

7 STEPS TO LIVE A MORE PURPOSEFUL LIFE



1 ALIGN YOUR LIFE WITH WHAT YOU CARE ABOUT

LIVING YOUR LIFE WITH PURPOSE MEANS THAT YOU ARE DOING WHAT ALIGNS WITH YOUR BELIEFS AND VALUES; IT MEANS YOU ARE TRULY DOING WHAT FEELS RIGHT TO YOU.

2 RECOGNIZE THE THINGS YOU CARE ABOUT

LIVING LIFE WITH PURPOSE BASICALLY MEANS APPLYING YOUR INDIVIDUAL SKILLS IN A MANNER THAT CONTRIBUTES TO THE GREATER GOOD, BUT IN A WAY THAT HAS MEANING TO YOU.

3 TRUST YOURSELF

IN ORDER TO LIVE A PURPOSEFUL LIFE, YOU MUST LEARN TO TRUST YOURSELF AND YOUR ABILITY TO MAKE THE DECISIONS THAT ARE THE BEST FOR YOU.

4 DEVELOP POSITIVE EMOTIONS

PRACTICING GRATITUDE ALLOWS YOU TO REFLECT ON THE BLESSINGS IN YOUR LIFE AND ALLOW YOU TO PAY THE BLESSINGS FORWARD.

5 EMPOWER OTHERS

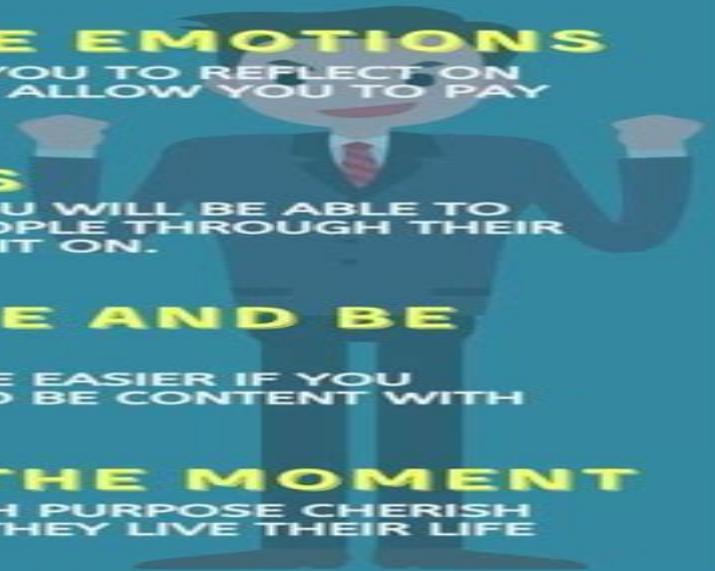
BY LIVING A PURPOSEFUL LIFE, YOU WILL BE ABLE TO ENCOURAGE OTHERS TO HELP PEOPLE THROUGH THEIR PERSONAL GAINS... AND PASSING IT ON.

6 LET GO OF FAILURE AND BE CONTENT

LIFE IS NEVER EASY, BUT IT CAN BE EASIER IF YOU LEARN TO LET GO OF FAILURE AND BE CONTENT WITH THE PURPOSE.

7 LIVE IN AND FOR THE MOMENT

PEOPLE WHO LIVE THEIR LIFE WITH PURPOSE CHERISH EACH AND EVERY MOMENT, AND THEY LIVE THEIR LIFE WITHOUT REGRET.



Creating A Purposeful Life

L Cohen



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