

### Charting Your Course

#### Identifying Your Purpose and Vision

##### Introduction

Purpose and Vision work hand in hand to help you chart your course. In describing Purpose and Vision we could say that your PURPOSE is an overarching statement of 'WHY' you are here.

Your purpose is often answered by the questions; "What unique contributions or gifts do I bring to the world? Or "What is it in life for which I have a burning desire?"

Your purpose gets you out of bed in the morning; it pulls you forward and in turn, becomes the energy that will serve your vision in the world.

Your Vision represents the 'WHAT' (it is the manifestation and form your purpose takes in the world). Generally, your purpose will always be at the center of your vision.

Your VISION represents the next stage of the journey in life you are taking. It represents what you are doing and creating with your life. Your vision gives you a picture of what the next "version of a life you love" looks like and this is the life that supports you to live your purpose.

##### Purpose

Having a purpose gives both meaning and direction to our lives.

In many ways a purpose serves as the 'true north' to our own inner compass.

Having a purpose guides us and makes most of life's decisions easier to make. A definite purpose removes the confusion that is often experienced when deciding what to do next.

We are able to move forward confidently when our decisions are in alignment with our purpose.

Becoming aware of your purpose helps you to connect with the higher side of your life.

Your purpose will emanate the energy of your core values in all areas of your life and will uncap a fountain of inspiration - it connects you to an essential Creative Force, which is much larger and more magnificent than the routine of our 'everyday' lives.

In fact, once we are living our lives from the dynamic energy of our purpose, we may notice that the essence of our purpose is at the heart of all our activities, whether we are driving the kids to school, engaging with colleagues at work, or at the check-out stand at the grocery store - our purpose radiates our Spiritual Essence to all.

To get in touch with your purpose in life, it is suggested that you find a peaceful environment—a place where you can relax and feel gratitude for the blessing of simply "being alive".

A purpose statement can be very simple. Some examples include...

To be a beneficial presence to others and the world.

To bring my unique gifts and talents to the world.

To express and experience more of my Divine Essence.

To discover and deliver the full gifts of my True Self.

## Vision

“Where there is no vision, the people shall perish.” ~ Proverbs

Solomon’s wisdom is as accurate today as it was centuries ago.

The vision that you are holding in your mind must always be clear, larger and more magnificent than the conditions or circumstances in which you presently find yourself.

The vision that you hold and impress upon your mind will determine what you are in harmony with ... and whatever you are in harmony with, will be magnetized to you.

The larger and clearer the vision, the bigger, better and more effective the ideas will be that flow into your consciousness.

In writing your vision, ask yourself first and foremost, what would I LOVE? Be specific. Paint the picture of the life you would love to live, exactly as you desire it to be. Be descriptive – sensorize it – how does it feel, taste, look, sound or smell? Describe the life you would absolutely LOVE living in the four key domains of life – **your Health and Wellbeing, your Relationships, your Career or Creative Expression, and your Time and Money Freedom**. What would you love your life to be like in these four key areas?

Place your vision under the umbrella of gratitude and state it in the present tense, as if you are already living that life – **I am so happy and grateful now that...**

And finally, always hold your vision with purpose in an open hand – **this or something even better still**. By holding your vision with an open hand, you leave room for Spirit to work, and to surprise you with the ‘even better still’.