

The Top 5 Secrets to
**Activating Your
Life Purpose**



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Welcome

“Here is a test to find out whether your mission in life is complete. If you’re alive, it isn’t.”

— **Lauren Bacall**

Do you feel like your life is out of balance?

Do you know there’s something you’re supposed to be doing but you don’t know what it is?

Using the information in the guide, you can learn to radiate fully and easily as your best self. Share your gifts fearlessly and with all the joy and passion of a child in a playground.

Here I’ve compiled the least understood and most essential facts about discovering and embodying your true work. It is written from my years of experience helping thousands of people recognize and activate their life purpose.

A little back story:

In 2007 I received my first psychic reading. At the time I was stagnant and miserable. I felt an extreme urgency to be doing something more with my work as a massage therapist, but had no idea what it was or how to go about it. The reading said: “You came to Earth with your own form of bodywork. Don’t take any more classes, focus on your intuition.”

It makes a great deal of sense now, but at the time it only spiraled me into more confusion. I went through an intensive struggle to understand the nature of the bodywork I apparently would invent, and my intuition.

Interestingly, once I [awakened to my purpose](#) two years later, helping others name and awaken to theirs become a core part of it.

This is because I found life purpose very easy to read as a new psychic – it was almost the first thing I saw about someone, like noticing their hair or the color of their eyes.

In my experience reading someone's purpose is nearly unavoidable, because it's such an intrinsic part of who they are it's hard not to see it. Regardless of the focus of my clients' questions, what they were born to do would always come through. What I noticed in doing these readings though is that often people's reaction is the same as mine was back in 2007: "That makes sense, what do I do with it?"

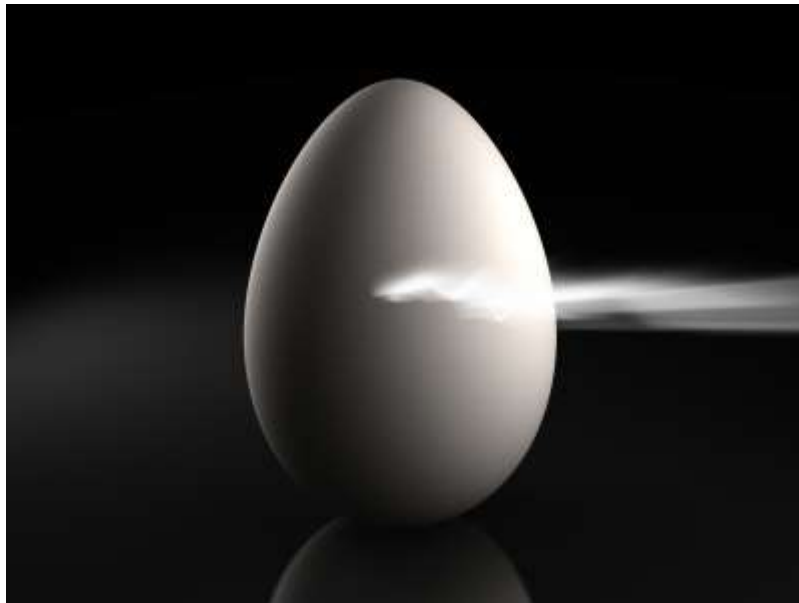
Having encountered this question with enough clients – and worked through it multiple times in my own life – I offer the following truths about the real nature of life purpose for anyone seeking to know and live theirs.

1. *You are already living it.*

Your purpose is the energy that comes through you. It's your "shine", and can show up in anything you do, as a dishwasher or as the CEO of a major company. It's so intrinsically part of you that it's not possible to be separated from it. It's an essence of you, and when named you'll most likely see it as "that's just what I do."

The confusion and feeling that your life lacks purpose comes from a lack of connection with yourself. Once you land in yourself more fully, you'll see there was never a time you weren't living your purpose. Any time you've noticeably helped someone, the energy of your purpose was coming through.

Tip: *Slow down, become fully present in kindness. What is the energy that comes through you when you focus on attuning to the needs of others? What actions are you inspired toward?*



2. Purpose is a state of mind

The feeling of “rightness” that you aspire to in finding your life purpose comes from recognizing a part of yourself. It doesn’t come from your work.

In 2002 I reached a turning point in my life when I could do anything and live anywhere. Having no idea what I wanted, and deeply confused about my life purpose, I decided to go to massage school and follow that with a degree in counseling. I was still 7 years from consciously recognizing my “purpose”, but I chose the direction of bodywork and therapy with the thought that it would get me through until I found what I really wanted to do.

It was my purpose, but it didn’t feel “right” until I acknowledged my innate ability to do it. It was the acknowledgment of a part of myself I’d suppressed that brought the feeling of “rightness”, not changing what I was doing. I was already doing it, and several “massage” client sessions didn’t change at all, as I discovered I’d been doing readings with bodywork for them all along.



3. Passion exists independent of Purpose

You are in a relationship with your purpose, the same way you are with every other aspect of your life. Meaning it cannot make you excited about the day, eager to go to work, or enthusiastic about your to-do list.

In my experience working with clients, the excitement phase about doing what you love usually lasts about 1 – 2 years, after which it starts to be “routine”. Being routine often means it’s boring, and one might get a wandering eye and start looking for something else that’s new and exciting, only to become bored again and think they still haven’t found “the thing”.

I can’t tell you how many professional, successful musicians I’ve met, or writers, or actors, who are bored by their work.

People get “burned out”, which means they lose their passion. The same as in a marriage, keeping the passion alive is your responsibility. You cannot depend on finding the right person or job to do it for you.

Don’t focus on finding your purpose, which only confuses the mind. Focus on cultivating enthusiasm and passion in your daily life, this will make whatever you are doing inspire you and feel “right”.

Tip: *To ignite your passion, ask yourself, "What do I want so much I'm willing to sacrifice my apathy for it?" Devote each day to the answer.*



4. *No one has “one thing”*

As part of writing my upcoming book, “The Dreamer’s Guide to Success”, I interviewed numerous successful people who are living their dreams doing what they love. The one thing they all said without exception was, “if I wake up tomorrow and realize there’s something else I need to be doing, I will.”

They’d poured their lives into building businesses, playing music, dance, and art, but all of them held it lightly. This is not giving up out of boredom or being burned out, it’s the gentle awareness that purpose has its own direction, and exists independent of the vessels it is expressed through. Remember, your purpose is what shows up whenever you act in a way that serves others. Be fully present in your activity, and you will feel fulfilled.



5. It helps the world more effectively than activism

This point is perhaps best made by a quote by Howard Thurman: “Don’t ask what the world needs. Ask what makes you come alive, because what the world needs is people who have come alive.”

When you focus on what makes you shine, you become a light for others to follow. When you focus on trying to fix or save the world, you lose alignment with your center, your light fades, and with it the ability to effectively serve.

The best example of this comes from photographer Sophie Spinelle. Sophie started out working at a nonprofit think-tank dedicated to improving the political and social climate of America. She was deeply passionate about making a difference, and loved describing her work to people. However, she knew she wasn’t her best in it, and saw that her coworkers were far more committed and willing to work harder than she was.

At first Sophie thought she was just lazy, but after five years realized she had to leave. She’d always been a highly creative person, but at the end of each work day only had the energy to watch TV and found her sparkle and passion for life was gone.

Not only was it a leap of faith to leave, as she didn’t actually know what she would want to do instead or have any other income lined up, it was also a source of intense guilt. She was leaving a job it had been a privilege to get, working with people she loved and was bonded to, to chase after an inspiration that didn’t have a name.

However, taking this leap allowed her art to reveal itself. She’d discovered photography a few months before, and realized her living room would work as a studio.

She’d first had the idea in 2004 to photograph women in the style of 1950s pin-ups. She believed if women of all body types could see images of themselves as airbrushed and perfected as the women in magazines, they’d realize they already are as beautiful as they wish they could be. Now, with the chance to pursue it, she did 5 test shoots with friends to find out if she was any good. She then put together a mission statement

for her business, and within three months had a full time job. Her hobby took off from under her, and she never did an unpaid shoot again.

Today, four years later, Sophie has a thriving business in both New York City and San Francisco, a full staff, and is now hiring additional full time photographers to keep up with the work load. A sample of her work is below, you can view more at <http://shamelessphoto.com> and see the effect and power of the "Shameless" movement that started with acknowledging her purpose was more important than trying to save the world.



In Conclusion

If something sounds fun or interesting to you, most likely it aligns with your purpose. You don't have to be excited by it or feel a resonant "aha", just explore. Anything that interests you aligns naturally with your greater call and will pull a deep part of yourself into focus. When it does, you'll discover you've been living your purpose all along.

Recommended bonus activity:

Make a list of everything that feels like a possible spark or interest for you. Then dedicate a certain amount of your time each week to exploring the list (maybe 1 – 5 hours). Take a class, volunteer, go on hikes...anything you ever wanted to try, now is your time to do it.

It's important to note you have full permission to be clumsy, untalented, and "off" in your explorations. The point is to discover what opens for you when you open, and what lights up that you might otherwise ignore because it didn't feel safe.

Show up fully in your life, and see how your light shines when you do.

Want more?

The **Life Purpose Activation** class is held every other month. It teaches the 6 questions (not included here) that activate your purpose, exercises to help speed its physical expression, and includes a mini-reading at the end specific for each attendee that names their exact purpose. [Click here for more information and how to register.](#)

You can also [schedule a personal session](#) at any time that reads your unique purpose, and offers nuanced support in finding its full expression. Subscription to our newsletter gives you 50% off your first session, and a single session is enough to specifically name your purpose and give the practices best suited to your needs for its expression. [Click here to schedule.](#)