



Linda Mitchell

## LIVING ON PURPOSE

There's an old saying I love by the late author and inspirational speaker, Dr. Wayne Dyer, "Don't die with your music still inside." It's his way of inspiring others to find and fulfill their unique purpose in this lifetime. We all want to live on purpose, create on purpose, be on purpose.

Wayne Dyer certainly did! So how can we ensure we're living our lives in a way that will allow us to look back over the years and say we feel fulfilled, we've accomplished most of our big goals, contributed to society, and left a meaningful legacy? How do we define, create and fulfill our own soul's purpose, our unique reason for being here?

Begin by looking closely at your life right now. Reflect on what you value most. Is it family and friends, freedom, travel, serving others, nurturing your creative gifts, beautifying and sustaining our environment, helping children or developing your untapped talents? Whatever it may be, identifying what's most important to you and living according to those values will help you clarify your direction and meaningful pursuits.

I invite you to begin getting clarity by answering the following questions:

- What activities make you want to jump out of bed each day?
- What lights you up and makes you smile?
- What subject can you discuss endlessly without getting bored?
- What was your favorite past time in childhood or early adolescence?
- What's your favorite free time activity?
- And here's a biggie: if you had no fear, what two things would you remove from

your life and what two things would fill that void?

These answers reveal many clues about you, your passion and your ultimate purpose.

Are you on your authentic path? Are you creating your life on purpose? Or has the drone of endless to do lists taken you down a detour? Are you fulfilling your own dreams or following someone else's expectation for your life? For greatest clarity, re-evaluate your trajectory every so often.

If you find you're off course, don't beat yourself up. Instead, congratulate yourself for becoming aware and take consistent action to move yourself forward toward a life that inspires and excites you.

Try one new thing every week that moves you closer to living your true purpose. Avoid shrinking back and believing you must stay put in order to serve others in your circle. Unless that brings you great joy, you may become resentful when those around you move to pursue their own purpose, passion and intentions.

If you're a parent, thought leader, or person of status or authority, show others your bold, adventurous side! Would you rather exemplify the importance of living in integrity with purpose or model a pattern of staying stuck? Life is about choices and options. It's easier to course correct if we take stock every so often.

I encourage you to create and live on purpose. Discover the music inside you and sing the song you were meant to grace this world with!

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*Linda Mitchell, a certified professional intuitive coach and reinvention expert, helps people move past fear and overwhelm into their purpose and passion with clarity, ease and grace. Her unique Reinvention Program empowers people to reclaim balance, better health, discover and step into the next significant role on their unique soul's journey and to emerge more powerful, purposeful and fulfilled.*

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