

Listen to the beat of your heart....

by Anne Henderson

Most people drift through life with no real aim or purpose. They feel reasonably happy with "their lot" and wander through their weekly routine with no clear sense of direction. Work, gym, sleep, work, gym, pub, sleep, work, gym, sleep.

Can this really be what life is all about?

In this article we explore purpose & how *finding your life purpose* can help you achieve clarity of direction &, ultimately, *a more focused & meaningful life*.

How many of us actually know our purpose in life? Life is so hectic with so many things to do & so many decisions to make that the majority of us never step off the treadmill and consider *who we are & where it is we are actually going*.

Having a clear idea of our purpose in life provides us with focus. It shapes our decisions, drives our actions & enables us to direct our energy. It prevents us from blindly reacting to situations & allows us to focus on the big picture - who we are & what we want to achieve.

Try stopping for a moment & take some time out to think about you. Who are you & who do you want to become? What is your essence?

Tricky, isn't it? Many of us have lost sight of the fact that we are unique individuals who bring something unique & special into the world. There is no one else in the world like us. Imagine that! Reconnecting with your unique self can help you to identify your purpose & path in life. So, how do you reconnect with yourself?

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*"A sense of purpose is rarely handed to us. We get it by deciding to have it. We get it by deciding that, yes, I matter. A sense of purpose comes from within, and only we know if we have it."
- Richard Lieder*

Understand your values

Values are a set of attitudes that guide your thoughts, the way you behave & the way you look at the world. In other words, they are our key drivers. Your experiences of childhood, education, travel & work have helped shape your values. To reconnect with your values, try the following exercise:

From the following list of words, circle the three that are most important to you:

Creativity		Fun	Family	Recognition
Status	Order	Freedom	Money	
Tranquillity		Friendship		Competition
Romance	Status	Security		Independence
Achievement		Responsibility		Power

Look at the words you have circled. Are you living a life that reflects these values? If not, what can you change to make these values present in your life?

Follow your heart

Our true desires often get hidden beneath the demands that modern day living places on us. If you were to strip away the layers, what would you find? What are your dreams? What do you love doing? What experiences do you want to have in your life?

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Free your mind

When we are busy running on the treadmill, it is impossible to focus on what you really want out of life. Set some time aside for you. Jump of the treadmill, find yourself a tranquil spot, put away the "to do" list, grab yourself a glass of wine and.....relax. Become quiet. Listen to what your instinct is telling you. Who are you & who do you want to become?

These exercises will help you to rediscover your purpose & allow you to re-examine the life you are leading. Does the life you are leading support your purpose? If not, what can you change? Allow your purpose to guide you through life & fuel your choices. Once you have rediscovered your purpose, you will be amazed how events appear & move you in the right direction.

"When you want something, all the universe conspires in helping you achieve it." Paulo Coelho

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