



Are you living your life with purpose? What legacy are you creating?

You have strength inside you and you can do anything, but the first step is to take responsibility for your own health, happiness, success and achievement.

Realize that you are important and you deserve to live an amazing life; not to just endure life, but to live the life that YOU were born to live.

Defining and gaining clarity on what your purpose is will lead to a lifetime of fulfillment and happiness.

Answer the following questions to help you find your purpose (do not analyze your answers, just let it flow):

1. What do you love to do (that you would do even if you are not paid to do it?) Name AT LEAST 5 things, but feel free to list more!
2. What are your Top 5 gifts, talents, and strengths as a person?
3. What do other people say you are really good at?
4. Imagine it is your last day on earth, what is the one thing you want to have experienced or accomplished so that you have feel satisfied and at peace?
5. If money was no object and you knew you wouldn't fail what one thing would you do?
6. Write down the names of at least 5 people you admire and WHY you admire them. Look at your list and know that the things you admire in these people are also within you. Make it a point to really embody those traits as a way for you to show up in the world.
7. Notice how you feel—if you are living your life's purpose, you'll feel exhilarated, excited, happy and alive.