



5 Essential Questions to Ask To Clarify Your Purpose in Life by Liz Fletcher Brown

One of the biggest myths about life purpose is that it is a great big mystery. It's not! There are clues to your life purpose everywhere. Here are five questions to help you begin the process of clarifying your purpose in life.

I recommend you print this out, and take the time to mull over each question. That way you can go back to it and add more insights as they occur.



When you were a kid, what did you *really* want to do or be when you grew up?



When have you felt most peaceful in your life?



— What do you *really love* to do? What makes you feel most alive?



— Who would you most love working with (an individual, group, or organization including non-profits) and why?



— If you could wave a magic wand and solve a world problem, what would it be? And why is solving that problem important to you?

Now that you have answered each of the five questions, look over your answers to see if any themes have emerged.



Write down any common themes that showed up, or insights that occurred to you about your purpose in life.

If you would like to delve deeper into this process, I offer individual and group coaching programs that are offered both live and virtually. They are designed to help you clarify your purpose, as well as your unique strengths, gifts and values in life, and build your life around them.

My signature program is **Full Wattage Living: 4 Steps to Ignite Your Brilliance**. You can find out more about it and my other programs at: www.lizfletcherbrown.com/coaching.

**In joyous abundANCE,
Liz**