



Tools for the *Excelerated* Life

FIND YOUR PURPOSE



Steven Huskey



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Create Your Life.

FIND YOUR PURPOSE

“You are unique . . . just like everybody else.” We human beings are alike in fundamental ways and we share a set of common characteristics. At the same time, no two people are completely alike. Snowflakes are all made from water crystals, yet no two are exactly the same. We are the same way. We are alike in some ways but we are each different from every other person who has ever lived or who will ever live.

It is your purpose – the thing you came here to do – that makes you unique. You brought something with you when you came that makes you uniquely suited to fulfill *your* purpose. No one else who has ever been born or who will ever be born can fulfill your purpose – if you don’t do it, it won’t get done.

Purpose is not something you select or choose or decide on. Purpose is a thing you discover. It is there all along, you only need to find out what it is. Here are some exercises to help you discover your purpose. It isn’t necessary to do them all. Choose the one that makes the most sense to you or that you are drawn to.

How do you know when you’ve identified your life purpose? Here are some clues.

- You feel a strong connection with the purpose you’ve written down.
- You have a great desire to fulfill it.
- You feel deep pleasure when you act in accordance with it.
- Your interests naturally go in that direction.
- You feel if you do this, it will give your life meaning and inspiration.

FIND YOUR PURPOSE

Exercise 1

- Make a list of your core strengths.

- How do you use these strengths in ways that are important to you or that bring you joy?

- *Why* is it important to you?

- Why is *that* important?





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- How are your strengths tied to each other?

- What did you come here to do?



Exercise 2

- Make a list of your strengths.

- Narrow your strengths down to one or two words, "Joyful, learning, spiritual, curious, caring, effective", etc.
- Circle the 4 or 5 that fit you best.
- Arrange them in sentences beginning with "I am . . ." ("I am a joyful learner", etc.)

- Read each one slowly, out loud. When you find your purpose, you'll know.



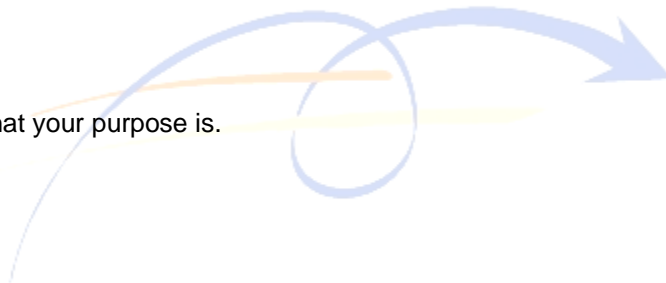
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Exercise 3

- Before you go to sleep, give your subconscious this command: "When I wake up, I will know my purpose."
- Keep a pencil and paper next to your bed. When you wake up, write down whatever words are in your mind. That *may* be your purpose.

Exercise 4

Ask your ***Excelerated Self***[™] what your purpose is.





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Requests to the author for permission should be addressed to the following email: Steven@my-excelerator.com

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