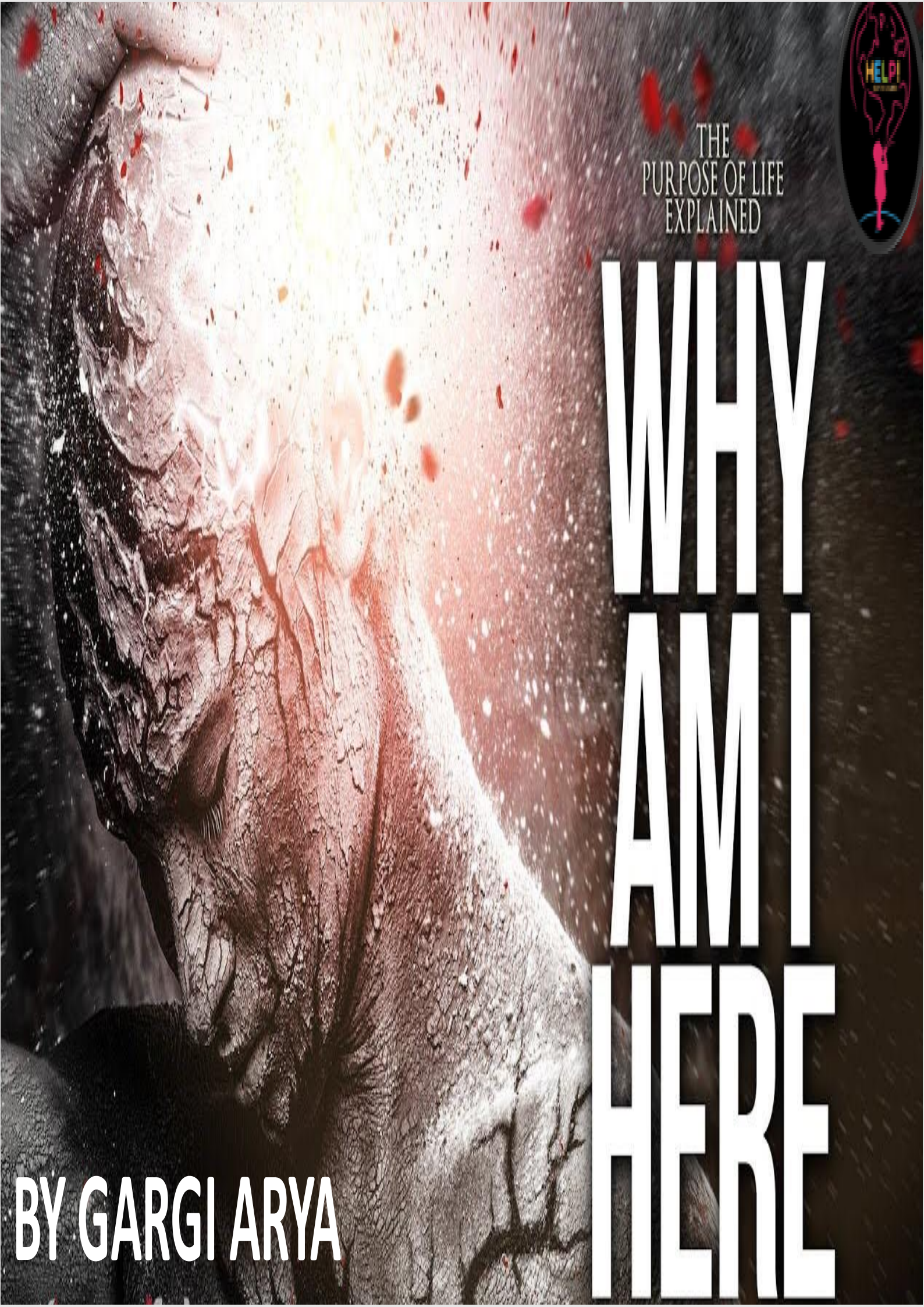




THE
PURPOSE OF LIFE
EXPLAINED

WHY AM I HERE

BY GARGI ARYA



How to find your purpose?

Have you ever wondered why God placed you on this earth? Have you ever thought 'Why am I here?' or 'What is my mission?'. God chose you because you have a purpose in this world. You can make a difference and you are actually making a difference. I have realised my purpose and now I want you to realize. Identifying, acknowledging and honouring your true purpose is the most important step you will ever take.

See, in life there is no right or wrong path. You have to take the path that suits you and once you are on your way, you will surely create the life of your dreams.

Tips to discover your mission.

1. Search inward

The prerequisite to achieve anything in life is to first dig deep inside yourself. Because I believe that all you need is within yourself. No power on earth can tell you what you want, not even God. It's you who will decide what do you want to be in your future? There's a simple exercise that you can try to hear your inner voice.

- Sit in a silent room which is free away from all kinds of distractions.
- Keep a diary and a pen nearby you.
- If a spiritual music calms you or you feel comfortable, then you can put it on or if it distracts you, simply turn it off.
- Close your eyes and just feel the moment
- If your thoughts are wandering and your mind is not allowing you to stay relaxed, allow it to be as it is. Don't act and just let them pass by, without any judgement or criticism.
- After a few minutes, ask yourself – 'Is this I really want to do?', 'Why am I here?', 'How can I be happy?'
- Your inner self will automatically respond and you will find your answer.
- As soon as you get the answer from your inner world, just jot it down in your diary and take action.

2. Explore the things you love to do

In other words, this is called passion. The things you love to do. Make a list of them and then see which one you enjoy doing the most. Even a great artist has to practice hundreds of times to get a beautiful painting. Even a god gifted musician has to practice the tones and voice modulation.

Ask yourself what do you love to do and what comes easily to you. To discover your purpose in this world, it's very important to listen to your innermost wants and needs.

3. Focus on what you have

If you are not grateful for what you have at the moment, then you cannot succeed in your life. Each day you must practice gratitude and when you will focus on what you have rather than what you don't have, you will be blessed with more happiness and success by the Universe. The universe attracts your feelings and vibes. For example, if you are feeling overwhelmed by your negative thoughts, listening to the chaos, and having regrets and aggression- Universe will give you the same that is a full bucket of negativity. But, if you are grateful, happy, positive, then Universe will give you the treasures you need to succeed. And believe me, I too practice gratitude and it has just changed the trajectory of my life. Whenever I feel disheartened, I take out my gratitude journal to remind myself that I have so much to be happy for, so why should I remain sad? This shift has helped me every time even when I am at my worst. ***Gratitude is the best attitude.***

4. Think about what brings you joy

Here comes the importance of having a joy list. It's simply a list that reminds you of the things that makes you happy and gives you joy. I have my own and whenever I feel bored or low then I check my list to enlighten my spirit again. This joy list plays an important role to find your passion that leads to your purpose and mission. Your abilities are connected to the sense of joy, so you should examine them. If you look closely what brings joy to you naturally and just freshens up your mind whenever you are stressed out, you will likely begin to see the power of your passion turning into your profitable and exciting career.

5. Take ownership of your life

Take responsibility of your own life because if you don't someone else will snatch the remote. Wherever you are today, it's because of your decisions and choices you made in your past. If you don't take the ownership of your life then you will always be treated like a victim in the game of life. True fulfillment actually comes when you design your life on your own terms. Don't let fear or anxiety stop you. You are the obstacle in your own way, so it's your choice whether you become the solution or you can be the problem in your own path. Success itself will follow you when you take the charge. Stop playing the blame game!

6. Develop your life vision statement

To keep yourself motivated, you can develop your own vision statement. And that statement should be strong enough to set fire in your eyes and it should push your soul to just get up from the bed and work hard towards your mission or your goals. For example, my intention is to inspire and align people to live more purposeful lives by helping them discover their biggest area of contribution to the world.

7. Embrace acceptance

Embrace the path of life. Instead of having any kind of regrets regarding your past or worries about your future, you must believe in the path of life. Because everything that happens, happens for the

best. It's for you, not to you. And when you accept life as it is, you allow boundless happiness and abundance to come into your life. Accept your own limitations and hold yourself accountable for everything you do. Be patient with yourself and soon you will find the true meaning of your life.

8. Find your community

Here, comes the importance of having a mastermind group or an accountability partner who keeps an eye on you and checks on a daily basis that whether you are applying wisdom into your life and taking steps to move forward. A mastermind group is a group which comprises of inspiring people who help each other to achieve their goals and reach beyond their limits. So, find your own community having like minded people for better understanding and clarity of your niche.

9. Align your goals with your life purpose

Once you have found your purpose, then simply get back on the track. Start making changes in your routines and if you follow your ethics with consistency, you will start seeing the difference. Allow yourself to just feel the moment and again take out your diary and pen to make plans which actually work and set goals. Make vision boards, dream cards and joy list to connect deeply with your inner self and listen to your heart and intuition.

When you simply follow the above steps and take charge of your life, you can actually bring your dreams into the reality.

ABOUT GARGI ARYA



GARGI ARYA

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Go after the life you want.
Productivity | Motivation | Self love | Full time Freedom