiness.

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15. How could you define happiness?

Try to be as descriptive as possible and to cover all areas of your life.

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16. What are the simple (and inexpensive) things in your daily life that truly make you happy?

“Happiness is in the little things,” so identify the little things that make you happy.

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17. If you had to teach something to someone, what would you teach?

There is great pleasure in teaching and you could not teach something that you do not enjoy. Try to imagine past situations when you had to teach someone something or, if not, try to imagine what you would enjoy to teach to others.

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18. What are your core beliefs?

Core beliefs are at the basis of our personalities and the way we act. They can be positive or negative. A core belief is something that you truly believe in and that guides you throughout life. Examples of core beliefs are: “I am smart and can find my way out of any situation”, “People should [fill in the blanks]”, “It is wrong to [fill in the blanks]”, “I could never [fill in the blanks]”. Negative beliefs could be stopping you from achieving your goals or fulfilling your dreams. Try to write as many as possible and analyze them. You can use these examples as a guideline for completion. Start with “I believe that” and then complete the sentence.

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19. What causes do you truly believe in and would you gladly support by investing time and effort?

These are the things, usually connected to local, national, or global problems that you would gladly do volunteer work in order to support them. Beginning to support these causes, or support them more if you already do, could give you a real sense of purpose.

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20. What do you love to learn about?

You probably have a subject that you enjoy learning about and take the time to study voluntarily. These subjects obviously spark your interest enough that you dedicate time to researching them. Focus on writing these topics down and you just may see yourself having a new passion.

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21. What subjects constantly spark your interest?

Is there something that always comes up in your head? Do you always search for news about a certain topic? You might not be able to explain why, but whether it is politics, psychology or fashion there is probably something that maintains control of your interest. Write these down and think about them as you do so!

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22. What could be the soul thing that you could start doing right now that would make you feel happier?

Think of something you have been ignoring and, yet, wanting for a long time. The key here is to stop postponing it and start doing it. Maybe this is the spice that was missing from your life. When you set definite actions and tasks for achieving a goal, that goal becomes even clearer so always try to take some action.

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23. What matters the most to you?

This should be simple enough to answer. You probably think about this every day. Put it on paper. Are you acting according to what matters the most to you? Is your life centered on these things or are you making bigger compromises than you should?

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24. What are your biggest fears?

It`s time to be honest with yourself. Identify what terrifies you and how this fear stops you from achieving your dreams. What are you afraid of losing or what is the event that you dread the most?

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A good exercise to get past your fears is to write down the worst-case scenario. Really, write it down in detail. After you do that write down how you could prevent the worst-case scenario from happening and, also, what you would do to recover from the unwanted situation. You can also do this every time you worry in your life or are afraid of something occurring. Follow the steps and you will find that much of the worry or fear just disappears. Most of our fears are just imagined and the worst-case scenarios rarely happen.

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25. What does your intuition tell you about what you should be doing with your life?

When you ask yourself what you should be doing with your life what is the first thing that comes into mind? Accept it and write it down, no matter how outrageous it may seem. It is usually the kind of answer that is followed by a weird visceral sensation and also by a feeling of regret if you are not pursuing that path at the moment.

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26. What truly challenges you in life?

What challenges you to think, find new solutions, be creative, and generally feel more active and more alive?

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27. What did you love to play as a kid?

Talents and skills can be practiced, learned, and improved upon, but we are not born with a clean slate. We come into this world with certain inclinations that we might decide to follow up on or not. These natural inclinations make things much easier for us if we choose to follow them. What, and with what, you liked to play when you were a kid might be relevant and could give you some insight about your true nature.

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28. What makes you feel that you make a difference?

Dig deep into your past experiences and into your hidden desires. This is closely related to what you think is truly important in your life. Making a difference often means adding some value.

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29. What makes you truly happy?

And what could make you truly happy right now. A life lived with purpose is a happy life, so you have to determine what makes you happy.

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30. Why aren't you happy with where you are right now in life?

All the aforementioned questions have an underlying reason. You probably feel that there is something in your life that does not work as it should or that there is something you could improve. Think hard about the things that you are not happy about in your life right now. Be honest with yourself. There is no one here to judge you. Write them down and try to think of ways to change them.

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31. Who are you?

Yes, who are you? What do you answer to this question? How can you describe yourself? Leave out the job, physical description, or personality traits. Go deeper. Who are you, truly? Your intuition is probably whispering in your ear right now. Be open to what it has to say.

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32. Do you feel it is time to make a big change in your life?

Are you really ready for a big change? Big changes require some sacrifices. Are you willing to make sacrifices in order to improve your life?

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33. What is the most important thing you have to offer?

Everyone has something to offer, some more than others, but anyone can contribute to the

well-being of others. Giving can enrich your soul and your life and simply knowing what you can offer can give you a great amount of confidence in yourself and in the future. Search a little into your past. What have you offered and what was appreciated by others? Leave out material things and focus on everything else.

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34. What makes you have tears of joy?

As simple as that. You surely had one or two moments like this in life. Why not have more?

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Vision

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on't stop dreaming and don't ignore your vision. You know those crazy dreams and fantasies that you have sometimes when

you are driving, taking the subway, or on a cozy Sunday morning? Those are more than just random thought and might actually be the keys to your life's purpose! Whether someone close to you told you or because you censored those dreams yourself, you may now think that they are not possible and that they are just dreams and nothing more. Every day, remember, people achieve the impossible. They do that which other people tell them cannot be done. It is their dream so they go ahead and achieve it. Your vision of the future can be changed and modeled to suit you, and your dreams can become your reality. Vision is also a good indicator of your wants and needs.

Many of the situations or things that are real for you now may have been just dreams at some point or maybe, even, the dreams of others.

The following questions may require some daydreaming. Take your time with them.

1. What would a day of your perfect life look and feel like?

This is important! Try to close your eyes

and imagine what a perfect day would look like starting from the time you wake up to the time you go to bed. Imagine what you would eat for breakfast, where would you live, what your house would look like, what type of job you would have, who would be in your life, and who would not. Try to keep it realistic, but don't limit yourself. Writing all this down is essential. Aim for the images that trigger a strong emotional response. Only then will you know that you are thinking of something that you truly want.

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2. What would your perfect job be?

What would that ideal job or what jobs would be perfect for you. We change career so frequently nowadays and we could do so many things that one line of work may not be enough to fulfill us. If you can, come up with three of them.

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3. What exactly would you be doing at your job?

Try to be as specific as possible and if you don't know the details of a particular job, do some light research.

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4. What part of your job would make you happy?

What's with all these questions about the dream job? You spend roughly 8 hours each day at work and that is a big chunk of your life. If your job is a dream job then the quality of your life will surely skyrocket. Even if you have a difficult job right now, you need to define the perfect job and create an actionable plan to achieve it. "Job" is a general word. You can think of anything that could generate an income. If you want to start a business think about what types of business you would like to start and how running it would make you feel.

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5. What do you want to be remembered for?

Think of yourself being as reaching to 80 or 90 years old. What would you like to be able to tell to your grandchildren? What achievement would you like to be able to brag and reminisce about? What would you like the world to know about you and your actions?

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6. What would you like to leave behind in this world?

We all want to leave something behind, whether it is an idea, a business, a heritage, or even financial security for our children or grandchildren. This, just by itself, is often the biggest purpose for people. Make sure, because of its importance, that you define this in detail.

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7. What are the global problems that affect and concern you?

Think not only about the problems and causes that concern you, but also about practical ways you could contribute to solving them. Even a small effort could have an impact and will surely have an effect on your feeling of self-fulfillment.

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8. What would you do if you had only 2 or 3 months more to live?

This may not seem as though it would be a good question in the Vision Dimension, but it actually starts such a powerful stream of thoughts and ideas that it is actually the best trigger of vision. While being a little bit harsh, it forces you to let go of your limitations even if just in imagination and helps you dig really deep for the things that you truly care about.

The shocker is that we don't have that much to live and that the unexpected can always strike so we should probably always consider that our time on this Earth is limited. This must not be a negative view of things, but rather a realization that makes you free to follow your true desires.

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9. What would you dream about doing if you absolutely knew you couldn't fail?

The fear of failure should not be underestimated and you should deal with it every time you get the chance. First, you have to open some doors and realize what could await you if you embraced failure as merely feedback and a learning experience.

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Exploration

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ometimes you have to find and explore to find your purpose in life. Experiences shapes your beliefs and desires, but what if you don` t have enough

experience yet to decide? You have to know more about the world you live in and about the endless possibilities that lay in front of you.

Experimenting new things and getting out of your comfort zone can open your eyes and your mind to realms you did not believe were possible. You have to do things to know that you like them, you have to meet and understand people to know how you relate with them and you have to make some mistakes to know what to avoid in the future.

You might not know where to start your exploration and what would be the best experiences for you right now. The following questions are meant to challenge you a bit and get you going. Be as creative as possible and answer them sincerely.

1. What are the things that interest you, but you have not been able to try so far?

Make a list of at least five things that you would like to try. Do not take into account money or any obstacles for now. You will be able to think about that later. For now, you just have to know them.

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2. What experiences could you have that might give you a better perspective on life?

You can cheat a little bit here and get inspiration from movies you have seen, books you`ve read, or the experiences of some of your friends. Be open to new things as long as they do not put your life in danger. Commit to trying at least one experience in the following week and at least three in the following three months. Hopefully your list will be longer than three items. Give this question some thought.

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3. What is stopping you from having those experiences?

Take the answers from question number 2 and 3 and identify the obstacles (if there are any)

Career & Finances

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Whether we like it or not money is a very important aspect of our life and so is career.

People dedicate years of their lives to both of them and they can bring immense joy, satisfaction, comfort and fulfillment, but also disappointment and unhappiness, so it is an aspect that you definitely must clear up.

One very important thing to remember is that, in fact, it is not money that we are after, but what they can bring.

You want money for the experience of staying seven days in the sun on a tropical island or to make sure that your children have something to eat every day and a roof above their head.

You could want money just to have more time to spend with your family or work on that project that you have been postponing for a while. And that project might indeed be what you should be working on. You must know why do you want money, how much, and what you are willing to do for it.

Once you identify the hidden reasons behind your desire for money, you can set yourself free and you can follow your true purpose.

1. How important is money to you?

How much would you sacrifice to get more money? What exactly do they mean to you? Exactly how much money do you think you would require to become truly happy?

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2. Would you compromise some of your core beliefs just to make lots of money?

Any human being on this planet makes one compromise or another in order to make money, but the real question is how many compromises are you willing to make and if you are willing to go past some of your beliefs and convictions.

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3. Would you rather have a lot of money, but little time or a lot of time and just enough money to live a normal life?

Find the balance that will help you live a life without regrets. Think about

both possibilities and how happy you would be with them. Imagine living to be 80 years old and looking back on both of these possible pasts. Which one would make you feel better about yourself?

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4. If you had 1 million dollars, what would you spend it on?

Make a list of the things that you would buy or do if you had that kind of money. Think long-term. How would you see yourself in one year`s time or five year`s time. What would you be doing if you could quit your current job and would not have to work for money anymore?

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5. Can the things that you wrote on the previous list be bought or achieved with \$100,000 or just \$10,000?

Don`t just disregard the answer; try to think of creative ways you could do this.

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6. Do you feel that you have made the right career choice?

How happy are you about your career on a scale from 1 to 10? If you answer is anywhere lower than 8 then you should probably think about how what you could do to be at the top of this scale.

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7. Would you be willing to change your career and make some sacrifices if that would make you a lot happier?

Changing your career is no walk in the park. It requires sacrifice, potential resistance from your family and friends, and possibly even financial struggle for a while. All those might be worth it if the end result is a happier life.

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8. What other careers would you consider?

Even if you like your current job, try to answer creatively to this question as the answers you may come up with may surprise you.

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Your love life

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ou do not need any detailed explanation about this. You already know this is BIG, but you probably don't know how big. Deciding how important

your love life is for you is essential to a greater understanding of confidence.

1. Are you happy with your current relationship (if you are in one)?

Problems in your relationship can often be the cause of that "lost in space" feeling. Purpose is consisted of multiple dimensions and all of them have to be in a balanced state so that it can become clear to you. Trying to find the imperfections of your relationship, while a little painful, may be really eye opening.

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2. How would you imagine the perfect relationship?

I know you will love to think about this one. You have to know what you want out of a relationship so you know when to move on if it is necessary.

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3. How do you feel when you are not in a relationship?

And how do you feel when you are in a relationship? Believe it or not, being in a healthy relationship can be part of your purpose and failing to achieve a balance in this part of your life can make you really unhappy no matter how successful you are in all the other.

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4. Would you sacrifice your time, career, and social status for the well-being of your partner or just to be with your partner?

It's not just that you want someone in your life. It is about how much you want someone in your life. Of course, it depends on the partner also, but try to answer this question and do not be afraid to get creative.

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Family and Social life

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we cannot imagine our life without the people around us. We are social beings and we have to accept that

as a part of who we are. A major part of your purpose may be connected to how you relate to other people in your life or just society in general. It may be giving or it may be receiving, but the presence of others will surely be an essential factor.

Answer the following questions carefully and analyze your answers.

1. Do you want children?

If you haven't thought about this seriously up until now it may be a good time. Children can bring a lot of meaning and purpose into your life, but this should not cover up other truly important goals of yours.

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2. Why do you think you want children?

Analyze with great care the true reasons you want children. Children should not be just a way to fill an empty space in your life. Rather, the desire for them should be true and deep and not be a

placeholder for someone else you are seeking.

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3. How would having children make you feel?

Imagining exactly how having children would make you feel will give you an idea of the sense of fulfillment you might have or might show you that you are not yet ready for this. Think long-term and also imagine the hardships that come with having a baby. How would you deal with the difficult moments? Is your desire great enough to overcome all the difficulties?

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4. Is there anything else that would make you as happy or happier than having children?

If the answer is an instinctive “yes” then you should explore that answer and all the possibilities that would make you happier.

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5. How important is family to you?

In this case trying to scale this from 1 to 10 will not be helpful. Try to think what you would be willing to sacrifice for your family and to what lengths would you go to ensure the well-being of them.

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6. Do you go to great lengths to spend holidays or important days with your family?

Can you think of special situations when you sacrificed something in order to be with your family or of times when you were away from your family and felt really down or defeated? The answer may seem obvious for some people and others, not so much. Not everyone values family the same and that is perfectly ok.

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7. How does it make you feel to help other people?

You must think this answer through. Helping others feeds our feeling of pride

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and increases our level of self-confidence so it is normal to feel good. But if helping others not only makes you feel good, but creates a wonderful, almost addictive feeling of completeness and satisfaction then maybe this is what you should be doing. It may just be an important part of your purpose.

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8. Who inspires you the most?

We find inspiration and guidance in role models. We need not look further than to people whom we admire and who inspire us. These people found their purpose, and they are living it each day. If you can identify the people that inspire you the most and understand their purpose maybe that will give you some insight into what your purpose is. To identify the purpose of others look at their actions. Words can tell lies, but actions are a lot more sincere.

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9. What qualities inspire you in a person and would you like to have them?

Qualities, like habits, have to be nurtured and practiced over time. You do not get them overnight and being able to hold on to them can be a long-term process and a purpose in and of itself. Identify the qualities that you admire in others and that you would like to have and start cultivating them into your personality.

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10. Do you want to improve the life on this planet in any practical way?

It is one thing to be interested in the problems that concern this world and it is another to feel the desire of doing something about it. Taking the time to make a big change on a global scale can be part of your purpose.

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11. Are you usually influenced by what other people think about you or tell you?

That can be the reason why you don't know what your purpose is or why you have lost your sense of direction. Too much noise from other people can make you lose focus. The first step is realizing that you are susceptible to other people's opinions and desires. Knowing this can help you to resist them.

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12. Have you ever asked your friends or loved ones what they think you would be excellent at?

While it is unadvisable to listen to what others think you should do, it could be very helpful to get an objective view on your life. They have the chance to see what you do best and what activity seems to absorb your time and energy. Oftentimes the answer you get is very surprising and may enlighten you.

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13. Who are the few people in your life who make you the happiest?

Have you heard about the 80/20 principle? The idea is that 20% of the efforts produce 80% of the results. While this might sound like a perfect principle to apply in business (and it is), it is applicable in almost any area of life. If you think about it, just a handful of people make you the happiest. The rest either do not have much influence on you, your life, and your thoughts, or they actually influence you in a negative way. The trick is to identify that handful of people that do influence you and increase the amount of time you spend with them.

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14. Do you have the right friends?

It is said that you will become the average of the 5 people with whom you spend the most time. It is true and it works in all directions. Your friends could drag you down or they could be pulling you up and encourage your positive habits.

Try to take a good look at your friends and analyze their effect on your life, and, of course, your effect on their lives. Is it positive? Are they the kind of friends you want or are they just the people you are closest with now? As is said, you are the company you keep. Be wary that the

people around you are the ones that you want to become like because there exists a chance you will.

Instead of alienating the friends that may not be the best influence, try to create new friendships with people that have the same interest as you or that could have a more positive effect on your life. They can help guide you in the right direction and may even illuminate your true purpose in life.

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15. With whom can you talk about your purpose?

Maybe talking about your purpose or about not knowing what is exactly what you need. Identify the person with whom you can talk about this and who would be happy to hear your thoughts and maybe give you some guidance.

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Your past

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lancing at your past and identifying important events in your life can bring clarity to many things. After all, we are a product of our

experiences and they shape our personality and our beliefs. Analyzing our experiences shows us where our beliefs originated from, and it could be much easier to change, eliminate, or add new beliefs that could enrich our lives.

The trick is just to glance at your past and not hold on to it. Whatever happened, happened and history cannot be changed. If you can derive some knowledge from your experiences then you will surely find a way to use them as guidance in the future.

Sometimes we subconsciously make some things in the past that were in line with our true purpose. We may have just lacked the ability to identify them. Answer these questions to better understand your past.

1. What is the event from your childhood that you cherish the most?

The more events you can think of, the better. Write down your answers for further analysis.

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2. What were the most amazing moments of your life?

Write down at least five of them and describe how they made you feel. It could have been graduation, finishing your first painting, or many other things.

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3. Was there a time in your life when you felt fully fulfilled?

Don't worry if you can't think of any moment, that is why you are trying to find your purpose, so your future can see many of them. If you can think of such a moment, think about the reasons or specific circumstances that made you feel like that. Could you repeat the experience or put yourself in a similar situation again?

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4. What are the things that you regret and definitely will not do again?

We have to learn from our mistakes. In order to live a full life without regrets, we must know what not to repeat. It is important to write the mistakes we have made down to remind us of them so we do not make them again.

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5. What are the things that you are proud of and would repeat if it were possible?

Try to think of the big things that brought real satisfaction into your life and figure out how they are related to certain areas and goals in your life.

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6. What were the three most difficult moments in your life and how did you overcome them?

Knowing that you can get out of trouble, what are the qualities that you possess and rely on to do so? This is priceless knowledge for your future pursuits.

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7. What was the purpose of your life until now?

You have done things the way you`ve done them for a reason. What was that reason? What pushed you out of bed each morning and what drove your actions?

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8. Do you feel your old purpose was the right one?

If not, ask yourself why that old purpose was not the right one. Then, find out what would

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be the right one for you today. Reflect upon these answers.

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9. What achievements made you feel fulfilled?

You surely have had goals in your life. Sometimes when you achieve a goal, you feel happy that you are done with the task and a bit contented. Other times, however, you feel amazing and the feeling lasts for days. In the latter cases, you feel like you really accomplished something and almost as if the whole world should celebrate with you. Identify those grand achievements and write down the goals that were so important to you.

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10. Have you been living the dreams of others?

This is more common than you think. If you

have fallen into this trap, don't beat yourself about it. It is a great step that you have identified this. Now, you can make an oath to yourself that from now on you will only follow your own dreams. You might have to make some big changes in your life, but that is part of the process.

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11. Have you truly accepted the tragedies of your past?

You can't go on to live fully in the present and create an amazing future if you are still focusing on some terrible events from your past. You must find resources to help you move past the old incidents in order to truly move forward.

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Your Mission

1. What would you like to do?

Just write down the first answer that springs into mind. You may be surprised by your answer.

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2. Who do you want to help?

Again, the first answer that springs to mind is the most important.

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3. What value do you want to create?

When doing something you have to have in mind the value that you can create. This is something that is useful to others and that

others might be able to utilize. It can be value added to an existing project or a new one.

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4. What would be your personal mission statement if you had one?

Try to write a paragraph that would best describe your views on life and your mission. Be creative and you can even add a little humor.

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5. Do you have written and clearly-defined goals?

This is referencing only those goals that you have written down and to which you have

brought clarity. This is important because these goals may be ones on which you can take action.

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6. Do you have written and clearly defined plans to reach your goals?

The lack of a purpose is often due to the lack of well-defined goals and plans that will help you reach them. When you do not have a set goal, you are just floating in a sea of restlessness. You don't have a sense of direction and you do not really know why you are waking up each morning. This can be a very confusing and frustrating feeling. On the other hand, when you have fixed goals you always have a purpose and a direction.

Goals only work when they are specific. General goals like "I want to be happy and loved" are nice, but will not get you very far. Your goals have to be SMART: Specific, Measurable, Achievable, Realistic, Time-bound.

Therefore, a goal, for example, that says "I want to have \$10000 in my bank account in 6 months" will get you going much more than a general goal of gaining money. Once you make a list of your goals, take each one and make a plan to attain it.

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7. What is the immediate action I can take that could help me clear my life goals?

This could be changing your environment, overcoming some current obstacles, solving today's problems which consume time and do not let you concentrate on what is important.

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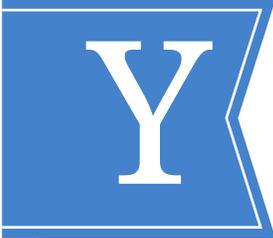
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Congratulations!



You've answered all of the questions. Now, what should you do?

If you've answered all of the questions thoroughly

you now have a clearer image of your life and a deeper understanding of what generates passion and excitement in it. You may have even pinpointed the things you need to do and if you explored the eight dimension, you now have clearly described goals and a very accurate plan of action. But at the moment they might be too many or scattered around on too many pieces of paper.

Finding your purpose or calling is beneficial by itself, but to really make the most of this you have to take the newly acquired knowledge and apply it in a practical way in your life.

Here are the practical and condensed actions you can take today to improve your life dramatically. They are organized in the nine dimensions explained previously:

1. *Your True Self*

- Look over your answers in this chapter and make a short list of 3 things that you are good at and 3 things that you are passionate about. Try to build your life around

these things and use them to get ahead.

2. *Vision*

- Take the vision of you perfect future and you perfect job and come up with a plan to achieve what you were dreaming of.

3. *Exploration*

- Set 3 experiences that you want to have in the next 3 months and have them!

4. *Career & Finances*

- Make a new career plan starting with what you would need to study, what experience you will need and how you will acquire it and put it to action.

5. *Your Love Life*

- Think of three things that you could do right now that could improve your love life even by a notch.

6. *Family and Social Life*

- Based on what answered in this chapter write three definite actions you could take to improve the rela-

tionships with your family and your social life. Decide what you will stop doing and what you want to do more, with whom you will spend more time (and why) and with whom you will spend less time.

7. *Your past*

- Think about the amazing experiences of your life and how you could take action to have more of those in the near future.

8. *Your Mission*

- Extract your set goals and write them on another piece of paper you can check every day. You can also insert them in any time management software you might be using. The important thing is to check them daily and make sure you that everything you do gets you a little bit closer to your goals.
- Also extract your plan of action for each goal that you set and make sure those are in a place where you can see them easily also.

9. *Desire*

- Write your purpose on a piece of paper and put it in a place where you can see it every day when you wake up so that it inspires you each morning. Ask yourself the same question from time to time: “What

is my purpose in life?”

- There is a reason why we haven't said that you will find your purpose in 24 minutes or less, but in 24 hours or less. It takes commitment and time.
- If you haven't had any epiphanies or “wow” moments that does not mean that this test failed or that you probably don't have a purpose. Everyone has a purpose in life and some find it later than others do, but that is perfectly ok. The steps presented above can be followed no matter what.
- Keep in mind that your purpose while it may not change completely, might suffer some changes in time so it might actually be a good idea to do this test again from time to time. Your experiences shape you in a way you may not fully comprehend at the moment and tomorrow you will not be the same person that you are today.
- Make an oath to yourself you will allow yourself to be whoever you want to be and to develop and grow as never before. Renounce all your fears and limitations. You have the tools to deal with whatever comes your way.

You are free to be yourself! 

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