

A pair of hands, palms up, holding a vibrant sunset scene. The sun is a bright yellow orb on the horizon, reflecting on the water below. The sky is filled with soft, orange and blue clouds. The hands are positioned as if cradling the scene, with the fingers slightly curled. The background is a solid black.

# Discover Your True Purpose and Repurpose Your Life



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Everyone Loves To Be Inspired...  
Today You Will Be That Source of being  
Inspired and Inspiring Others!  
Today You Will Discover Your “Gene”  
That Inspires!



# Foreword

Now increasingly more and more individuals are reinventing themselves. By choice or force your true path is awaiting. We're in the midst of one of the greatest spiritual transitions in the history of the world and you are here to experience it.

Everything in the world is based on energy and it responds to your beliefs, intentions, and desires.

## **You Must Be Willing to Go Deep Within Yourself**

The choices each individual makes on a moment-by-moment basis create the reality in which they live. Each decision comes with its own set of possible outcomes.

Why are we here? What am I supposed to do with my life this time around? These are some of the questions I will explore in this book.

You will join me on a journey into a world of conflict and contradiction. Your belief systems will be challenged at every turn as we uncover some of the oldest and most powerful myths of this world.

My goal is to help you connect to your true self — to help you move away from conventional thinking and create a life definition that works for you.

We all have our own unique definitions for the elements defining a successful life. Unfortunately, most people spend their lives defending their life to themselves and to the people who care about them the most.

Your objective is actually very simple. To become successful in life you must be willing to shatter your current belief systems and take a leap of trust and then you will embark on a voyage of discovery like no other.

***True Calling And Life Purpose Rediscovered***

***Find Out If Your Ladder Of Success Is Leaning Against The  
Right Wall And Repurposing Your Life Easily***



# Chapter 1:

## *Find Your True Calling*

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### Synopsis

Have you discovered Your Calling? Your Calling. The reason you are alive. Your personal mission in life. If you do not have a clue what I am discussing, take a couple seconds to complete this quick quiz:

- Are you doing precisely the kind of work that makes you want to jump out of bed every morning excited to begin a new day?
- Does your work fulfill a need deep inside to express yourself, your talents, your values, and your unique and precious gifts?
- Does your work allow a balanced life — one that leaves time for family and friends, for physical activity or hobbies, for you?
- Are you doing what you love?

## True Calling

If you answered "yes" to all of these questions, congratulations! There is a good chance that you've achieved what the Buddhist's call "Right Livelihood."

If you have not yet found the work you were meant to do, keep reading. You are about to find your true calling — and when you find that calling that is uniquely yours, your life will be transformed.

A way to find out about your happiness is recall those moments when you felt most happy — not excited but deeply happy and fulfilled.

Now ask yourself how you feel each day as you get ready to face your day? It may sound something like this. Your alarm clock buzzes and you clear the "cobwebs" and drag yourself out of bed, dreading yet another day at a job that is high on stress and short on gratification.

What I am asking you is this:

Are you happy working in a career that is fulfilling and enjoyable?

Because when you really love your work, you greet the day like this: You do not need an alarm because you cannot wait to get out of bed and dive into another workday where your work feels similar to play.

Maybe you think it is too late. Maybe you believe that you have somehow missed your calling and that you are not getting any younger.

However, this leads me to my next question. How do you find work that will make your heart "sing" and feed your "soul?"

You see, anyone can get a 9-to-5 J-O-B. A job is something that pays the bills but all too often fails to feed the spirit. In addition, when your spirit is starved for meaningful satisfying work, your happiness suffers.

Did you know that individuals who love what they do for a living actually live longer?

So here's your million-dollar question:

Do you believe you were put on this earth to sit in commuter traffic, to suffer through a boring grind day-after-day, and to have to answer to a boss that is well... you know...

Were you really created to spend your life having the Sunday night blues? On the other hand, do you believe, as I do, that you were put here to follow a calling that is uniquely yours that nourishes you from within?

If the idea of loving what you do appeals to you, the way I see it... here are your options:

You can keep plodding along week after week hoping that inspiration will somehow, someday suddenly strike and — in a flash — your true calling will be revealed.

OR

You can make a promise to yourself right here and right now to take the first bold step on behalf of fulfilling your dreams for a fulfilling life.



# Chapter 2:

## *Tips to Help You Discover Your Purpose*

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### Synopsis

Do you ever feel confused? Pulled in so many directions at one time that you cannot figure out what you are interested in or how it all could possibly fit together?

Underneath the indifference and confusion, there is still a voice saying,  
"There has to be more than this!"

There is!

The great news is that it DOES all fit together, because YOU fit together. You would not be the you that you are without all the fabulous bits that come together into the delightfully human you are.

See, you were designed this way. You have a purpose and a plan and your soul signed you up for ALL the challenges and opportunities you are experiencing.



# Tips to Discovering Your Purpose

I know it can feel pretty confusing and discombobulating until you finally understand what that plan really is.

Here are some tips to help you find your true calling and understand your spiritual master plan:

**1. Pay close attention to your deepest and most secret most inner longings.** They are the voice of your inner guide, calling you to the exact right place where you belong. For example:

- Do you dream of being on stage?
- Writing a novel?
- Incorporating more travel in your life?
- Producing a life-changing program?
- Changing the way people think about their spirituality?

Pay attention to voices like these. You would not be called to it if you did not have it in you. If you are called to it, it is part of your purpose.

**2. Track the challenges in your life** and unravel the common threads. Your challenges are your instructors. They show you the places you need to heal and grow so that you are able to become who you are meant to be.

Are you struggling with:

- Finding your sense of self-worth?
- Trusting the Universe and trusting others?
- Feeling overwhelmed by life and like nothing works out for you?
- Struggling with a relationship?
- Being challenged financially?

These clues tell you

- what you need to work on,
- what you are here to teach other people
- what you have chosen to master in this life time

**3. Build a relationship with your Higher Self.** When you pay attention to those yearnings, ask your higher self for guidance. Your higher self embodies who you truly are, even if you do not yet consciously grasp the enormity of your brilliance.

By strengthening that relationship with your Higher Self, you strengthen that brilliance inside you.

What admirable traits do you have?

- Wisdom?
- Beauty?
- Kindness?
- Serenity?
- Generosity?
- Compassion?

**4. Write a list of what is most significant to you.** Be truthful with yourself. Think broader than simply a job. Is your family most significant? Your religious faith? Financial security? Ask yourself what you want to be remembered for. Your priorities will direct your search for your true calling.

**5. Write a list of what you enjoy doing and a list of what you do well.** What comes most easily and naturally for you? For example, if you love music and you are a skillful guitarist or vocalist, your calling might be connected with music.

**6. Ask other people who know you well what they think you** would be best suited at doing. Do not take their advice as the final say, of course, but consider their input.

**7. Write down what you are presently disgruntled with.** What would you like to see change?

**8. How do current needs and openings correlate** with what you have to offer? Who could benefit from your talents, passions and abilities?

**9. Take a career aptitude test.** That will reveal valuable information.

**10. Consider multiple options for finding and living out your true calling.** For some individuals, it may be a job, but for other people it may be volunteer service. Still others view their duties within their families as their means of carrying out their true calling.

**11. Do not be afraid to try something new.** Finding your true calling often involves trial and error. Take a chance and launch out into something you suspect might be your true calling. You may just succeed and discover greater satisfaction and purpose for your life. Even if you fail, you can learn more about yourself and which avenues you should pursue in the future.

**12. Make a list of all the things you find to be fun.** This could include things that you are not particularly skilled at but none-the-less find enjoyable. This will give you some clues to directions you can pursue if not directly then in related fields.

Finding your true calling can mean different things for different people. The basic premise is your personal satisfaction with what you are doing. The process of discovering your true calling can take time and effort. Although it is not necessarily easy, you can follow some basic steps to make achieving this goal more accessible. These are powerful hints will guide you to who you really are and what would be the most fulfilling.

# Chapter 3:

## *7 Steps to Following Through*

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### Synopsis

When we have goals, we have our destinations in each period of our life. Whether we will get to those destinations depends on our actions. In order to have the right actions, we need to have a plan. It is however difficult for many individuals to follow through their plan despite the need to accomplish their goals. What are the reasons why they cannot follow through?



## 7 Steps

When you have goals, you have your destinations in each period of your life. Whether you will get to those destinations depends on your actions. In order to have the right actions, we need to have a plan. It is however difficult for many individuals to follow through their plan despite the need to accomplish their goals.

What are the reasons why they cannot follow through?

One of the most common reasons that make individuals do not follow through is that they are not willing to be out of their comfort zone. We are all animal of habits. We generally do what were used to do. This is normal animal instinct. We feel safe when we are certain on the result we will get from our actions. The space that we limit our action is called the comfort zone. We are comfortable staying in that zone and on the contrary we feel unsecured when we are out of it. We have comfort zones in every area of our life. We need to realize how important it is to step out of comfort zone.

The disadvantage of remaining in your comfort zone is that you will never grow within it. You will not grow physically, mentally, spiritually, financially and on the relationships with other people. We must practice our mind to get used to working our way towards our goals despite feeling uncomfortable. The following seven tips will assist you in following through with your plan.

### **1. Acknowledge what you want and why you want it.**

You need to know what you want out of your actions and the reasons why you want it. You will not be prompted to do what you are supposed to do if you are not clear on what you want. Clarity is your power to go to your target. Be clear on your goals. You have to decide what you want and then make the dedication to achieving it.

## **2. Decide what you love to do.**

Your actions that will take you to your goals will have to be repeated again and again. If you do not love what you do, it is very hard to continue staying on track to reach your goals. Your brain will tell yourself that you have no fun doing it. This is why individuals give up a lot easier than they are supposed to.

Many individuals said they do not have an option. On the contrary, they do not really decide to do what they love. Rather, they engage in doing what they do not like. It is up to your decision to stop what you think you must do and pursue the areas that you love most.

## **3. Begin doing something.**

Another thing that happens to many individuals is that when they want something, they procrastinate. Once you take the first step, other steps will be easier for you.

## **4. Keep your momentum**

Once you begin do not let your actions die. Keep doing what is in your plan. Center on your goals. Make a vision board or a list of your yearly, monthly, and weekly goals.

## **5. Value your actions and results**

Review your actions and see if you need to correct anything. Change your approach if you need to, and modify your goals if necessary.

## **6. Resolve not to give up.**

Not giving up is one of the best qualities of successful people. It is easy to get discouraged along the journey to your goals, and you need to sustain your resolve to continue. Commit to yourself that you will not give up no matter what.



## 7. Visualize your success regularly.

Visualization will make your subconscious mind attract what you want into your life. This is according to the law of attraction. You can attract all situations and attributes favorable to your goal achievement by visualization daily.

Visualize in your mind as if you are achieving your goals in the present time.

Not following through what you are supposed to do is one of the major hurdles to your success.





# Chapter 4

## Your PASSION

Discovering your life passion can mean the difference between happiness and frustration. Do you know what you are passionate about? Is there anything in your life that makes you feel genuinely thrilled and excited to be alive?

Our passions are what give life its juice. It may have been a while, but if you actually give it some thought, you will probably come up with a short list. If you genuinely cannot seem to find your passion, there are a couple of ways you are able to figure it out.

One way is to experiment. Try some fresh activities. The only way you will find out what you love doing is by doing it. Who knows, you may discover a passion for ballroom dance, writing poetry, playing tennis or golf, hiking, or bird watching. Look into joining an art class or decorating your personal space.

Whether your passion is for protecting the environment, baking cookies, singing, teaching, or predicting the stock markets, pursuing it will definitely give you opportunities to benefit other people by sharing your creations or knowledge. It may also open up possibilities for following your life passion as a means of financial support.

So, find some activities that stimulate your passion and commit with your whole heart. Time spent doing what you love will never be time wasted.

# Chapter 5:

## *Being Stress Free Can Help You Find Your Calling*

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### Synopsis

Finding your calling, being healthy, and stress free go hand in hand. When you find why your truly here on this planet you inevitably will become more happy. Stress relief techniques can be very beneficial to finding your true calling because it allows you to clear your mind and focus more on what you really want in life. Here are a few tips on how to relieve stress.



## **Steps to Becoming Stress Free**

Most of the individuals are under never-ending stress, which may have a serious negative effect on their life. Stress can affect our mind and body resulting in a wide range of health problems so it is crucial to know how to cope with it.

There are numerous ways to relieve stress. Stress relief techniques that will help you do away with stress instantly and will help to improve the quality of your life. Some of those techniques are probably already some of your regular daily activities and it is quite possible that you are already unknowingly reducing stress.

### **Stress Relief Methods That Work**

#### **1. Exercises**

With exercise, you release the tension and stress, whether it is running, working out at a gym, or doing a sport such as running, tennis, or basketball. Exercising improves the blood circulation in the body and releases physical stress in the muscles. These activities are able to control a strained situation while controlling a negative mood in progress.

#### **2. Controlled Breathing**

Breathe in through your nose slowly then out through your mouth. When you blow the air out of your lungs, you will feel how the tension will flow out of the body. By controlled breathing we provide the body with the right amount of oxygen and normalize your heart beat.

One of the most effective ways to do this is by inhaling to the count of 5 through your nose, and then exhaling slowly to the count of 5. You only need to do this for two or three minutes to feel the calming benefits.

### **3. Massage**

Going to massage is a great way to decrease stress that will absolutely release some of the stress from your body. You will feel amazing, empowered by the much-needed relaxation and help you to calm your muscles.

If you have never taken advantage of this health-giving process, please give yourself the gift of having it done.

### **4. Meditation and Yoga**

As you likely already know, yoga is a great stress-relief technique. Yoga gives you several advantages. It supplies you with physical and mental relaxation reduces stress, and tones your muscles.

### **5. Humor**

Laughter is a great stress relief method that works. You probably know how great it feels when you are laughing at a friend's joke, amusing comedy or a stand up show. With laughter, we stretch the tense up muscles on our face and release the tension out of our body. We also allow more blood to flow to the pleasure centers of the mind that make us happier.

### **6. Natural Medications & Herbs**

There are ancient medicines that can be resorted to as stress relief methods. Among these are Ayurveda that heals internal elevated ailments. They have been used to clear and cure some disturbances that include anxiety and levels of stress. Nevertheless, know the correct dosage. It alters from one person to another, as well as how stressful the case is.

### **7. Self-Hypnosis**

Self-hypnosis is easy to learn and with practice you can greatly reduce your reactions to stressful situations. It is most easily learned by following guidance of a recorded stress-reducing hypnosis session, until you are able to do it on your own.

# Chapter 6:

## *Put It All Together*

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Is there something you already love doing? Do you have a hobby, or something you loved doing as a child, but never considered as a possibility? Whether it's reading comic books, collecting something, making something, creating or building, there is probably a way you could do it for a living.

What do you spend hours reading about? You have probably noticed that when you are interested in something, you will read about it for hours on end.

Brainstorm. Nothing comes to mind right away? Well, get out a sheet of paper, and start writing down ideas. Anything that comes to mind, write it down.

Look around your house, on your computer, on your bookshelf, for inspirations, and just write them down. There are no bad ideas. Write everything down and evaluate them later to see if you can apply an idea to engage in.

Ask other people for ideas. See what others have discovered as their passions. Either find other people in your area or on the Internet who do what you want to do for a living, and find out how they apply their interests.

What training and education did they need? What skills are necessary? How did they get their start? What recommendations do they have? Often you will find that people are more than willing to give advice.

Thought you found your passion but you got tired of it? No problem! Start over again and find a new passion. There may be more than one passion in your lifetime, so explore all the possibilities.

My audio program, *Discover Your Life's Purpose* will also help you with your search. <https://www.jonathanparker.org/product/mp3-programs/prosperity-success/discover-your-life-purpose/>