

Three steps to discover your purpose-driven career

By Wendy Lenton

Your purpose is the intrinsic sense of resolve which motivates you towards a unique goal, informing the shape of your career, identity, and life path. When people become clear around what their purpose is, it allows them to assert their actions towards the creation of rich, fulfilling lives and careers. People with a clear purpose find it easier to be inspired by the things they do, whether this is in business, family or otherwise, and in turn, inspire reciprocal confidence and purpose in the people around them.

However, most of us do not have a clear understanding of our purpose. Many successful, high functioning professionals lack clarity around their holistic goals and motives in life - unable to focus on what matters most to them or push past obstacles which may hold them back from further success.

Perhaps you are in this situation? Right now, you can change that by working through 3 relatively straightforward steps towards the discovery of your purpose-driven career.

Step 1 - Put it out there

“Let yourself be silently drawn by the stronger pull of what you truly love.

It will not lead you astray.” - Rumi

State your intention, to find your purpose. Write down your intention in your diary and start to live each day with this goal in mind. Even if this is not your thing, put your aim to discover your purpose outwards into your physical world. You are now telling your subconscious mind what you intend to do. When we bring our intentions to the forefront, into our primary experience - things come into our field of vision which direct us to a solution - the answers reveal themselves to us. The journey to finding your inner purpose can often be kickstarted by some form of external motivation or occurrence, and it is important you open yourself up to these possibilities by inviting change and reflection into your conscious life.

Step 2 - From your Head to your Heart

“Each of us were born to bring forth something that has never existed” - Glennon Doyle

The heart controls our desires, emotions, hopes and dreams – speaking the language of feeling rather than the more logical, intellectual discourse of our minds. In order to discover your purpose, it is necessary to synthesise your head and heart – such that your emotional and rational self can align. For this step, you will seek to look within yourself – banishing societal expectations of success or accomplishment. Only you can truly know what your calling is, your purpose is an organic property of you and no one else. You must trust that you can provide your own answers – beginning with an honest conversation in response to the questions below.

- *What do I love doing?*
- *What, and who, do I care deeply about?*
- *What gives me great pride and personal satisfaction?*
- *What injustice in life attracts my attention?*
- *What legacy do I want to leave in life?*

Process – set aside 30 uninterrupted minutes – it is important that you give yourself the time to reflect and answer truthfully. Begin by taking a couple of minutes to switch off your mind (shut your eyes, focus on breathing and aim to quiet your thoughts of extraneous activity). Once in a calm state, turn your attention to the questions above – exploring the answers your heart provides. Be honest and constructive in your responses, and give yourself an opportunity to truly reflect and acknowledge any feelings or insight which may arise from this exercise.

Take these answers and any other thoughts into the next step.

Step 3 - Discover your life purpose

“Purpose is an essential element of you. It is the reason you are on the planet at this particular time in history. Your very existence is wrapped up in the things you are here to fulfil. Whatever you choose for a career path, remember, the struggles along the way are only meant to shape you for your purpose.” - Chadwick Boseman

There are many approaches and methods to identify and actualise your life purpose, supported by a lifetime of research dedicated to the ways you can embark on this journey. What is most important is your mindset and commitment to following this through. Lets begin.

Free Flowing.

Read over your answers from the previous step, consider how these questions have made you feel, what in particular resonated for you, and ask yourself one simple question –

What is my purpose?

Try to 'start from scratch' instead of building upon your existing purpose, create something new or alternative. Write down as many answers as you can think of - even half-formed ideas - just put them onto paper regardless of how bold or unfeasible they seem. Some of these ideas may stimulate other, more obscure thoughts - continue to write these down. When you feel you have exhausted all possible solutions - pause, take a quick stretch - and then push yourself to write 3 to 5 more. You often identify all the obvious answers before greater insights emerge - give yourself the room to do this by writing as much as you possibly can.

This may be a particularly confronting process, and can often arouse strong emotions. It is important to stay positive and persevere.

The time needed to "discover" your purpose varies from person to person. If you feel blocked and a quick break isn't helping with the flow of your answers, then reschedule another time. Often, in reducing conscious attempts we often produce insight organically (hence why so many of us have aha moments when we are subconsciously thinking).

You will know when you have discovered your purpose, as you will feel energised and excited by this achievement. You will most likely want to share this answer with others. For me personally, my answer was:

"I want to support people to realise their potential and live a life that matters most to them"

Once you have your purpose, you will have energy to bring this purpose into your life. It may draw you in, consume your thinking and even evolve by its own accord. Use this revelation as fuel to develop your identity and actions, moving everyday towards a more meaningful and fulfilling life. Living a purpose-driven life creates meaning for you, and by looking from within yourself you will see the answers to create your reality.

What Next?

If you are seeking support in working through your purpose or transforming your career, contact me at wendy@wendylenton.com

Sources of inspiration:

- Untamed, Glennon Doyle
- Man's Search for Meaning, Viktor E Frankl
- Chasing Daylight: How My Forthcoming Death Transformed my Life, Gene O'Kelly
- Innovation Starts with the Heart, Not the Head, Gary Hamel
- Awaken your Awareness, Guided Meditation App