

LIVING THE LEGENDARY LIFE

PURPOSE  
DRIVEN  
*Life*

CHECKLIST



# Purpose Driven Life Checklist

Have you ever wondered whether finding meaning in life is actually important? Or is it just something made up by people? May be you get the sense that you should be further along in life. Yet experience an overwhelming sense that you'll never get anywhere from where you are now.

Once you find the meaning in your life, you can become the best of your being. In addition to that, you will be able to polish your personality. This checklist will run you through the simple tips and techniques to living the legendary life.

## Chapter 1: What Is Life Purpose?

Most people have no idea what they'd like to pursue or do with their lives. And this is not just high school graduates full of aspiring, wonderful dreams. In fact, it's most adults; even after finishing school, getting a job and making steady money. There's still room for clearly defining what their life purpose is.

You look for things that make you truly happy, or rather fulfilled. This also means that on the way, you are going to displease others since you no longer want to live your life by their dictates.

## **So What Is Life Purpose Really?**

Life purpose is a lot of things, but foremost, it's the first step to living your life the *most conscious way*. If you have a life purpose, then that's how you learn to lead a conscious life. Your efforts get directed towards something and you enjoy every minute of it. And although this doesn't imply that your problems disappear, at least now you know *why* you're trying to find a way around those problems.

You also know that you've discovered your life purpose when you feel energized in all your endeavors. You no longer dread the daily grind, but are eager to get your day started and get as much done as you possibly can.



## How Do You Measure Life Purpose?

There can be a few determinants in this regard. For starters, there's making sacrifices. Achieving anything that's worth achieving involves sacrifices. Everything comes at a cost and very few things are uplifting or pleasurable all the time.

Interestingly enough, vulnerability can also often point you in the direction of your real passion. If you're passionate about something, then you risk making mistakes to improve yourself.

When people feel like they've got no sense of direction or any purpose in life, it's because they don't know what's important to them. And when you don't know what's important to you, then you're just taking on other people's values and following their priorities instead of your own.

## **Chapter 2: The Importance Of Finding Meaning In Life**

If you find meaning in your life, you'll be able to learn your purpose in this world. Experts believe that you can live your life in two ways. The first says that if you're conscious, you'll live along the same lines as others. Yet, you'll experience the same things differently.

- Gives clarity and focus
- Teaches what defines you
- Keeps you connected with the present

## **Chapter 3: Why Is It Hard To Find Purpose In Life**

When you are looking for meaning or purpose in your life, there are many obstacles that you face. This seemingly easy task can take quite a while for it to sort out. Here are some common issues that may be preventing you from discovering your life purpose:

- Societal Influence
- Low Self-Esteem/Self-Worth
- Lack of Freedom to Dream
- Fear of the Dark Side

## Chapter 4: Happiness Vs Fulfilment

Happiness is a code that all humans have. It's deemed essential and everyone seems to believe it. In fact, it's gained a religion-like reverence that everyone follows.

Fulfilment on the other hand is something more personal. It's yours. And as such, fulfilment for everyone is different. You can experience fulfilment when you pursue something you're passionate about, such as a goal or a dream. Perhaps you're all about helping others such as volunteering or maybe you're that person who engages in activities promoting continuous growth and learning.

If you compare the two, you'll notice that fulfilment has a much deeper and longer lasting effect than happiness. Fulfilment is what you need to strive for. Why? Here's why:

- Fulfillment is unique to you
- Fulfullment gives meaning to success
- Happiness is just one feeling

# Chapter 5: Steering Clear of False Purpose

If you look around yourself, you'll see that most people follow the same dream. So much so that they all seem to have the same purpose.

The most common example of this is how everyone believes their purpose in life is to earn money. In addition to that, starting a family also accompanies this desire to acquire wealth.

It can be very easy to believe that a false purpose is your actual purpose in life. You could be influenced by family, colleagues and society. All these factors sometimes convince you that a certain purpose is your true one. However, in reality, it may not be so at all.

- Recognizing false purpose
- Why you need to steer clear of false purpose
- How can you steer clear of false purpose



## Chapter 6: Importance Of Defining Your Life Purpose

Finding your life's purpose can help you reach great heights. Before you find your purpose, you need to define it. It's only logical that you do everything in steps.

Whenever you decide to do anything in life, you take a step-wise approach. From performing reactions in a lab to cooking, everything needs to be done in steps. So, it is quite logical to define your purpose before you set out to find it.

- Gives you direction
- Keeps you from getting distracted
- Keeps you organized
- Gives you time for experimentation

## Chapter 7: How To Find Your Purpose And Passion

You may have all the prerequisites for happiness including a job, a happy family and a big house. But why is it that you don't feel fulfilled? If you constantly feel that something is missing, then the missing piece of the puzzle could be your purpose.

At this stage, you need to sit down and re-evaluate your life. Only by asking yourself and looking into your self will you find the answers. No one knows you better than yourself. So, it's you and only you who can find your purpose. Your job is to find this purpose and polish it well. Because when you accomplish that, your life becomes so much more meaningful.

- Find what excites you
- Ask yourself why
- Explore your options
- Don't suppress your doubts

## Chapter 8: Transitioning To Your Life Purpose

The grind doesn't end once you discover your purpose. When you finally know what gives your life meaning, you are excited, pumped and passionate. But, is that enough? Well, actually no. It's not.

The next step in the process is to transition to your life purpose. This means making changes, perhaps lots of changes. So how do you transition? Here's how:

- Set your goals
- The fear factor
- How to make this transition
- Systems are important