



Why Knowing Your Life's Purpose is Important

You might feel that holding down a job, getting ahead and taking care of your family is enough, without worrying about your life's purpose. But taking the time to work out your calling in life is not a luxury or escapism, it is important for helping you live a more meaningful and successful life.

Think about it. What do you want? Chances are you don't want to be doing the same thing, facing the same issues, in twenty years' time, right? Humans are hard-wired to find purpose in what they're doing. They look for fulfillment in their lives, and finding your life purpose can help you define and achieve your life goals.

Here are 5 good reasons to do the work and find your true calling in life.

1. You will unlock your potential

Everyone talks about living their best life. How will you know what you're capable of unless you know your life purpose? Discovering and aligning with your calling means you identify and build on your talents. What is your passion? What do you love doing? Why not focus on your natural gifts and turn them into your greatest strengths?

2. You will create opportunities

By working out your life purpose, you open yourself to more opportunities than you could have imagined. When you begin living intentionally, you'll find that your whole mindset changes. You see the right direction to take, and you allow synchronicity to work its magic. If you feel doubtful about this, think back to times in your life where things just seemed to 'fall into place' or you were in the right place at the right time. Practice saying yes to the things that feel good and see where that energy takes you.

3. You will have an impact on the world

You've probably heard the phrase 'be the change you want to see in the world.' That starts with deciding to find and align with your life's purpose. Choose to do what matters to you, what makes you feel good about how you show up in the world, and you will change things for the better. In living a life aligned with your values and



purpose, you can't help but have a positive impact on the world, whether it's in your family, neighborhood, or your city. In living your purpose, you will be an inspiration to others, a blessing in their lives, and you will have started a chain of positive impacts!

5 Tips To Help You Live Your Life's Purpose

How's your year going for you so far? Hopefully, your New Year's resolutions are going great and you're becoming the better, happier version of yourself! If you're having a hard time getting those new goals to stick, you're not alone. Many studies have shown that 80% of New Year's resolutions will get abandoned by February 1! Change is hard because humans are creatures of habit.

Steve Harvey once stated, "You are never too old to reinvent yourself." He has lived those words in his own life. He started as a stand-up comedian and then later branched out into broadcasting as the host of a morning show, then Family Feud, the Miss Universe competition, and even Fox's New Year's Eve show. He has become an author and started running marathons at age 55. In 2014, he was diagnosed with chronic lymphocytic leukaemia. His battle with cancer has caused him to be even more determined than ever to reinvent himself and live life to the fullest. What a great example of tenacity he is. His net worth is now an estimated \$180 million and he continues to inspire others.

Now, you and I don't have that kind of fame and fortune, but we can do our best each day to become better and inspire others too. The truth is that the year 2020 doesn't have to define us. Most of us didn't reach our goals last year because we were so shell-shocked by the Coronavirus and how the world changed in an instant. One important skill we all learned last year was how to pivot, adjust, and adapt. Learning how to change with grace is huge. Now, let's put those lessons into practice!

Germany Kent, who is an American print and broadcast journalist, stated, "Never underestimate the power you have to take your life in a new direction." Whether it's a lifestyle, location, or career change, there are some simple things you can do right now to get out of that rut and get some positive energy back into your life.



1. Work out What Makes You Happy

Have you ever sat down and ruminated about what makes you happy? What lifts your spirits and puts a spring in your step? What makes your heart sing and your energy levels skyrocket? I call those things my “energy elevators”. Make a list of what makes you happy and take action every day so you can focus on bringing more joy into your life. I don’t like a messy house filled with clutter, but I now intentionally place various items in key spots so that when I see them, I feel instant joy. Most of the things are small trinkets I bought while on a Bucket List vacation or a little gift someone gave me. When you feel your energy or motivation dip, look at your list of “energy elevators” and make sure you’re including at least one of them in your daily routine.

2. Practice Saying Yes

Most people are so busy with everyday life that they don’t make time to get out of their comfort zone and do something different. When was the last time you tried something new or challenging? Be open to new experience. Start saying yes to yourself, and choose to do things that feel good. On one side of the growth edge is ease, comfort, and familiarity. Take just one step past your growth edge and you’ll discover fear, anxiety, awkwardness...and GROWTH! We don’t like doing things we don’t know how to do, but that’s where growth occurs. When you experience new growth, you build your confidence and desire to learn and grow even more! That first courageous step builds energizing momentum!

3. Create an “If/Then” Strategy

It’s hard to hit your goals when you have no plan of action. When you set a goal, be very clear with yourself on what specific steps you are going to take each day AND know ahead of time what action you’ll take when temptation or challenges come your way. To be prepared to conquer temptations, create an “If/Then” list. For example, I have a terrible sweet tooth and I crave treats every day. So, my written strategy literally says, “If I crave something sweet, then I will...” and I list healthier alternatives such as drinking herbal tea, going for a quick walk, phoning a friend, or watching funny cat videos on YouTube to distract myself until the craving subsides. Your “If/Then” list offers a brainstorm of acceptable options for you to choose from in your moment of weakness.



4. Declutter

Most people have way too much stuff in their lives. Look around you right now and see what's holding you back. Clutter includes spending hours scrolling through social media, limiting beliefs, and bad lifestyle habits, as well as all that junk in the kitchen drawer. When we feel emotional and physical clutter in our lives, we feel overwhelmed and can't make wise decisions. Clutter can actually incapacitate your ability to take action. Rather than have 25 goals, focus on one at a time or reduce the number altogether. I like to organize my goals into six simple categories: physical, spiritual, financial, professional, emotional, and social. That allows me to focus on just six goals at a time to create a more balanced life.

5. Pair Your New Habit With Something You Already Do

Even though we all lead incredibly busy lives, there are probably still moments in each day where you are doing things without even thinking, like brushing your teeth, filling your water bottle, getting dressed, or making your bed. One tip to building a new habit is to combine it with something we automatically do without much effort. For example, if you've been wanting to learn a foreign language but don't feel you have the time, put vocabulary flashcards in the bathroom so you can learn one or two new words every time you wash your face, brush your teeth, or even sit on that white throne! If you've been wanting to listen to a certain podcast but can't figure out when to fit it into your busy day, play it while you get dressed and make your bed.

Those hidden pockets of time can easily propel you toward your goals. Psychologist Wendy Wood shared research in a recent podcast about how to build good habits — and break bad ones. It turns out that it isn't about willpower at all. Instead, it's about making the new direction and habit easy.

Make a commitment to yourself to take back control of your life and leap into a fresh start. You have my permission to start your New Year's resolutions any day of the year! The point is to get started. Your future, better self begins today!

If you would like more tips and strategies to help you level up your life, I would love to invite you to a complimentary coaching session with me as your life coach! You can contact me at trinaboice@gmail.com

