DISCOVERING YOUR DREAMS AND DESIRES

I feel we put so much pressure on ourselves to know our purpose. It's so easy to get stuck behind this idea of feeling like we need to know exactly what we are supposed to do or what we're meant to do or we're going to fail at life.

But I believe that fulfilling our purpose is about living our purpose and that's about truly living our life. Fully stepping into and owning who we are. Loving and accepting ourselves and following our dreams and desires. Because those desires are guiding us. So the best way to know and live your purpose is to uncover and embrace your dreams and desires and know they're leading you to your most fulfilled, and rewarding, and purpose filled path.

So what makes you happy? What makes you feel most alive? What do you most want to feel and what experiences bring forth those feelings?

What lights you up? You need to know this in order to build a business that lights you up instead of wearing you down.

You may be directly experiencing these feelings through your business or you may be ensuring you're building a business that aligns with and supports you having more of these experiences in your life.

So... how do you want to feel? Once you know the truth about how you want to feel you can get more clarity on who you want to be, what you want to have, experience and do.

Here are some prompts to help you. Try to answer as quickly as possible without overthinking. Just allow what wants to come through come through.

- I feel most alive and in love with life when...
- The feelings that I would love to experience most often are...
- What do you really care about? Really really care about?
- I feel more alive when...
- I feel less alive when...
- I can't help smiling when...
- I feel more open and expanded when...
- I feel contracted, stressed, or angry when...
- I feel most at peace when...

- Complete relaxation?
- I feel free when...
- I feel less free when...
- I feel most me when...
- I feel least like myself when...
- I feel the most sense of belonging when...
- I feel the least sense of belonging when...
- What makes me feel that everything is aligned and working for a higher purpose?
- My favorite things to do in the past (before life got in the way) were...
- My favorite things to do now are...
- In my free time I love to...
- My favorite topics of conversation are...
- 5. The types of books I read or would read are:
- If I had to teach something it would be...
- The activities that make me feel joyful and raise my spirits are...
- I lose track of time when I'm...
- My favorite things to do as a child were...
- I'm most inspired by movies and books that...
- What makes me feel great about myself is...
- What really excites me is...
- What gives me a sense of satisfaction and fulfillment is...
- What I find meaningful in my life is...

Bring It All Together

Look at everything you've written above. There will likely be a lot of overlap. Can you cull it down to the 5 feelings and states that you most desire in your life.

If you're struggling to narrow it down, start comparing them to one another. Which matters to you more. Decide which ones you would eliminate.

Once you have it down to 5 things you will know that your dream life will be based on creating these feelings, states, or experiences.

How to Live In Alignment to your Dreams and Purpose

At the core of finding and living your dreams and your purpose is simply paying attention each day to what's working, and not working.

When you feel good – which is to say aligned, alive, lit up from within, excited about yourself and your life – you are doing the right thing. That's what living your purpose is all about! When you feel like something is missing, you feel contracted or heavy, like you're holding yourself back or on the wrong path – you are.

Action Steps

Each day check in with yourself and ask yourself how you can create one or more of these 5 things as a reality in your life TODAY.

What is one thing you can do to create your dream life and business based on the reality of how you want to feel?

Stop stressing over whether or not you've got it right or trying to accomplish everything at once. Just focus on this moment, right now, and how you can move closer to your dreams rather than further away from them. If that's all you do, and you do it every day your life will change dramatically.