

5 STEPS TO LIVING YOUR PURPOSE

*A guide to uncovering your life purpose & passion,
and how to live it, instead of just dreaming about it!*



Marci Traylor, CPC, ELI-MP

©Marci Traylor Coaching www.MarciTraylor.com

Copyright © 2014 by Marci Traylor

Marci Traylor Coaching

All rights reserved.

No part of this book may be reproduced in any form or by any electronic or mechanical means including information storage and retrieval systems, without permission in writing from the author. The only exception is by a reviewer, who may quote short excerpts in a review.

CONTENTS

Set Yourself Up For Success4
Step #1: Stop Trying!6
Step #2: Have Fun With It!8
Step #3: Find The Breadcrumbs!10
Step #4: Ask The Child Within!12
Step #5: Putting It All Together!14
Your Purpose!.....16
Now What?17

Set Yourself Up For Success

"Choose a job you love and you will never have to work a day in your life."

-Confucius

I imagine you might be thinking... Ah, Confucius, oh wise one, that sounds fabulous-- but how do I find that job or vocation I love if I don't know what it is that I'm passionate about, or know my life purpose?! (that quote always makes me smile, do we really think they used the word "job" in 500 BC? Well, either through translations, or whoever really did coin the phrase - the truth still shines through, you get my point.)

So, how do you find your purpose? And therein lies the million dollar question! One thing for certain, you are not alone. The Center for Disease Control says that 4 out of 10 Americans don't know what their life purpose is. And being all grown up with life experience doesn't seem to be the answer either.. a survey conducted a few years ago by the AARP found that **less than 20%** of Americans age 50 and over believe they are *truly* happy, feeling fulfilled and purposeful in their lives.

Here's the real question... at the end of the day, are you willing to settle and fall into that 80%... or do you want to be in that 20% who know, feel, live and love their life purpose?! Obviously, you are of the mindset that life is way too short and precious to be part of that 80%, or you wouldn't have taken the time to download this e-book. So whether it's a career path you are trying to uncover, or simply a way to live & express your passion -- and experience true fulfillment -- this is for you!

Being a personal empowerment coach is *my* passion. I know without a doubt I'm living my purpose, and when I'm coaching, I somehow always fall into "the zone" -- you know, that place where time flies by unnoticed, and you are totally in synch with everything, and you just feel alive?! I absolutely love what I do, and it is my mission to help you find *your* zone... your own unique mix of purpose and passion, so that you can share your gifts with the world, and make the difference you were born to make, AND have the fulfillment and life satisfaction that you were born to have!

There are people out there who are waiting for exactly what you have to offer. We are all on this amazing planet together, and we each have something unique and special to offer. Every day I look around in amazement and gratitude at the gifts others give me. The designer who passionately and skillfully designed the shoes I'm so crazy about wearing, the friendly and empowering teacher who I entrust my daughter to each day at her school, the smiling UPS man who comes up my walk to deliver my latest order from Amazon, the box that carries and protects the product I just ordered, even the tape that holds it together... all of these - and nearly every other service or item in our lives have people, and teams of people behind the people, who are contributing, creating, producing, and making a difference in the lives of so many.

Ok, so I've disclosed I'm a bit of a shopaholic -- and you know this girl loves her shoes! But the point I'm trying to make is that this life we lead offers an infinite amount of opportunities to **express our passions!**

This is such an exciting and vibrant time to be alive! It's all just a matter of choosing your path. For some people it seems they've known since they were a small child what it is they are going to do with their lives. But for the rest of us, that passion and purpose get's buried *under* our lives, and it takes a bit of excavating to dig it out, dust it off, and find the brilliant golden gem that's been there the entire time.

So, get comfy, grab a cup o' joe, a notebook, and a pen so you can jot down some notes and insights along the way!

This workbook is designed to go as deep as you want to. If you simply skim through and take a few notes, great! But if you really want to get the most out of the process offered here, take some time to really integrate the steps and delve into the questions. Take a break between the steps and come back to the workbook if time is an issue, rather than rushing the process.

One of the biggest blocks I find in clients I work with is to simply allow time for themselves! They get so used to taking care of someone else's needs, that it begins to feel

selfish to take care of their own, and meanwhile their life purpose and passion feels like it is just passing on by! Sound familiar? If so, make the decision to **gift yourself** the time to really take in the process outlined in this workbook - if you do, I'm certain you'll discover some hidden gems about yourself that will lead you to finding your true passion & purpose.

And by gifting yourself time, I'm talking *quality* time here. You deserve that. The new, purposeful "you" that wants to emerge deserves that! We are going to unearth some pretty brilliant parts of you here, so let's give it some quality, uninterrupted, "I deserve this" time. Don't try to do these steps when you are having a bad day, or just coming off a frustrating moment. Treat yourself to a walk outside, listen to some uplifting music... whatever it is that puts you in a good mood, feeling centered and calm.

Listening to my **Core Energy Meditation** (*free, on the resource page of my website*) is a great way to center and access your true, authentic self before jumping into the steps outlined in this workbook. Breathe deeply and enjoy the process, this is exciting stuff inside of you getting ready to burst forth, so honor the journey and prepare to be amazed!

So, feeling ready? Great! Without further ado, let's delve into the first step to uncovering your purpose!

Step #1: *Stop Trying!*

Yep, I'm serious. This first step might surprise you. I know, it sounds counter-productive, but if you can just stop trying to find what it is *out there* that you are *supposed* to be doing, and instead, relax, ease into the knowledge that **you are right where you are supposed to be at this time** in your life, and go from *trying*, to ***allowing***.

Picture yourself in a room (or job you don't love) feeling stuck and knowing you want more. So you push and push at that door trying to get out, trying to *figure* it out, only to realize that once you step back, relax and just *be*, you see that the door you've been pushing against actually opens *inward*. And once you gently **allow** it to open toward you, it floods that room with light, passion, abundance and completely dissolves the walls around you - suddenly you find that you really didn't have to go anywhere at all, but the trick is to simply allow yourself to observe, and feel the answers that have been trying to reveal themselves, but couldn't, because you have been unconsciously pushing against them the entire time.

Your purpose doesn't live "out there" -- the place where your answers are waiting is inward... within your core, or center. Now, don't get me wrong, I'm not saying that you don't ever have to "do" anything! **Insight without action is useless.** I'm simply giving you guidance on where and how to look for the answers to uncovering your purpose. What you find there, and what you do from that point is completely up to you!

So make the choice right now to silence the chatter that is blocking you from your purpose and passions. You know what I mean, the self-chatter such as... *I'm not doing what I should be right now... I'm so frustrated that I don't know where to turn... I should be doing more.... Why am I stuck doing this when I don't even like what I'm doing..How did I end up here?!* and the list goes on. Let me tell you, I know this self-talk all too well. It once was dancing around in my head!

And if that little party isn't happening within your own mind, there are most likely other people around who are more than happy to tell you what you should or shouldn't be doing. I'm guessing you probably have at least one person in your life who knows better than you what your answers are, or what you should be doing, or what you are doing wrong.. just ask them! Distancing yourself from those folks, even those whose intentions are good, could be the best gift you could give yourself right now. It's time to turn to the real expert in your life - YOU.

Step #2: *Have Fun With It!*

You are searching for what you love to do after all. Shouldn't it be fun? So relax, and let your crazy-fun imagination take over for a while!

Take the next several minutes and imagine that anything is possible. ANYTHING. Visualize the perfect day. Allow yourself to just let go and dream up your wildest, dream-inspired ideas. Peruse all the questions I've listed below to help you get started, then close your eyes and imagine you are just waking up to the ideal, perfect day and go through the entire day in your imagination. Add your own questions and details!



Afterwards, grab your notebook and write down the highlights of your perfect day - from when you wake up in the morning to when you go to sleep that night. The details here are important, and the more the better, so don't hold back, let it rip!

- You wake up in the morning..Where are you? Are you in your current home, or have you moved?
- What do your surroundings look like? Describe the ideal bedroom, kitchen, home. Get specific! What are color, materials, how does it feel to be in this space?
- What's your morning routine? Allow yourself to walk through it... feel it. Daydream... In this ideal scenario what are the conversations you are having with the people in your life? Who is in your life during this ideal day? If there are others, what are they like? How do they treat you? How do you treat them? What's the mood?

- As you continue your ideal day, do you leave the house and drive off to a fabulous job, or do you prefer to work from home? Or are you retired and living the easy life? How are you investing your time? Think of the people you interact with during the day, who are they and what are they like? (Children, adults, professionals, fun-loving, driven, laid-back?) How do you interact with them? Is it face-to-face, phone, email...?
- How are you dressed? How do you look when you catch yourself in the mirror? How do you feel? Remember this is your *ideal* day! So you are being your ideal self, living your ideal life!
- Do you "work" for a set number of hours? Are you working? Do you see yourself as part of a team, or working independently? What's the environment like? Do you even call it "work?" Perhaps it feels more like a hobby?
- What are you doing in the afternoon, evening, dinner? Do you have an evening or bedtime routine you enjoy?

Go into detail as much as possible, and don't worry if it is or isn't possible. Again, the point here is to have fun with the process and get everything out! Write down as much as possible about this ideal day. Afterwards, read it over again, preferably aloud, to yourself. Say it with gusto, have fun (no one is listening - this is time just for you!) - allow yourself to imagine what it would be like to live this ideal day!

Now, imagine it is just before bedtime of this ideal day. Write a sentence or two about how you are **feeling** having lived this ideal day. (*As I close out this incredible day, I feel.....*)

Got it? Great! We'll be coming back to this sentence(s) in step 5 of this process. I hope you had fun with this one, if it didn't feel fun, come back and do it another time.

Step #3: *Find The Breadcrumbs!*

There are clues everywhere throughout your life guiding you to your passion, it's just a matter of noticing them. This process involves both observing and allowing the guidance to come to you, or through you, rather than forcing or trying to make something happen. So, for the next few minutes, put on your observer glasses, and let's find out what makes you tick!

One of my favorite clues in mining for purpose: **relationships**.

Think about the people you are drawn to you in your life. Why are you drawn to them? Why is it they are in your life? What attracted you to them? Grab that notebook, make three columns and at the top of each column write the name of a person in your life that you just like to be around, admire, or would like to know more about.

Now, in each column, make a list of the **characteristics or qualities** which *attract* you to these three people. It could be that you find them fun, compassionate, daring, thoughtful, smart, respected, purposeful... fill in the blank! The more characteristics you can come up with, the more you will get out of this exercise. Remember, these are qualities you find attractive and desirable about this person. Go ahead, I'll wait...

Now, think of a celebrity you find interesting or admire. At the bottom of the page or on another sheet, write down his/her name. Go through the same process. What is it about this person - someone you probably have never even met - that you find attractive? What characteristics/qualities do you think draws you toward this celebrity? Are they beautiful, charitable, financially wealthy, brazen, unapologetic, humble, generous, savvy... there are no judgments here, just be honest and write what you find attractive about this person.

After you have finished, let's take a few moments to look at all the characteristics you have written down. Cross out the names of the people you wrote down, and just consider the characteristics/qualities.

Now be both the participant and observer around what is happening right now.

- What do you notice about this list of characteristics?
- What are you feeling as you read over this list?
- Do you feel you embody any, some, or all of these characteristics?

Get curious about why you wrote these things down! Let's go a little deeper here, come on, let's have some fun with this!

Go back over the list, this time ***underline*** all of the qualities you know you embody. Whatever it might be.. (*You've got this in the bag, you ARE smart! You ARE fun!*) You feel confident and **own** these qualities -- it's no wonder you are drawn to that person!

Now, go back and draw a ***circle*** around those characteristics you wish you had more of, or you don't feel you embody at all. So now each quality should either have an underline or circle. Done? Good! Nice work.

Here's the thing. **Energy attracts like Energy.** The reason you are attracted to these people, even the celebrity, is because you absolutely DO embody every one of those characteristics.

If you underlined each one of those characteristics, good for you! You already know how you want to feel each and every day. Your purpose and passion is to absolutely *allow* yourself to express each one of these qualities on a daily basis. **Now it's a matter of finding a vehicle or vocation that allows you to do just that!**

If you circled at least one of the characteristics, good for you! You have just unearthed some golden qualities about yourself that is trying to emerge!

Our relationships are mirrors of our own qualities. Oftentimes we bury the best ones about ourselves because somewhere along the way, someone told us that a certain quality

or characteristic just wasn't who we are -- and we believed them! So instead of letting that beautiful aspect of us shine out, instead we look for it in others, and see it reflected there. But trust me, it is within you, or you wouldn't even recognize it in someone else. And the fact that you are "drawn" to it and listed it here during this exercise means it is a **core quality**, and wants to play a much stronger role of your physical expression of life! **The acceptance and embodiment of these qualities are crucial in living your true purpose and passion.**

Go back and take a look at those circled qualities. For each one, say out loud "I AM _____". (*fill in the blank with the characteristic*) Not feeling it? Well, it's probably been buried for years, so be patient with yourself and stay with the process. If there is a particular one or two qualities that you have emotional resistance in saying, grab a sticky note and write out your "I AM" statement to remind yourself to say it throughout the day to start retraining your brain to know what's in your core essence, ready to surface. Everything starts from within... if you ain't feeling it, you ain't living it, my friend. This goes for health, wealth, and above all PURPOSE!

Step #4: *Ask The Child Within!*



Let's take a trip down memory lane, back to childhood, before all of these adult-sized responsibilities, relationships, and pressures took hold. Back when you were unencumbered by the "shoulds" of life, and maybe even before you were taught what you could or couldn't do, and it seemed like the world was your playground and anything was possible!

Recall a day in your childhood when you felt loved. Just one memory, perhaps it was with a beloved grandparent, or maybe a moment you were playing with a favorite toy, or sharing ice cream with a friend. Just let yourself sink into that memory for a moment.

What were you feeling? What do you recall about the day? Where were you, were you outside or inside? Describe the surroundings, what was the weather, or season? Allow yourself to *feel* the love again, the security that for this moment, all is well... allow yourself to go back to your childhood. If you can't recall a loving moment, try to recapture some of the moments full of wishes and desires you had as a child... the moments when you daydreamed and fantasized.

Grab your trusty notebook and start writing what you can remember of your childhood memories that you enjoyed...

- What did you enjoy doing for playtime?
- What daydreams did you have?
- Did you enjoy playing alone, or with friends?
- What creative things did you like to do, or want to do?
- Did you like to run and be physically active? Or do you remember being more satisfied sitting immersed in a book, or drawing pictures?
- What did you want to be when you grew up?
- What "grown-ups" did you admire? Why?
- What were your friends like?
- When you played make-believe, what did you do, what did you imagine?
- As you got older, what did you love to do in your spare time? What did you daydream about?
- Was there something you loved to do, or wanted to try, but were told no, or you just couldn't do at that time because of financial restraints, or it was just off-limits?

Now, go back over your list and look for the gold in your answers, the items which have a wistfulness about them, some desirable emotional tug. Did you find yourself smiling as you wrote at least one memory down? Go back to that one. What about it made you smile? How did you feel during that moment? Is that something you would like to revisit as an adult, in a new way?

It's about recapturing the **desirable feelings** you once had while expressing yourself in some way. Children naturally gravitate toward what they love to do without giving it much thought. And pay special attention to those things you didn't or couldn't do, but wanted to... get curious about how you are **feeling** now as you consider those things.

Step #5: *Putting It All Together!*

By now you might be noticing a general theme throughout these steps. We are mining for **feelings**.

One of my favorite quotes, which has become a driving force in my life is from the brilliant Mr. Einstein:

"The significant problems we have cannot be solved at the same level of thinking that created them."

-Albert Einstein

This is so true! The more we try to find the answers to our questions from the same place the question or problem originated, the more we run around like a hamster in an exercise wheel. This entire workbook is designed to help you **“level up”** to a higher level of awareness and potential.

In Step #1: We took a step back from the "problem" or the frustrations and blocks in your life around finding your purpose. You are now in a space of **allowing your purpose** to reveal itself.

In Step #2: We created a higher level from which to view your life. You **created your vision** -What your life could actually look like if you had the life of your dreams. This would be **living at an entirely new level of awareness and potential!** If you wish to have more understanding about your purpose, thinking from a place of possibilities

and solutions, rather than from the problems and frustrations is what will open doors for you. *This* is what Einstein is referring to!

Think about this, it changes *everything* once you get this concept! Here's how it works:

Go back to your sentence you formed at the end of Step #2. *As I close out this incredible day I feel... (your vision statement)*

Now, create this new question for yourself based on this higher level of awareness that you have unearthed in this workbook.

How would a person who is (*insert your vision statement here*) proceed in this moment?

Use this formula around any remaining questions pertaining to your life purpose, or any type of dilemma! What choices would *that* person make around the issue in front of you? How would they respond to this situation? What would they do next? What would YOU do next if you *were* that person? **Act as if you already *are* that person**, feel that you are **BEING** that person. Start to live your life from this new level, see what answers show up for you! Trust me, things will start to shift!

In Step #3 you uncovered your **Core Qualities**. Now it's time to *activate* them. These are the gifts you were born with. Odds are, you have hidden some of them away for years. Feel them, allow them, claim them! They are your guiding lights to help you uncover and **live** your purpose.

When you *feel* these qualities in their wholeness, you feel alive and powerful. That's when the magic happens! The physical evidence of those feelings will start to show up. **Energy attracts like energy**. It's universal law. You don't have to believe in the law of attraction for it to work. Hey, you don't need to believe in the law of gravity either, but if you drop that bowling ball over your foot, it's going to fall and crush your toes every time. So, just give this process a try and see what shows up for you... what do you have to lose?! Well, other than a bunch of crappy thoughts?

Make it part of your daily routine to surround yourself with the people, objects, and activities which awaken and generate those feelings within you, and you soon will see them reflected around you throughout your life.

In Step #4 We brought out your **inner child**, so keep going, and **have fun doing this!** Think of activities, songs, affirmations, or places that help you *activate* those feelings. Recall the unlimited imagination of childhood, lighten-up and start to *play* again, something *fun* each and every day to get you in that *feeling* zone. When is the last time you put on some headphones and turned up the volume and danced like a fool to that song you love? I'll bet you wouldn't have thought that was so silly when you were a kid!

After you are feeling yourself at a this higher level, ask yourself:

What other opportunities will allow me to express these qualities about myself?

Listen for what your inner voice says, and watch what shows up in your life from this higher level! *Be the observer...* the answers are there, you just need to be on a level where you can see them, hear them, and most importantly *feel* them!

Your Purpose!

Regardless if it's a job, career, or a purposeful way of life you are searching for -- it's **how you show up and express yourself that matters.**

Living your purpose means living your core qualities!

Get curious about yourself! If "*meaningful*" is one of your qualities, what does that look like for you? What kind of job would that look like? What kind of volunteer work, or charity might allow you to express that quality? What hobby or pastime will allow you to express this feeling? Write down the possibilities, start making a list!

You gotta give to receive -- you've heard that saying, or some rendition of it an infinite number of times throughout your life. It's true, but it's the *feelings* that are the secret ingredient to the recipe.

By allowing your *Core Qualities to flow through you (give) they will flow to you (receive)*, and with them they will carry the physical evidence of that feeling. This sets the Law of Attraction in motion!

This is true for each and every quality you have written down in your notebook. This is the foundation to living your purpose & creating a life you love!

Now What?

Hopefully you have much more clarity around your purpose than when you hit the download button to get this workbook. Going back over the steps can bring even more qualities to surface, so continue to gift time for yourself, get to know the most fascinating and amazing person in your life - YOU. Be patient with yourself and give yourself the time to allow this shift to happen. Remember to take notes of your insights, as they say, hindsight is 20/20, and sometimes just reading over your insights at a later time will reveal the true meaning.

I've had fun walking through these steps with you, I hope you enjoyed the workbook, and are excited about your journey ahead! I would love to hear about your progress, so feel free to reach out anytime, my contact information is always easy to find on my website.

On the other hand, I understand that this is not always an easy process, and sometimes it can be challenging to reach that higher level of awareness and ***be at that level***, which is crucial to truly living your purpose.

We each have a "default level" which over time has become habit or automatic, and it can be difficult to truly *be* at a higher level because this default level is so ingrained into our systems. While the steps in this workbook are a great start to accessing that higher level, sometimes the things holding us from reaching those higher levels require more precise strategies to untangle ourselves from the strings holding us at that lower level -- causing us to struggle with our lives, rather than **leading our lives** from our own true core power.

That's why working with a coach can really help clear the way to seeing and feeling your true potential, and help you to discover the steps to take to reach your dreams. I've seen the amazing shifts which coaching has brought into my own life, and believe strongly in the process and benefits, which is why I continue to work with my own coach, and can't imagine ever not having some type of coaching in my life.

A great place to start is *The L Factor*, which you can find on my website. This 90 minute coaching program gives you an amazingly accurate mirror of what level you are currently living at, and I'll work with you personally over the phone, to give you the specific tools to immediately “**L**evel Up,” put the **L**aw of Attraction to work for you, and start **L**iving your true purpose — **LOVING YOUR LIFE!**

Please check out my website at www.MarciTraylor.com for more free tips, and ways we can get in touch. I would love the chance to work with you!

photo credit, pg. 12:

www.flickr.com/photos/75362274@N05/7648249140/

<http://photopin.com>

<http://creativecommons.org/licenses/by/2.0/>