### Focus Inward

The first step to finding your life’s purpose is to focus inward because everything you experience in life begins there. Your life purpose doesn’t exist outside of you, waiting to be found—it’s already within you, waiting to be *experienced*. This means you don’t have to search for it; you only need to pay attention to what’s already present in your heart.

You can start by tuning into your feelings. Often, our deepest desires and passions speak to us through our emotions, but we’re too distracted by daily life to listen. To discover your purpose, take time to focus on those feelings, allowing them to guide you toward the messages they’re sending. Here’s a simple exercise to get started:

**Exercise: Discovering What Brings You Joy**

1. Grab a sheet of paper and something to write with.
2. Find a quiet space and get into a relaxed state. This could be through meditation, deep breathing, or simply sitting in stillness.
3. Once relaxed, think back to the moments in your life when you were **happiest**. Select a specific memory that stands out and brings a smile to your face.
4. As you recall this memory, ask yourself:
* What you were doing at the time.
* Who was around you?
* What was it about this moment that brought you so much joy?
1. Write down your answers. Then, repeat the process with other happy memories.

The things that bring you joy are clues that point toward your life’s purpose. They highlight your passions—the activities and experiences that align with who you are at your core.

**Passions, Strengths, Skills, and Knowledge**

After reflecting on the moments of joy in your life, it’s time to expand your understanding of yourself by identifying your passions, strengths, skills, and knowledge base. These are the qualities that will help you fulfil your purpose.

### Passions

What are the things you do that give you a sense of passion? This might be anything from creative pursuits to helping others. Make a list of activities that make you feel alive, energised, and deeply fulfilled.

### Strengths

Your strengths are the natural qualities that define you. What is it that you are known for? Think of your strengths as those aspects of your character that come naturally to you. They are effortless for you. Examples could be:

* Your sense of humour
* Your patience
* Your sensitivity
* Your ability to inspire or persuade others
* Your athletic ability
* Your compassion

### Skills

Unlike strengths, your skills are developed through training or education. They represent things you do well because you’ve spent time learning or practising them. Examples of skills might include:

* Writing
* Sales
* Administrative abilities
* Public speaking
* Creative design

Note: There may be some overlap between your strengths and your skills. If you encounter this overlap, place that item in the category that you believe fits best.

### Knowledge Base

Finally, your knowledge base is the intellectual aspect of you—what you’ve learned through formal education, life experiences, or personal study. Your knowledge base differs from the categories mentioned above in that your knowledge may not always be evident. It may not express itself in your actions. Make a list of areas or things you have developed a knowledge of. Examples could be a knowledge of:

* Gardening
* Philosophy
* Law
* Design principles
* Theoretical knowledge

Once you’ve listed your passions, strengths, skills, and knowledge, review your lists. These are the building blocks of your life’s purpose. You’ll use them later as we move through this process. For now, you are ready to go on to the next step.

### Getting Out There

Now that you’ve done the inner work of self-reflection, it’s time to take the next step. Like anything else in life, experience is our teacher. We discover our life’s purpose through experiencing different situations. Brace yourself: it will require you to step outside of your comfort zone, try new things, and expand your horizons, but it will be worth it!

Think about the things you’ve avoided in the past—perhaps out of fear, lack of interest, or concern about what others might think. Now is the time to challenge those limitations. Consider the following list and tick them off as you complete them at least once, more than once if you are able:

* Try something that you have never done before due to fear.
* Try something that you have never done before due to a lack of interest.
* Try something that you have never done before due to your concern over what others might think.

You exist to experience life and expand who you are. It is only by doing so that you will tap into discovering what you are here to give.