

The life you were born to live

Everyone is born with unique talents and skills, and it is up to each individual to discover and exploit these specialities. Life coach Victoria Mills tells us how to identify and fulfil our life purpose.

People from all walks of life share an innate drive for meaning, direction and purpose. Yet in our daily lives there may be a feeling of loss or, of something missing. It may feel like a puzzle with missing pieces or that you have a sense that there is something you are meant to do with your life, but can't quite grasp what it is. We work, rest, eat, play and sleep, make money and spend it, have pleasures and challenges, but our recognition of our life purpose still eludes us.

This drive to understand our life purpose seems as important to our own psychological growth as eating is to our biological survival. We are often driven by the question: "What is my life purpose?"

Although the other thought is that many of us don't consciously recognise or acknowledge that we even have a specific life purpose. Yet our subconscious knows what we are here to do. It reaches out to us in so many different ways, sending messages to us through our dreams, intuitions, and innermost longings.

If you are still questioning whether you are living your purpose or don't understand why you are feeling 'empty' inside, a simple test is to review the questions below and check in with yourself to give the inspiration to move forward and start to explore living your purpose.

Reflection questions:

- I often feel unenthusiastic about going to work.
- I have often wondered if there was more for me out there.
- I like my work but feel my talents are wasted.
- My real meaning comes in the things that are outside my work.
- I want to be really passionate about what I do with my life, not just going through the motions.
- I want to feel I have made a difference with my life.
- If you answered yes to more than one of these questions, it's time to create an action plan and get you living!

For many people, we think that when we 'find' what our life purpose is, it will bring untold peace, happiness and joy into our lives. Rarely do we see that unfold. Other questions such as "What am I meant to be doing?" followed by "What job will keep me satisfied?" or "I will be happy when I find my life purpose but I don't know what it is!" are raised, but go unanswered.

All these common questions are asked by thousands of people everyday, yet we often fail

to see the signs along our own unique path, often guiding us right to the answers we seek — to discover what our life purpose is. After all, isn't that the point of being a human being? Going beyond the boundaries of what life seems to offer us each day, and truly questioning our existence and our ultimate purpose living on this chaotic yet extraordinary planet?

The call of our destiny manifests our deepest drives and desires and abilities — often the hidden force behind our personality. For those of us who openly search for our deepest desires and qualities, these drives and desires shape our career and relationships and influence the quality and direction of our life.

We all do have something unique that makes us special. What I think we need to do is value

whatever that is. It might be to make people laugh, to be a wonderful homemaker, a great lover, an ideas person, a singer, a superb listener, or a beautiful face that graces magazine covers.

Discovering what it is you are good at, what you love and accepting your gifts is such as magical discovery. So many of us have these great gifts like being able to make craft items, or a the abilities of being a fabulous dressmaker and we judge it and say, "But that isn't it.

I want to be a movie star," or "How do I make lots of money using this?" We reject what is our gift so often and do not value what makes us special.

We all have different purposes and abilities to 'live' our life purpose. So what is it that you bring to life that is special about you and adds a contribution to the planet and to your life? Spend time really noticing what it is for you.

Another point to note here is when you start to identify your gifts and what you love to do it is wise to push it one step further and identify exactly what is it about you that you bring to the world.

What is it you bring to your family? What is it you bring to work? What is it you bring to your partnerships and friendships? It may be different in differing places but there will most likely be a theme.

Spend time asking yourself what is it I am here to do? We often get stuck here thinking it has to be grand and exciting. Be honest with yourself about what makes your heart sing. The main thing to remember is that it will come in the humblest of ways and that you need to start somewhere.

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Steps to discover your life purpose:

1. Know what your gifts are

As a magical spiritual being we must become aware of what makes us special. We know we are all special but what is it about me that is uniquely mine and something I can share in the world? We all have love and light to share but there might be other gifts you can share with the people whom you touch. Start to distinguish what are your gifts. Start looking at your life and the things you have loved to do and when you were happiest.

One of the most important things we all forget to do is acknowledging self, daily or weekly — we have not been taught how to do this so the first step with YOU is to become aware and also acknowledge self. Take time out to congratulate you for everything you are and everything you do. As you do this you will find your mood lift and your energy improve. It is amazing how uncomfortable we feel doing this so watch your discomfort.

2. Discover who you are

- What do you love about yourself?
- What makes your special and unique?
- If your Mum, partner and best friend were to tell you five things that make you special what would they be? Ask for feedback.
- How often are you being who you love to be? In what areas of your life are you the beautiful version of who you are and where and with whom do you not allow this to shine?
- Acknowledge yourself daily — write five things that you want to acknowledge yourself for.
- What are your gifts? Why are you here?
- What are you passionate about?
- What makes your heart sing with joy?

3. Write a press release of you living your life purpose

Write a press release about you! What does your ideal day look like? Write a description of your perfect day in the life of you. Read back over your vision and print it out. Place it somewhere where you can read it each day and remind yourself of your desire to live your purpose.

Remember you love yourself 100 per cent when answering these questions.

- How would you feel about your appearance?
- How would you interact with others?
- How would others treat you?
- What hours do you work?
- How do you nourish your energy, body and mind?
- How would you act with colleagues, family and friends?
- How would you react to negative comments and situations?
- What would you choose to eat for meals?
- Describe the special time you spend with yourself everyday.

Example:

It's December 2008 and I wake up every day, look at the beach and am so excited to start my day as a

florist. I have 13 clients and my business is growing each week. I style beautiful homes with amazing flowers. I love going to the flower markets each day and choosing unique flowers for my clients. I love that my home is continually filled with scents of so many flowers! I wear casual yet chic clothes and it feels amazing to not have to wear a suit! I keep my own hours in my business and it allows me time to study and have free time to develop my skills and have fun! No matter what anyone says to me I believe in my dream and I am living it!

4. Create an action plan

Create an action plan of when you are going to start living your unique purpose.

If your purpose is to work with flowers and you have secretly desired owning your own florist and you want to decorate beautiful homes and bring happiness to yourself and those around you, then start being an example of this!

Example goal: I love styling flowers and decorating homes that bring happiness to others. By the end of October I am creating beautiful flowers for beautiful homes and have a successful thriving business!

Example action plan:

1. Write a vision of my ideal day. Is it a new business I want to start? Or a part-time weekend job? What is it I want to create? What do I need in order to get this started?
2. Approach three places and enquire about possible opportunities to donate my time to a flower shop and to gain experience.
3. Enquire about any florist courses that could help improve my skills.
4. Approach friends and ask if they know someone who could benefit from my new business idea.
5. Write a business plan.

5. Create a vision board of life purpose

Create a wheel of fortune, cut out pictures of everything you wish to create and ask that the higher power provide. Visualise this daily and imagine your success. Look at your wheel of fortune and see yourself experiencing all that you have on your vision board.

6. De-clutter

Get rid of what you do not want, this will make room for what you do WANT in your life and create the SPACE for it to come in. For example: clothes, people, furniture, debts, home, negative thoughts, unfulfilling job etc

7. Work with a life coach

Working with a coach can help you discover your life purpose and what your gifts are. Studies have shown conclusively that people who take responsibility for their own lives, who have a sense of being in control of their life, are happier, healthier and ultimately more likely to achieve overall success. **NH**