



## Find your purpose – 3 easy exercises

### Exercise 1

Make 3 separate brainstorming lists.

Make them **at different times** or even **in different days**. Just write anything that comes to your mind on paper and then forget about it and *do not look at it*, until you are finished with all 3 lists.

Here they are:

#### 1. **Make a list of at least 10 things you are good at.**

Make it as a brainstorming – quickly, without thinking too much ( don't think are you really good, how good are you, etc.). Include at least 10 things in the list.

If it is difficult to you to think of 10, think about this:

- What have you done professionally?
- What hobbies do you have?
- What have others asked you to do for them?
- What do your friends tell you are good at?
- What achievements did you have in your life? (even at school)

Examples:

Here are two examples of a list made by a friend of mine and my own list.

1	Photography	Coaching
2	Sales	Laughing
3	Teaching	Making others laugh
4	Public speaking	Explaining things
5	Coming up with ideas – creative solutions	Reading
6	Philosophizing	Public speaking
7	Driving	Cooking
8	Travelling – could be a guide	Meditation
9	Growing food – growing your own garden	Organization
10	Being able to help people	Brainstorming



As you can see, these are just raw ideas, whatever you think of at the moment. Put it on the paper and then forget about it for a while.

**2. Make a list of all things that bring you pleasure, fun and joy.**

Once you are done with the previous list (not before that, and even best at the next day), make a list of all things that are **fun** for you, **bring you joy and pleasure** and you would love to do them **every day**.

Again, do that as a brainstorming, without thinking if anything you write sounds stupid or absurd. Just write down everything that comes to your mind. Write at least 10 things.

Here are 2 examples - again my own and one of a friend of mine:

1	Coaching	Learning new things
2	Meditation - being into your spiritual self	Laughing
3	Walking	Making others laugh
4	Photography	Reading
5	Inspire and motivate people	Travelling
6	Play basketball	Walking in nature
7	Bring up the best in other people	Coaching
8	See a happy customer	Online marketing
9	Win-win situations	Music
10	Writing	Going to concerts
11	Music	Dancing
12		Singing
13		Jumping

You can add more than 10 things, but at least 10. Just write down whatever comes to your mind.

**3. Make a list of all things that give you a sense of value, of giving something valuable to others, of making the World a better place.**

Once you are **done** with the first two lists (not before that, and best on the next day), make this list with at least 10 things you think would be **valuable** and **useful** for others and for the World.

It *doesn't matter* if you think you are able to achieve them or if you think you are good at them. Just write down everything that comes to your mind, again as a brainstorming. Continue to write until you have at least 10 ideas.



Here are the examples of my own and my friend's lists again:

1	Sharing knowledge about conscious (healthy) eating, herbs	Sharing knowledge
2	Sharing knowledge for anything, actually	Laughter
3	Listening to others	Reading and learning
4	Bring people up spiritually and mentally	Travelling
5	Spiritual guidance	Being closer to nature
6	Help others make money	Coaching
7	Entertain others, make them laugh	Music
8	Play music to others	Spiritual guidance
9	Sports	Having fun
10	Help others love themselves	Being in a good state
11	Teach them foreign languages	Raising consciousness
12	Sharing between different cultures	Love

**Only after you are ready** with *all three lists*, start with step 4. Don't think about it earlier, because this will limit your mind. It will activate your inner limitation stories and *might stop you* from coming up with the best ideas for your lists.

This is why **it is actually best to make the lists on separate days**, and on the 4<sup>th</sup> day to go to step 4.

So here it is:

**4. Make a comparison between the three lists and see if there are some matches.**

The things might not match completely, but you *do not actually need exact matches*. Look for things that **fit** each other or **complement** each other. Look for such things in all three lists.

This will give you clarity and ideas what your purpose might be, and what is the thing you can do, which is pleasant and fun for you, and at the same time brings value to others. This will surely bring you financial benefits, as well, because when you give value, money flows to you naturally.

Examples:

As you can see from the above examples, there are some common things between the three lists.



Let's have a look:

- For my friend one of the examples is Photography, which is in his first two lists. In his last list he has – sharing between different cultures, which can be achieved through photography. And based on that he can clarify an idea about using photography to show different cultures to one another. He could also combine that with travelling, which is in his first list.
- Another idea for him is growing your own food (in his first list), combined with sharing knowledge about healthy food (in his third list), combined with coaching about healthy eating (in his second list).
- For me for example laughter is in all of my lists, and I am a laughter yoga instructor, so this is one great idea about my life purpose – be a laughter ambassador.
- Coaching is another thing that is present in all my three lists. And this could also be perfectly combined with laughter.

**Do you see how you can come up with multiple ideas after this exercise?**

Don't worry, in Exercise 3, *we will test these ideas* and pick one to start with right now. So, while looking at your lists, come up with as many ideas as you want. Anything that feels good to you – write it down.

## **Exercise 2**

Exercise 2 is actually just answering to a few questions. But don't be deceived. These are not simple questions. These are the best questions gathered specifically to help you find your life purpose. This is why don't answer them in a hurry. Spare some time to think and answer the questions from your heart. Look deeper into yourself and you will see the answers that are usually hiding.

Start answering the questions when you have 30-60 minutes of quiet time alone. You shouldn't rush. This will help you find the right answers within you.



Here are the questions:

- Who would you like to contribute to? What type of people would you like to help to?
- What are the difficulties you are ready to face? Whatever we choose to do, there will always be obstacles and difficulties sometimes. So what is the thing that you are ready to do, even when it gets difficult?
- Is there something you loved to do as a child or in your teenage years, but then you quit, because you thought you cannot earn money with it, or your parents insisted you to do/study something else, etc.?
- What makes you forget to eat? Is there something that makes you lose sense of time and anything else around you?
- If you had to get out of your home every day, where would you go and what would you do?
- If every morning when you wake up, you found \$1000 under your pillow, and you knew this would be so until the end of your life, what would you do with your time?

Write down all answers. Then compare them with the ideas you came up in Exercise 1. See if there are things that match or complement each other.

### **Exercise 3**

#### **Asking your soul.**

Your soul *always knows* the right answer, and talks to you through intuition. This is why as a final step we will do an exercise to test all the ideas you came up with, *asking your soul for help*.

So let's get started.

Take the list with *all the ideas* you came up with in Exercise 1 and Exercise 2.

Think of **just the first idea**.

Imagine it vividly. Imagine you have already achieved it and you are successful in what the first idea is. Imagine yourself living it, as if it is happening right now.

And notice the very first feeling you have when you imagine it. Is it positive or negative? This is the way for your soul to answer "Yes" or "No".

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But keep in mind that it needs to be **the very first feeling** or sensation, before you are even able to start thinking. Your mind **should not interfere**, as it usually brings your subconscious doubts and fears, and *can easily mislead you*.

Example:

For example, if I take the first idea of my friend's lists – being a photographer. I imagine myself being a photographer, traveling the world to take the best photos of different cultures. I imagine climbing mountain tops or even living with different tribes across the world, so that I can capture their cultural habits. I imagine making exhibitions with my photos and having great success with them. I imagine selling my photos to famous magazines.

This sounds like a great success, but when I imagine it, I feel tightness in my chest and some type of shrinking feeling. So I know that this is not my thing.

If I think of my own idea of combining laughter and coaching – I imagine coaching groups of people, making laughter sessions online and in different conferences and events. I imagine people telling me how they feel wonderful and they achieve great successes when they laugh regularly. My soul just sings with that. So I know that this is my thing. 😊

So take the ideas you gathered with Exercise 1 and Exercise 2 and test them this way one by one. **See which ones resonate with your soul and which ones do not.**

Now you know. 😊

### Next steps

There are people who just know what they want to do in life, just know what their thing is since their childhood.

There are other people who wander and hesitate and cannot find the one thing they really want to do.

And there other people, like me, who want to do so many different things and want them all.

There are endless possibilities and there is no need to give up on any of our desires. We can always find a way to combine what we want and make it our mission in life.

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