

Finding Your Purpose Through Writing

In your quest to discover your life purpose, you previously answered some important questions about your purpose. This lesson is an exercise in brainstorming for your purpose.

Most of us don't enjoy writing. We'd much rather think things through, but writing can be a very powerful tool. ***Your perspective can change when you see your ideas on paper.*** Allowing a little light to shine on your thoughts and ideas can provide clarity. Dust off your notebook and take pen to paper.

Writing is a powerful tool that can permit a dialog with your subconscious:

1. **You'll need a clean sheet of paper, a pen, and a quiet place for sixty minutes.** You might not need a full hour.
 - A word processor is an acceptable substitution to a pen. However, writing by hand is preferable.
2. **Empty your mind of your preconceived ideas.** Part of the reason you've been unable to discover the purpose of your life is your erroneous thinking. We limit ourselves far too much. The answers often lie in places we never bother to look. Keep an open mind.
3. **Write, "What is my life purpose?" at the top of the page.** This sets the stage and informs your subconscious of your purpose.
4. **Write whatever comes to mind.** You might think, "*This is a dumb idea.*" That's fine. Write it down. Avoid judging any of your thoughts.
5. **Expect that it will take 15 minutes to rid yourself of your mental clutter.**
6. **Stick with the process.** At some point, you'll want to quit or do something else instead. There's no reason to be fearful of learning the truth. Fight through the discomfort.
7. **Continue writing until you find it.** How will you know? You'll know. You'll probably even cry. Just keep writing until you're certain you've found it.
 - Go with the answer that provides the greatest emotional surge.

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Ensure that others won't interrupt you during the process. Any significant interruption would require starting the process over from the beginning. ***Most people that attempt this exercise will quit before reaching the end.*** Be one of the few that completes the process.

Give it a chance. You have nothing to lose.

Brainstorming can be a powerful method to find your purpose. If you're still searching, the next lesson will explain how you can meditate on your life purpose.

Here's what you need to do today:

Your journal is an excellent place to collect your thoughts on your life purpose. Start a new page in your journal and at the top of the page, write: *"What is my life purpose?"* Brainstorm this topic and write down everything that comes to mind.