

Discover your Purpose

Discovering your purpose gives your life real meaning.

"The two most important days in your life are the day you are born and the day you find out why." Mark Twain

You are born with a special talent or skill that you are really good at and love doing it. You just need to find it inside of you. It might be really easy and obvious for some (musicians, writers, painters and other artists), some talents and skills are not so straightforward, like helping people, being a good mother, providing for the family.

Your purpose is your reason for living.

I give you three methods to discover the purpose of your life: *The 3 minutes exercise*, *The IKIGAI concept* and using *Self-hypnosis*.

The 3-minute exercise

To discover what you really want in life answer these three questions.

You can make it more interesting by allowing only 1 minute to think about the answer for each of them.

1st minute:

Write down everything that makes you happy.

2nd minute:

What would you like to do before you die?

3rd minute:

Describe your perfect day:

Have you done it? Was it easy or difficult? I know 1 minute to describe your perfect day might be too short. Don't worry, you can come back to these questions and think about

them for longer if needed. In fact, it is beneficial to think about these questions every day.

Now I have a few more questions for you.

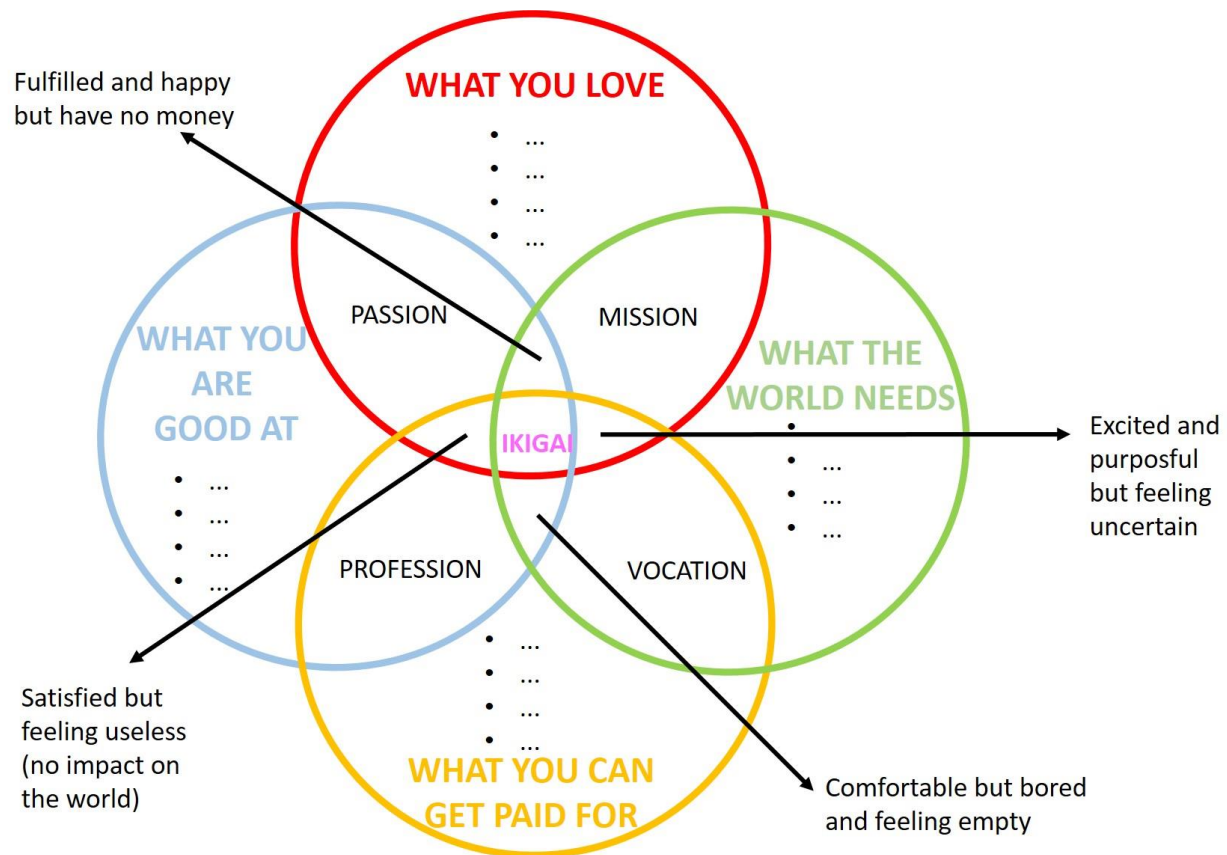
- How close are you to the things you answered? Not very close?
- Why is that? Sometimes we are so occupied with all the things happening in our life, we forget what makes us really happy. You don't take the time to sit down and figure out what you want to do. You just go through the motions every day.
- Circle the two things you really want to focus on from now on. The two things that make you happy.

The IKIGAI CONCEPT

Now that you know what you love, I show you a way to find out your real reason for getting out of bed each morning. This is the Japanese secret for a long and happy life. This is IKIGAI, the Japanese concept for "A reason for being".

Practically you make four lists: what you like, what you are good at, what the world needs and what you can get paid for. The intersection of these lists is your IKIGAI.

Here is a graphical representation to make it easier to understand. Write the relevant information in the circles and then you will see in the middle what your IKIGAI is.



IKIGAI, the reason for being.

[Download an A4 size graph from here.](#)

As you can see, unless you are in the middle of the graph (the intersection of the four circles), something is always missing from your life. When you find your IKIGAI, you will find peace and lasting happiness.

Self-hypnosis

Finding your life purpose can be difficult and it may take a long time and effort if you have not been thinking about what makes you happy for years. You can speed up the process using self-hypnosis.

You can get the benefit of hypnosis through recorded sessions. These are available on reputable sites as audio downloads, usually in the form of MP3s that can be played on just about any device these days. You simply download the session, plug in your

headphones, and listen. The recording is designed to do the same job as a hypnotherapist, taking you through the process with a specially designed script. They guide you into deep relaxation, switching off from the everyday world, bringing you into a dreamy state where your imagination is heightened and your ideas, for example what makes you happy and what your IKIGAI is, surfaces much more easily and quickly.

My favorite site is [Hypnosis Live](#). Here you can find an MP3 for almost all possible problems or situations that can occur in your life.

You can also download a self-hypnosis session to discover your life purpose:

FIND YOUR LIFE PURPOSE

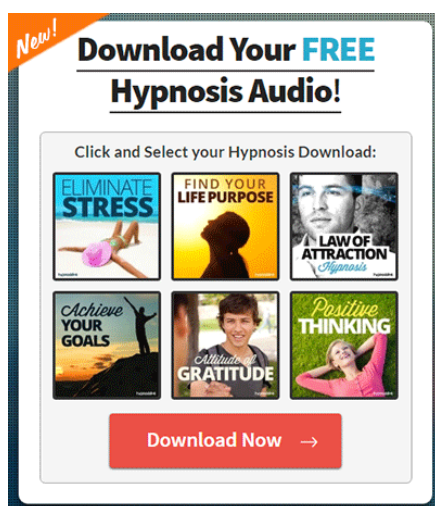
Even if you answered the questions above easily, you might discover some hidden desires and talents while you are in this deeply relaxed state.

Don't let the idea of hypnosis keep you from experiencing it. In fact, you've already experienced it without even realizing! If you've ever found yourself daydreaming while reading a book or watching a movie, that's exactly what hypnosis is like. You lose yourself in what you're doing, and your attention is focused entirely on the act you're performing to the exclusion of everything else.

During hypnotherapy, the therapist helps you achieve this daydream-like state on purpose. You shut out all external stimuli and direct your attention to a single thought, helping fire up your imagination and switch off your logical conscious mind.

To try out self-hypnosis for yourself, for FREE, visit Hypnosis Live here:

[A free gift from Rita May \(including Find Your Life Purpose MP3\)](#)



To find out what may stop you from fulfilling your purpose and how to avoid these pitfalls visit my blogpost: [What is your purpose and what keeps you from fulfilling it.](#)

Warm regards,

Rita (your #1 supporter)

