

3 Methods for Finding Purpose

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Method 1 – Pavlina Method¹

1. Take out a blank sheet of paper or open up a word processor where you can type (I prefer the latter because it's faster).
2. Write at the top, "What is my true purpose in life?"
3. Write an answer (any answer) that pops into your head. It doesn't have to be a complete sentence. A short phrase is fine.
4. Repeat step 3 until you write the answer that makes you cry. This is your purpose.

Method 2 - Work Energy Method²

1. When you come up with something to play with your kids, what do you do?
2. What unique life experiences have you had that forced you to learn certain traits?
3. Who is someone who you loved, but whose personality others found off-putting? (*Be honest.*)
4. What would a perfect workday look like at your current job? (If you could design the nature of your work, what would that be?)
5. What do you intentionally do to impress other people? (What do you make a point of mentioning to make sure others see you in the way you want to be seen?)
6. What character trait are you proud of in yourself?
7. When you were growing up, what was something hard to do, but which you enjoyed working on?

After answering the 7 questions by yourself, have a spouse, close friend or significant other answer the questions about you and record their responses if they were different from your own.

Method 3 – Psychosynthesis Method³

1. Take a paper and divide it in to three sections: higher, middle, and lower subconsciousness
2. Free associate with intention on finding your best imaginable outcome on each level, one at a time
3. Review each segment, and look for concepts or ideas that correspond on all levels

¹ <https://www.stevpavlina.com/blog/2005/01/how-to-discover-your-life-purpose-in-about-20-minutes/>

² https://www.amazon.com/Work-Energy-Finish-Everything-Fearlessly/dp/0578599988/ref=sr_1_1?keywords=work+energy&qid=1579486569&sr=8-1

³ <https://www.amazon.com/Psychosynthesis-Collection-Writings-Roberto-Assagioli/dp/0967857007>