



**BE THE BEST
YOU CAN BE**

BY STACEY DOWLING

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Authors Bio

Stacey Dowling is an entrepreneur living in the US and she loves sharing knowledge and helping others to grow their businesses. She is a passionate person who will go the extra mile and over-deliver to all her clients.

Stacey Dowling's words of wisdom:

"I believe that there are no secrets to becoming successful in life. And I truly believe the result to true success in life is the result from hard work, the preparation and the most important of them all, the learning from the mistakes. Keeping a positive mindset at all times is also a success key"

If you would like to learn more from Stacey Dowling, please visit:

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Introduction



Finding your purpose, your life's calling and your passion changes everything.

It gives you a reason to spring out of bed in the morning, it gives you a mission statement – it even helps you to decide who you are. It helps to inform your personal style, the way you present yourself.

You're no longer emulating other people or doing what you think you should do. Instead, you're now embracing your true self and your passion and you're living life to its fullest as a result.

The problem? Many people will struggle to find their purpose in this way.

So here are some tips that will help you to discover what your true purpose is and to embrace it fully.

When Were You Last Really Happy?

One easy question is to ask when you were last super happy? Or more than that: when were you last inspired, engaged and rewarded? This is a rare feeling so if there's some activity or experience that makes you seem to come alive... do more of that!

Look To Your Role Models

Who are your role models? We all look up to someone in our lives and maybe we look up to multiple people. The question is what it is about those people – maybe what they have in common – that we find so inspiring and encouraging.

If you can identify some common trait that your heroes all share, then you can find a core activity or belief that you respond well to. And when you do that, you can embrace that side of yourself.

What Are You Really Great At?

We shouldn't just ask what it is we want but also what we can do for the world. Sometimes you will find that life takes you in a certain direction as a result of your natural gifts and traits. Maybe you're a born salesperson, or maybe you're a fantastic artist.

You shouldn't do anything that you aren't going to enjoy but do listen to your talents and use them where you can.

How Do Others See You?

You might not know what your true calling is, but sometimes it will be obvious to other people. Ask your friends and family what they think you should do, how they see you what your skills are. Sometimes they can be surprisingly insightful and give enlightening answers.

There are many more methods but hopefully these will set you off on the right path.

The Essentials Of a Purposeful Life

Many people have doubts with their lives. Some even have doubts about God and other things they do each day. That is because they don't know their purpose in life and what life purpose is all about. And for that reason, most people tend to feel that they are lost. That is why it is important to know your purpose in life and what it can do for you.

A Purposeful Life Defined

Many said that life purpose is about life's meaning in some abstract, cosmic sense, and grand. But it does not only revolve in that aspect as it also talks about the meaning of your life. And, it is not about reaching your preferred destination because life purpose is about feeling your purpose in each step of your journey.

Why Bother Knowing Life Purpose?

Understanding and knowing your life purpose as well as incorporating it in all the things that you do is the key to all. This will provide you a meaningful compass in which you gain direction and guide in your life. If you're looking to transition into a new path of your life, knowing your purpose in life can help you.

Moreover, if you have a nagging feeling that there is something more in your life, yet you don't feel that you need to make changes on something, discovering life purpose can bring into a whole new level of passion and joy to your life.

It can also help you find out why you love those things that you love and what you can do or accomplish to excel and do more at a particular stuff.

Being VS Doing

Whether you feel lost or you want to make changes in your life, you have to keep in mind that life purpose is not really about what you do, it revolves around who you are when doing it.

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Life purpose does not have any connection in your activities. It is because it's not about the doing. It's about the being. It's the "you" that appears in everything that you accomplish or do in life.

Finding your life purpose isn't easy for everyone. But what you need to take note is that, life leaves clues, which will lead you to whatever purpose you have in life.

No matter what you do with your life, whether you are doing your job, daily activities or your hobbies, they can serve as the clues for you to find your life purpose.

Your very first task when discovering your purpose in life is to know and understand your activities while you're doing such tasks. Also, consider taking a look on those things that make you happy, contented, purposeful, and put you at peace.

If you are experiencing difficulties when knowing your activities, you can ask yourself with questions. You can also make a list that will help you know who you really are when doing the things, you love. Through these things, you will know how to live a life with purpose.

Chapter 1: Things That Prevent You From Finding Your Life's Purpose



Finding a purpose in life means finding a calling or a passion.

Something that you excel at, that you love doing and that fills you with pride and satisfaction. This means knowing precisely who and what you are, and you can use it to guide yourself and inform countless decisions going forward.

The only problem is that discovering this calling can be very difficult. How do you go about discovering who you are or developing your calling when you don't have any obvious passion or talent?

There is plenty of advice out there to help you stumble upon this answer. But sometimes it's not about what we do, so much as what we don't do. Here are some of the things that might be holding you back from your true purpose – and what you can do to fix those.

Doing What Is Expected Of Us

Sometimes we might get a feeling for what we want to be in life or what we want to do, but we are afraid because it is not what is expected of us. Worse, it might seem to completely fail to conform to societal norms, or your parents' hopes and dreams for you.

Maybe the thing you feel passionately about is just weird or completely obscure!

Maybe you absolutely love a kid's TV show and your purpose is to deliver news on that show. Maybe you want to join the circus. Or maybe you have no interest in getting married and you just want to travel the world on a boat.

But if you live life in the way that others want you to, then it ceases to be your life. You can't be expected to be as happy or successful going through the motions. There is no right or wrong way to live – there are only arbitrary habits. So, brush them aside, be you, and shine.

Doing What We Always Said We Would Do

This one is less obvious but just as restrictive. You see, sometimes we have a passion or a goal that we believe in strongly. But then after a time, we lose interest in that goal and we decide we want something different from life.

But the problem is that we always told everyone we were going to do X. We always told ourselves we were going to do X. Changing our course now feels like flaking or giving up.

But if that's your attitude – if your heart is no longer in it – then you are no less trapped than before. Be true to yourself as you are now.

Why Challenge Creates Meaning To a Life's Purpose

Cast your mind back to the last time you accomplished something that you were truly proud of. Maybe you completed a very difficult

challenge in a computer game, maybe you finished an intense and brutal workout. Maybe you wrote the next chapter in your novel. Whatever the case, chances are that this was followed immediately by a huge dump of endorphins that made you feel pretty epic. Accomplishing any task feels great.

But here's the thing: most of us lack challenge in our lives and that means we lack the opportunity to accomplish anything. And without accomplishment, we just kind of... drift.

The Computer Game Analogy

To understand this problem, consider computer games. A computer game drops a player into a world and asks them to survive, to get the best score, to reach a certain destination etc. This provides the challenge.

The player then needs to get familiar with the game via trial and error in order to get better at it. Eventually, they are ready for that final test and they can 'complete' the game. They get a sense of closure and reward and then they can move onto the next challenge.

But what happens if they find a way to beat the game that works the system? What happens if they discover an overpowered weapon hidden in a crate?

Well, game developers will tell you that this is the surest way to immediately kill the fun in that game.

Likewise, if a player realizes they can beat every fight by just hammering the same two buttons over and over again... the game immediately loses its appeal. That's because, even though the game is no fun that way, our natural inclination is still to take the easy path.

Even having that easy path available will rob the satisfaction and reward that comes from choosing the more difficult option. And most players abandon the game board.

This is what has happened in our lives. Life was meant to involve challenge but the industrial revolution, technology, modern

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conveniences... these have robbed us of the challenge. Now we have the option to sit at home comfortably doing nothing and to just relax. And as a result, life has lost its challenge and its reward.

This is why it's so important that you set yourself challenges and set yourself goals – to artificially inject some difficulty and to aim for even bigger heights.

Chapter 2: Perspectives In Life



Strengths are said to be the basis that defines a strong person.

But, unfortunately, if you think that you are strong, others may think that you are weak and not really strong at all.

The reason behind it is that not all have the same criteria when defining a strong person. Some have high standards while others have low standards. That is the reason why each person says a different thing about a person's strengths. So, what other people think you're good at?

There are tons of answers to that question and these may vary depending on one's perspectives in life.

But, don't worry about it as majority of people says positive things on things that you're good at. However, make sure that your strength is what makes you when doing the things, you do as this may reflect on your personality.

Common Things That People Think On What You You're Good At

The most common things that majority of people think about what you're good at is positive. However, make sure that you are doing those things just because you want to get good comments from other people. Sometimes, it is also good to be criticized by other people.

The reason behind it is that you are not always strong and good at something. There will always times that you might fail on the things you regularly do.

You have to take note that there is no perfect person. That is why it is also good to experience failures as these can also give you understanding or knowledge about what you want to achieve in your life.

Your strengths are what make you stronger. Though you also have weaknesses, your strengths can be the key to get good comments or reactions from other people. If you always want to get positive feedbacks from other people, do the things you love and work from your heart.

You can always fake your feelings, but your output or performance can tell something that will reflect on you. So, if you don't want to fail in searching for your life purpose, you should do the things you love in order for you to get positive feedbacks or comments from some people you want to impress.

Basis of People's Judgements On What You're Good At

There are various things that other people consider when judging on what you are good at. These include your personality, strengths, weaknesses, and so on.

There are cases that no matter how you're good at a particular thing, some people will try to ruin your image, which may frustrate you or give you reasons to quit.

Though these are not a good thing for you, these can actually help you become a better person as these can help you seek your life purpose. With these, you will understand more about your life and you will do

the things not just to impress anyone but to fulfill your dreams or needs in your life to have the best life experiences.

Integrating Visualization For Your Life Purpose

Have you ever doubted yourself about your life purpose? Or, do you wonder if there is something more you can do or should be doing? Such feelings are common.

In fact, there are many people who are not sure on how to handle these feelings. For them to be satisfied and have peace of mind, they search for years just to know their purpose and meaning of life.

However, whether you are searching for the meaning of your life or you want to know your life purpose, visualization is the best tool that can provide you guidance and insight in order for you to have a much meaningful existence.

Before you start visualizing, the first thing that you need to do is to let go of your stress, tension, frustration or fear, and relax your mind and body. Then, start visualizing. Through this, you will be able to picture the things that will help you figure out about your life purpose.

When visualizing, it is not advisable to rush everything. You need to take your time and expand your vision until you see yourself doing the things that bring passion and joy to your life.

If nothing comes in your mind, just be patient because the visualization process is long. Never try to force yourself because this might affect your concentration.

Once you have successfully visualized your life purpose, you will realize those things that you want to do in your life. You will also be surprised about the things that will fulfill your life purpose.

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Through these, you will be able to get a clue about the meaning of your life in this world. If you got the clue, spend some of your time thinking about it completely.

You can visualize anything you want. Whether you want to improve your career, or you just want to know more about your life purpose, visualization can give you inner wisdom, which can bring you satisfaction and joy.

Taking seriously about what you have visualized is important. It is because this can fuel you up so that you will be able to achieve anything you want.

Visualization can also be used if you want to realize greater enjoyment and satisfaction from any of your activities including your relationship, exercise routine, and any aspect of your life.

If it is your first time to visualize, there is no need to worry about because you can always practice it. Once you have mastered it, you will be able to fight doubts and sense of aimlessness and emptiness.

Chapter 3: The Process Involved When Taking Action



Once you have already visualized your life purpose or what you want to aim in your life, the next thing that you need to do is to take action.

What is the process involved when taking action? What is the key for you to take action successfully? Are you ready or not?

There will always be bunch of questions that may bother you once it is the time to take action on what you want to do with your life and what purpose you have.

These are normal and most of you will experience it most particularly if it is the first time that you will do something that will fulfill your life purpose.

Below are the things you need to take for consideration when taking action:

Make Plans

When starting to take action, planning out the things that you want to do is the best way to get started. Planning can help you find successful path toward your goals.

Be Reminded of Your List Every Time

Listing the things, you want to achieve can be a good idea. It can also help you remind about the daily activities that will give you the best life experience. There are various things you can do when reminding yourself. You can do anything as long as it would remind you every day.

Share It to Everyone Who Matters to You the Most

Sharing your life purpose with others can help you to take action successfully. It is because you will get support from your family and friends. Also, this can give you confidence that you will achieve everything you want in your life.

Never Limit Your List Of The Things You Want To Do

Sometimes, you will feel like you want to take shortcuts just to get fast results. Shortcuts are also great, but it is never advisable because these will give you headaches in the end. What's worse is that, you will not get any satisfaction from what you achieved.

Taking action does not mean that you have no time to do the things you want or love to do. It revolves on doing the things that you want while you still have time to fulfill your life purpose and life experience.

It is essential because if you will not start taking action, all the things that you want to achieve are useless and will be just a crap. This may not also give you fulfillment and might cause emptiness, which is not a

good thing especially if you really want to know your life purpose. So, don't waste your time on other things, start taking action now as this can make a difference.

Reasons Why Finding Life Purpose Is Important

Everybody wants to have a happy and fulfilling life. Unluckily, some people miss an essential ingredient to get a good life. It is because they don't know their life purpose.

Finding life purpose is important if you want to live a life that will give you happiness and best experience. Once you have found your life purpose, you will experience financial success and achieve fame.

Finding life purpose may be just a waste of time for some. But, actually, if you won't find your purpose in life, your time will be wasted until you came to a point that you will not have the time to fulfill your life's goals or dreams.

Below are some of the reasons why you should your life purpose:

Gives Meaning to Your Life and Everything You Do

Life purpose can make everything meaningful. You may be successful outside, but without your life purpose, you will not find meaning as you will always stay on the path of emptiness.

Provides Guidance

Your life purpose can give you direction or guidance on where you want to go in your life. It can also help you in decision making most particularly if you want to want to be successful with your life.

People who do not find their life purpose do not have a sturdy foundation when making decisions. Typically, they will just follow the opinions of other people.

Motivates You

With your life purpose, you will always be motivated. In life, failures and rejections are always present, which can be the reasons why there are many people who consider quitting. But, if you know your life purpose, you will always keep going as motivation will fuel you up.

Life Purpose Benefits

There are numerous benefits that you can get once you have found your life purpose. One of the main benefits when finding life purpose is that it will make you much happier.

You will no longer wake up for another frustrating and stressful day. But rather, you will look forward to doing what you love and enjoy whatever you accomplish each day.

Dealing with stress and other things that brought negative impact to your life is part of anyone's lives. In fact, stress can also be a good thing as this can help you perform to become better and keep moving forward in your life no matter how hard it is to hold on. Therefore, you should not expect that your life purpose will get rid of any stress in your life.

Another thing that can life purpose can give you is confidence. If you know what you want to aim, you will have more confidence to achieve everything. If you lack confidence, it means that you don't really understand your purpose in life and who you really are.

Finding your life purpose can bring positive things in your life. It will not just make you better, but also it will let you understand who you are and what you can do to help others. Life purpose can also give you new skills. Plus, it can give you more reasons to live and enjoy life.

Chapter 4: Staying Motivated To Live Your Purpose



Staying motivated to live your purpose is never an easy task.

With the countless distractions, one can easily be distracted or disturbed when achieving their goals or dreams. That is the reason why it is essential to seek for those things that will help you stay motivated.

Sources Of Motivation

There are various sources of motivation. But, since each person is unique, the sources of motivation may also differ from one person to another. The two main and best sources of motivation are: What will happen if you don't? What will be the result if you do?

For instance, your family doctor advises you to quit smoking. If you will follow his advice, you will live longer and feel better. If you don't, your overall health condition will deteriorate. Both can make a difference and they are also equally powerful.

There's a strong connection between achievement and motivation. Those individuals who are highly motivated are achievers. Those who always seek for thrilling life experience often search for threatening activities because they always want to be motivated. Danger provides them pleasure and always keeps them motivated.

Understanding and knowing motivation gives you the power to accept your behavior especially when you have strange reactions.

It can also let you change what you think and do what you want to improve your performance or behavior. So, when doing your job, it is always important to understand motivations.

Best Ways To Stay Motivated

Always Be Determined

Determination is important when staying motivated. It will not just keep you going. But also, you will be able to stay on the right track no matter what distractions try to stop you.

Know Your Desires

If you want to be motivated, you must know your desires to get what you want in life. Having a strong desire on something can also help you.

Discipline

It is vital that you have discipline if you want to achieve something that you want. Motivation is the key to get your dreams and goals in your life. That is the reason why you need to discipline yourself for you to have a direction in life.

Stay Focus

Concentration is the key to stay motivated. If you will be distracted on some things, you will not be able to have a fulfilling life.

Know Your Purpose

How will you be able to stay motivated if you don't know your purpose? Knowing your purpose will give you enthusiasm and will boost up your motivation.

Chapter 5: How Living On Purpose Works



"The purpose of life is not to be happy. It is to be useful, to be honorable, to be compassionate, to have it make some difference that you have lived and lived well."

- Ralph Waldo Emerson

Have you reached that point when confusions, yearnings, emptiness, depression, and the lacking feeling all merged together? And what's even worse is when they present themselves during those times when you feel like the whole world is on your shoulders?

How It Happens

The simple things, just like getting out your bed each morning, feel so heavy and life's best joys, such as making new friends and spending time with your family, become unsatisfying. Things feel hard, heavy, to the point that they are unbearable.

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Before you crumble on your feet, you need to know that there is still a way for your life to transform, and that is by learning how to live on purpose.

Before anything else, you need first to know the various kinds of types. When you live a practical life of purpose, there is the so-called "macro" level and "micro" level.

For micro level purpose, this is when you know all your values and you start integrating with them. Once you know what it is really that you stand for then you do whatever it is you believe it, your sense of self-worth and confidence will also skyrocket, even though the situation might suck.

But it is only a small aspect of living on purpose. As for the macro level, this is an entirely different thing. This time, this is the larger picture.

This is when you search for your meaning. This is your one ultimate goal.

This is when you wake up every morning, knowing that you are on the path where you want to be, no matter what others might say.

To know how to live on purpose, you need to know the missing piece that will complete the puzzle. What is this piece? It is discovering that your ultimate purpose is to give, not to get.

Everyone ones better for themselves and for their lives, but purpose – such as happiness and success – is in truth, counterintuitive.

You must never aim at success for the more that you do it and consider it your target, the more chances that you will actually miss it. Success such as happiness, is not something to be pursued. This must ensue. If you want money, help others make money! If you want others to love you, love others first!

And once you have done this, once you have become of service to others, this is when everything comes together, and you finally find yourself, when you finally know what living on purpose is really all about.

Getting In The Right Mindset

Having the right mindset is so powerful that it is important for you to be able to live your life on purpose. But how do you get the right mindset? The answer is simple – you just need to be positive!

If you will be asked to listen to all your thoughts, are you going to say that majority of them are negative or positive?

Things You Have To Know

Shockingly, the most destructive source of all the negativities in your life is yourself. Most people are being bombarded by different negative thoughts and the truth is, thinking in the negative is way much easier than thinking on a positive term simply because every single day, we are getting a lot of negative messages, both externally and internally, such as those news on the media.

The real problem starts once your mind accepts these negatives as the truth. You focus on your problems and spend a lot of hours each day predicting the bad news for yourselves, and this will then generate worry, confusion, and fear.

However, in reality, thinking positively does not really call for extra effort. You can have all the negative messages filtered out by simply focusing on those positive things in your life.

The first step you need to take to have positive thoughts replace the negative ones is making the decision, something that is easier once you are constantly reminded of the benefits that this will inflict into your life.

When you have a positive mindset, not only you but the whole world can become so much better. With positive thoughts, these can serve as a solid shield that will protect your dreams and yourself from all negative things around you.

In addition, positive thinking also makes you feel better, both physically and mentally.

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To get in the right positive mindset and attitude, you need to be confident and self-assured. Focus on your positive aspects. Know your exceptional strengths, determine the things that you have successfully accomplished.

Be confident in being aware that change will help you grow, and it will then help in boosting your self-esteem, and finally, believe that you can really make that much coveted change!

Handling problems can become easier when you do not give negative thoughts a chance of taking control over yourself and how you feel towards life. See to it that you have positive expectations each day and in your life as a whole.

Come up with healthier decisions by looking at the whole picture. And lastly, be passionate about the goals that you have in life. Let them serve as your encouragement of persevering over the obstacles.

The determination to meet a goal, small or big it might be, can strengthen your self-esteem and confidence.

Getting in the right mindset might not be easy but when you surround yourself only with positive thoughts, even the most negative things that life throws your way will never knock you down, whatever happens.

Take time in reflecting things and be always on the lookout for brand new chances. Learn the lessons that you need to learn and take a step forward with more confidence.

Chapter 6: Making Resolutions For Life Purpose



Do you want to fulfill your goals and live your purpose in life? Then, make resolutions for your life purpose.

Through resolutions, you will be able to stay on track without being affected by your previous mistakes or failures in life. But what are best resolutions for your life purpose?

Creating resolutions is easy. You can even do it within few hours. Unfortunately, not all know how to make their resolutions true and only few do their best just to make their resolutions into a reality. That is the reason why others fail to achieve their goals and start from the bottom.

There are various factors that can affect you to turn resolutions into a reality. One of these factors is that some create resolutions that are impossible to reach. When making resolutions for life purpose, always

keep in mind to choose the ones that will help you with your purpose in life.

Also, see to it that these will motivate you in the long run as these may matter most particularly if you are one of those who always consider quitting as their number one option.

Resolutions are what guide you in your every step of the way. If you will not be careful of choosing your resolutions, you won't be able to be successful in living a life with purpose.

Remember, your choice can make a huge difference. Poor choices can just make you weaker while good choices can lead you to a better life. So, focus when making resolutions and keep them in your heart and mind! Live with a purpose in life and be happier!

What is Your True Calling?

Have you ever met a person or know a person who seems like everything just falls to place in their life? Chances are that you have, and it is likely that you have wondered to yourself why their life is so great and why they always seem so content and happy. The answer to this question is actually quite simple.

These people have put the effort forth to find their true calling in life. These people are so happy and content because their lives are flooded with meaning and purpose. The empty void that is left behind by wandering through life aimlessly is filled and everything in life seems to be brighter, figuratively speaking.

Even when these people face hard times, they are able to accept it and deal with it in a much more effective manner because they know that it is somehow tied to their purpose.

There are countless things that an individual can choose to do with their life, so it is very understandable that many people are lost and do not know where to begin when it comes to finding their true calling.

It is important that you are aware of the fact that there is much more to discovering what your true calling is in life than just simply asking yourself, "what do I want to be when I grow up?" Discovering your true calling in life is actually a very serious and in-depth process.

Discover Your Calling

If true happiness is what you are seeking in life, it is not more money that you need or to become more popular. You need to discover what your true calling in life is.

For some people this may be easier than for others and in fact, some people may never discover what their calling is in their entire lifetime. These people will often times feel incomplete and will feel as if their life was a complete waste. Your life is a precious thing and it should not be wasted.

You need to discover what your true calling is not only for yourself but for the better of the world as a whole. Your life plan includes this calling for a reason. Believe it or not, everything you do has a direct impact on the entire world. This is referred to as the ripple effect.

The first ripples will be small but as they go out, they get wider and wider. The same goes with your actions and what you choose to do with your life. If you do not discover your true calling you will not be able to project out those positive ripples and therefore will not fulfill your life's plan.

The following are some guidelines that you should consider as they will make the task of discovering your true calling much easier:

Stay In The Present

While trying to discover what your calling in life is it is extremely important that you make sure that you keep your mind in the present. Do not focus on the future.

Everything we do today will affect our future and that is why it is so important that we are always focused on the here and now. Life is lived one second at a time so there is no reason to stress about five years from now.

Try Different Things

As stated earlier, you have to get out of your comfort zone or your "safety bubble". Staying in your comfort zone will not give the opportunity to try new things. The problem with this is the fact that you will never be able to discover what your true calling is if you do not ever get the opportunity to try it.

You should start trying as many new things as you can. Even if you do not think you will like it or be good at it, give it a shot because you never know until you try.

Challenge Yourself

You will definitely feel like what you are doing with your life is purposeful when you are constantly challenging yourself. Falling into a desk job where you do the same repetitive boring tasks every day is probably not anyone's true calling in life.

However, some people may still have to hold down a job while they seek out their true calling in life. For these people it is important that you constantly challenge yourself and that you use your extra time as a way to seek out and fulfill your true calling in life.

Ditch Your Current Life Plan

Chances are that the life plan that you had set in place for yourself did not include your true calling, especially if you are still trying to discover what your true calling in life is.

You may want to consider just letting life flow and learn how to let the universe guide you through your life. As stated before, your life is planned before you are even born. The universe will tell you where to go, you just have to listen.

Live Your Own Dream

Learn how to live and create your own dreams. Do not look at others and envy them for what they have or wish that you could have their life and their blessings. You need to figure out what your true desires are in life and what you truly want.

By this I do not mean material objects, I mean what you want from life and what you want your life to be. Stop trying to live someone else's dream and start living your own!

Talk To Those Who Listen

Share your dreams and desires with those that you trust and listen to what you are saying. Also try and speak with people who offer real feedback and ideas and stay away from those who simply agree with what you are saying or give you one-word responses.

Other people can have some very valuable insight, especially the elderly so it may be a good idea to ask them for advice on discovering your calling in life. They may notice talents that you have that you are not aware of.

Chapter 7: The Perfect Morning Routine



One of the best ways to learn how to become more accomplished is to look at the people in life who have accomplished the most and to try and emulate them. What are the secrets to their success?

Usually you'll find that there are many answers to this question and many things you can learn. But one of the most consistent things you'll find is that the successful individual has a morning routine.

This is what you will do first thing in the day when you wake up. It's the perfect time to focus on yourself before life gets in the way and it's the perfect way to ensure your day gets off to the right start.

So, what does the ideal morning routine look like?

Here are some ideas to start you off:

Exercise

Working out first thing in the morning will help to get the blood circulating and will release hormones that wakes you up. If you train before breakfast, you'll burn more calories by training in a 'fasted state'.

Meditation

Another thing you'll find that many very successful people do is to start their day with meditation. Meditation is a fantastic tool for combating stress and helping yourself to cope better with the challenges that life faces you with.

What's more, is that meditation can help to boost your concentration and create more grey matter to improve your reasoning skills and working memory!

Gratitude

Gratitude exercises are very valuable for being happier and more effective. The problem is that many driven people forget to stop and take stock of what they've already accomplished or how good their lives are already. Instead, they only ever think about the things they have yet to accomplish and what they want next.

Spend five minutes in the morning then and write down three things that you are thankful for. These can be big things or small things. But simply by focusing on them, you will feel more content and happier and your work will be more fruitful.

To-Do List

Starting the day with a to-do list is an excellent way to enhance your productivity. It's also a very good way to avoid feeling overwhelmed by the volume of things you need to do. Make a list of all the things that you absolutely must prioritize and then the things you'll do if you can. Split your day into segments and then just work through each job one at a time!

Quick Ways To Save Time Every Day

Time is a very finite asset and is also one of the most important resources you have at your disposal when it comes to accomplishing as much as you can and living to your fullest potential.

The problem is that most of us spend far too long struggling with things we don't really care about, rather than talking about the things that are important to us.

In this section then, we'll take a look at some simple strategies you can use to save lots of time every single day!

Wake Up Productive

It's important that you get enough sleep so waking up at 4am to start work is not the answer here. However, what you can do is make your morning more productive by reducing feelings of sleep inertia. To do this, try using a 'daylight alarm.'

This is an alarm that wakes you up with a simulated sunrise. This is a very calming way to wake up that is good for your biological rhythms.

Don't Go Back to Sleep!

Another tip is to try coming around slowly. To ensure I always get up on time, I always make my first step to check my phone. This is something that many 'gurus will tell you not to do, but actually it's a very easy small step that is perfect to rouse you just enough to avoid

you going back to sleep. Why not use that addiction to your advantage?

Use Automation

Automation means using systems that can complete tasks for you. In this case specifically, we're interested in machines and devices that can perform boring tasks for us.

That means things like robotic vacuum cleaners, dishwashers and more. Why spend hours doing the dishes? Aren't there better things you could do with that time?

Multitask

Certain tasks lend themselves very well to multitasking. A perfect example of this is walking to work and calling a friend. If you need to catch up on your correspondence, then why not do this at the same time as another task that doesn't require your full attention? This way, you have killed two birds with one stone and spent half the time that you normally would.

Prep and Pick-Up

This is a broad strategy that can apply to any task. It simply means that you do the preparation first and then 'pick up from there'. For example, this might mean that you prepare your gym kit the day before so that all you have to do in the morning is pick it up and go!

Chapter 8: Add Years To Your Life By Finding Your Purpose



If there is one universal challenge that faces mankind, it is surely mortality. No one wants to die and many of us wish we had longer on this planet.

The key to having a purposeful and meaningful life is to make sure that we make the very most of the time that we do have here.

But here's the strange part: if you do that – if you make your life more meaningful – then it will also seem to become longer!

How It Works

So how does this work? Well, think back to what you did last week. Try to be specific. How about what you had for lunch? Can you remember?

There's a good chance that you have not a clue. Unless it's the same thing you eat every week (in which case you're guessing, not remembering), or unless it's something that was particularly interesting and exciting. Perhaps some food you were trying for the first time, for example.

That really is the crux of this point: you remember things that are novel and interesting. Everything else just kind of disappears into one long blur.

There's actually a biological reason for this. You see, when you are presented with a new experience, situation or stimulus, the body sees this as an opportunity for learning. As such, it responds by releasing a large amount of dopamine and BDNF which triggers learning and brain plasticity – the formation of new neuronal connections and pathways.

These neurons make us feel great and can stimulate even a sense of euphoria. But what's more is that they help us to create memories. And when you look back at your life, what do you have? In reality, you have nothing but your memories. Without memories, you would have no time to look back on.

As such, your life would seem shorter.

Have you ever had a day where you managed to pack in all kinds of amazing things? Where you saw friends, did a great workout, visited a new part of town, attended a meeting and then watched a great film?

Those are the days that seem like they were longer when you look back. And when you add that up over the course of weeks, months or years it can literally make your life seem as though it has been longer.

So, find meaning in every day and you'll live longer from your own perspective.

Identify What You Love to Do

Steve Jobs once said that you have to find what you love as it is the only and best way to do a great work. But, how can you find the things that you love to do?

Many people raise questions like “how can you identify what you love to do?” and “Is there any requirement to know those things?”. Such questions sound simple, but they are difficult to answer as it depends on every person’s preferences or choices in life.

There is no step by step procedure or advice that talks about on how you can find what you love to do. Although there are some tips that can help you, these may be useless because of some factors.

One of the best examples to evaluate your life purpose is to put yourself in a particular situation. For instance, if you have a job that you hate and you feel trapped, yet you cannot quit because it is the only source of your income, you tend to live in a silent desperation. But, why can’t you just quit your job and do what you love?

What Do You Love?

There are two reasons why people can’t just quit on one thing they do. One of these reasons is that they don’t have any idea about what they love to do. Another reason is that many feel fears. With these, you won’t be able to find your life purpose.

Knowing what you love to do can serve as your steering wheel of your life. If you don’t know what you love to do, you won’t have any direction to your life. But, if you have an idea on your passion, it will be much easier for you to know your life purpose. Also, all your burdens and uncertainties in life will be removed.

Why Is It Hard To Identify What You Love To Do?

It is not really hard to know or identify what you love to do. But, why do others experience some difficulties? It is because they have never really asked themselves about what they love to do.

There is always an answer to your questions just like there is always a solution to your problem. The only thing that you need to do is to focus because how will you find out the answer to your questions if you are surrounded with doubts or confusions?

Being honest is also a key to find out what you love to do. Let it out and don't get distracted with anything because the answer is within you. You are just afraid to know the answer because you really don't have any idea about the answer to the questions that bother you.

Helpful Ways To Find Out What You Love To Do

Be Optimistic

Always believe that you will find answers. Don't leave rooms for doubts. These will just destroy everything and may lead you to commit mistakes.

List Down Your Skills

Listing your skills or interests can also a great help. Through these, you can easily concentrate on what you love to do. However, make sure to list down the true information about you.

Skills and interests are important because skills will help you identify your strengths and interests will let you love what you do.

Make No Rooms For Distractions

Making no rooms for distractions will let you focus especially when you are asking yourself the right questions about yourself. Clarity is the key to answer everything that bothers your mind.

How Will You Know That You Have Identified What You Love To Do?

Identifying what you love to do is like winning a jackpot. Once you have felt this, your search for answers is now over. Moreover, you will be free from any doubts or anything that bothers you.

However, if you are still confused, you haven't still found the answers that you are looking for about the question "What you love to do?". So, try those tips mentioned above again and find out the real answers you need for your questions. Just remember that the answers rely on you.

The only thing that you need to do is to dig it in yourself and find out what you really love to do as this can give you access on your life purpose.

Conclusion



There are many different people in this world. The amazing thing is the fact that each one of us has our own specific purpose in life that we are supposed to fulfil.

It is very important that we find this purpose and live it. This is the key to true happiness. No matter how much money you make or how much power you may have in your current career position, it will not lead to true happiness unless it is your purpose in life.

Many people think that money is the key to being happy, this is not the case! In fact, money can often times actually cause more problems in a person's life. The real key to unlocking true happiness and a sense of being content is finding your calling or purpose in life.

If you do not take the time to discover what your lives calling is, you will likely live a life where you constantly feel as if something is missing. You will feel as if you have a void space within. This void

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space will begin to become larger and larger over time until you discover what your true purpose in life is.

You may be unsure of what your true purpose in life is and this is very understandable. With all of the different types of careers and life paths that are available to take it can be very difficult to determine what your true purpose is.

It will take some effort and some determination, but it is definitely possible and once you discover your purpose you will see your life in a whole new light.

If you are currently in a successful position and have nice things but still are not happy with your life, it is probably due to the fact that you are not living out your life's true purpose.

Before we were brought into this world there was a specific purpose that was put into our life's plan. Your conscious and spirit will not be able to rest until you have fulfilled this purpose for your life. It is very important that we discover this purpose and learn how to live our lives in a way that will serve it.

After all, everyone's life comes to an end, would you rather be able to rest in peace when the time comes knowing that you found your purpose in life or would you rather go not ever knowing what your purpose was and never feeling complete?

Finding your true calling can be a somewhat difficult task for some people because they do not know where to begin. If you are one of this people, do not worry because you are not alone. It is actually pretty common for people to be unsure of what their true calling in life is.

However, you should begin trying to discover your purpose in life as soon as you can. As stated before, it is the only way to feel true happiness.

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The following chapter will go over the basics of finding your true purpose of your life and will provide you with some guidelines that will help you in the process of discovering what your calling is.

Are you a person who feels happy every day when they wake up and feel like everything is going great in life or are you a person who feels like something is missing but you cannot quite put your finger on it?

If you are the latter, it is more than likely because you have not yet discovered your true purpose in life. Living your life in a way that serves your purpose is extremely important if you wish to be happy.

Those who do not find their true purpose often find themselves wandering through life with no real sense of direction or reason for being here.

They will also have a hard time becoming motivated and no matter what goals they accomplish, they will still feel a void deep inside their body. All of these negative effects of not finding your life's purpose can be damaging to your emotional health and can slowly dwindle down your drive to succeed in life.

Do not feel alone if you have not yet discovered your purpose in life because there are many people who are just like you. The reason for this is likely due to the fast pace of today's everyday life. It seems as if there is less and less time to take for yourself from day to day.

It can be easy to find yourself going to a job that you do not like and feel meaningless doing because like everyone else, you have bills to do.

The first step to discovering yourself and what your purpose in life is you are going to have to set aside some time for yourself, no matter how difficult it may be to find time.

It is important to keep in mind during the process of trying to discover your life's purpose that your purpose may not necessarily be on that is full of wealth, it may actually be something that requires you to make sacrifices.

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These sacrifices will pay off in the long run however and your life will surely become blessed. No amount of wealth or material objects that you are able to accumulate during your life will ever be able to provide you with the happiness that you receive from discovering what your purpose in life is. Once you discover your purpose you will no longer feel such a desire for money and material objects because your purpose will fill the void that you have on the inside.

There are a few things that you are going to have to do in order for you to discover the purpose that was laid out for you. As mentioned before, one of the things you will have to do is learn how to set aside time for yourself so that you can think and not be disturbed.

You need to find somewhere quiet and free your mind of all distractions if you want to be able to communicate with the inner-you and receive a response on what your purpose is.

Keep in mind, you may not receive an answer right away and your answer may not be as obvious as you would like it to be. You need to pay attention to the signs of the universe and see what clues they give you.

Another thing that you need to do if you want to discover your purpose in life is learn how to get out of your safety bubble. Many people learn to put themselves in a bubble in order to shield them from certain things in life.

The problem with this is the fact that this bubble often times keeps out more good things than it does bad. Putting yourself in a bubble forces you to fall into a routine and does not offer you the opportunity to venture out and discover what your purpose in life is.

Living in a bubble can also eventually lead to people settling for the way their life is, even if they are not content or happy. This is because it can feel more comfortable to stay in the bubble rather to venture into the unknown and discoverer who you truly are.

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You will likely feel uncomfortable when you first venture outside of your safety bubble and that is quite normal for people to experience. This is due to the false sense of security that their safety bubble has gotten them used to. Just as with anything else in life, practice will make it much easier to stray from your bubble.

Remember, even baby steps are still progress. No one is telling you to go out and change every element of your life in one day, in fact that would be a terrible idea. If you want to be able to discover the true purpose of your life it will take a little time but the first place to start is leaving your bubble.

Meet new people, try new things and discover who you are. Chances are that there are many things in life that you have no idea that you would be interested in or very talented with. Ditch the bubble and begin to really live life!

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