

Finding Your SOUL PURPOSE

Working and Living from Your Authentic Self

“Our purpose, I believe, is not a thing, place, occupation, title, or even a talent. Our purpose is to be. Our purpose is *how* we live life, not what role we live. Our purpose is found each moment as we make choices to be who we really are.” - Carol Adrienne, *The Purpose of Your Life*

So WHO Are You Anyway?

1. What is Soul Purpose?

- Not a what, but a WHO
- Not just a Role - *doing* focused - but the Role of your Soul - *being* focused
- The purpose of your Soul Purpose: A compass for your life's journey and your work choices, a guide for your decisions and actions
- Work / what you DO is just an expression of your Purpose, NOT your Purpose in and of itself

2. Where did it go? Becoming Disconnected From Your Purpose

- Life isn't what it seems or doesn't turn out as we planned or “hoped” it would
- Good and Bad of life knocks us off center and we question or search for meaning
- Others:
 - Obsession with TIME- hurry up and get there, dwelling on past, worrying about future
 - Lack of PATIENCE for the process
 - Externally focused vs. Internally focused – blame, comparing yourself to others, judgment
 - Fear - around money, responsibility, time running out or stretching out
 - Living out your parent's (or someone else's) purpose
 - Your choices don't match your deeper Purpose
 - No Vision - not knowing what you want for your life and your work
 - “Doubting demons” or limiting beliefs or lies you have told yourself

“When WHO you are is in total agreement, harmony, alignment with your dreams, desires and passions, your values, morals, choices and actions, you are being your Soul Purpose.” - H. Harris

3. What is your Soul Purpose?

- WHO are you, who are you for others, Who do you choose to BE? What is the role of your soul?
- What do you love, what is your Passion?
- What do you value, what is most important to you?

4. How do you live and create your work from your Soul Purpose?

- ASK for direction
- LISTEN to the quiet voice within, your intuition or gut
- FOLLOW direction - be brave enough to go where it leads. You must live your life from this Purpose - when your actions and choices stray from it, mischief and struggle occur!
- TRUST that your Vision will come to fruition in perfect order, Have FAITH not Fear

5. 10 Ways to Stay On Purpose

1. Believe that **anything in possible** – because IT IS, so dare to go after that dream!
2. **Be grateful for and appreciative of** what you already have now
3. **Take responsibility - your thoughts create your reality** – you are the Creator of your life/work
4. **Stay Present** – focus energy here - not past or future
5. **Allow yourself to Be in the Void** - it is necessary for growth and it won't last forever
6. **Accept obstacles as OPPORTUNITIES**, i.e., be willing to try and to “fail”
7. Consistently **make choices and decisions from your Soul Purpose**
8. **Be detached from the outcome and SURRENDER to the Divine Plan** - Control is an illusion
9. **Follow your path YOUR WAY!** Live life on your own terms - be unique!
10. **Be Your Purpose NOW!** – don't wait until... you have the job, the money, the security, the courage, etc.

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CREATING YOUR SOUL PURPOSE STATEMENT

EXERCISE A

STEP 1: Write down what you absolutely love to do, things that come easily to you that you don't necessarily have any training in but you are naturally good at. Here are some suggestions to get you started. You can begin by circling any words that jump out at you.

Activities: **I LOVE TO:** (Examples below)

Talk	Teach	Heal	Tinker	Express
Garden	Analyze	Produce	Walk Win	Discover
Run	Build	Dance	Cook	Invent
Surf	Paint	Sew	Reveal	Improve
Record	Persuade	Sail	Inspire	Motivate
Edit	Negotiate	Beautify	Daydream	Lead
Advocate	Direct	Feed	Sing	Share
Listen	Guide	Advise	Bake	Draw
Repair	Write	Campaign	Play	
Mentor	Drive	Read	Create	
Collect	Explore	Stare out the window	Decorate	

STEP 2: Now write down a few qualities that you love about yourself or that others see in you. Use this list as a starting point and don't be shy!

I AM: (Examples below)

Humorous	Compassionate	Flexible	Giving	Knowledgeable
Kind	Determined	Strong	Intelligent	Calm
Visionary	Generous	Practical	Insightful	Quick-thinking
Open	Patient	Adventurous	Wise	Gentle
Persuasive	Comforting	Entertaining	Inspiring	Original
Enthusiastic	Direct	Energetic	Graceful	Gracious
Courageous	Brave	Spontaneous	Supportive	

STEP 3: List all of the qualities you would like to possess.

I WOULD LIKE TO HAVE MORE: (Examples below)

Humility	Capacity to Love	Positive impact on the	Ability to speak my Truth
Courage	Leadership	environment, human rights,	Snazzy elegance
Creativity	Tolerance	others	Fabulous dancing
Generosity	Kindness	Ability to bring peace	Common sense
Faith	Service	Artistic or musical ability	Uncommon sense/Intuitive insight
Research	Fairness	Capacity to heal	Willingness to take risks
Compassion	Ability to make people	Capacity to rise to an	Willingness to let go of the past
Integrity	laugh	occasion	and past hurts
Inventions	Assertiveness	Ability to listen to my Heart	Ability to do what is right for me

STEP 4: Now combine all the elements of your answers above into a single statement that truly captures your purpose. When you read this statement, it must inspire you, move you to tears or give you goosebumps and tons of natural energy!

(The above exercises are modified from *The Purpose of Your Life* by Carol Adrienne.)

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STEP 1: Answer the questions: What do I love? What are my passions? What do I value? What is most important to me?

STEP 2: Answer the questions below quickly, without thinking too much – write what immediately pops to mind:

When I was a child I wanted to be _____

When I was a child I always loved to _____

I shine when _____

I excel at _____

I am most myself when I... (think about, talk about or engage in) _____

I am most joyful when I ... (think about, talk about or engage in) _____

The gifts I share with others are _____

What I do effortlessly is _____

I am most proud of myself when _____

I lose all track of time when I ... (think about, talk about or engage in) _____

I keep being drawn to _____

STEP 3: Using the above answers, look for themes or patterns to create a short statement that you feel captures your purpose. Choose your words carefully until each one is exactly right. Keep working with the words until the statement as a whole lifts your spirit.

I seem to be here to _____

The impact I make or want to make on the world/my world is _____

MY PURPOSE is to be _____

Your statement can be profound, practical, metaphorical, poetic or lyrical. Examples: I am...

Who I am is a student of life OR Who I am is a seeker OR Who I am is a teacher

I am a visionary who alters perspectives to create a new and different future

I am the tree that stands sturdy in the storm, I bend with challenges yet do not break in difficulty

The impact I make on the world is solving problems to create peace

I am a nurturer that brings out the best in others OR I am the architect of my own destiny

I am the mortar that holds the business/family/relationships around me together and makes them strong

My Purpose is to be the lighthouse that guides people out of the dark and toward their dreams

I am the firecracker that jolts people to positive and productive action

I am the cayenne pepper in the oatmeal of people's lives

I am a model of excellence and integrity for myself and others

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STEP 4: Ask yourself, “How does this purpose statement make me FEEL? Alive? Inspired? Awed? Expanded? Powerful? Strong? Centered? Peaceful? Grounded?”

STEP 5: Now ask yourself, “Given this is my purpose, what is one thing I can or am willing to do, be or change now in order to fully express this purpose in my life today?”

STEP 6: Apply “The Joy” test to your activities/decisions/choices in your life. Ask yourself, “Does this make me feel joyful and alive or angry and drained?” If the answer is the latter – you are off the path and need to reconnect with your purpose.

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