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6 Benefits of Living a Purposeful Life

By Judi Moreo

Instead of settling for an ordinary life, why not create a life that is focused and purposeful: one that brings you joy, excitement and fulfillment? There are many benefits to discovering your main interest, passion project or purpose in life. Don't you deserve to live a life less ordinary?

Self-Development

Identify what interests you and gives you purpose. This will motivate and encourage you to gain new skills. You'll find you are motivated to learn and grow so that you can meet the goals you set for yourself. Identifying your purpose is a powerful self-development tool in itself. Following it will provide you with the opportunity to grow and develop.

Focus

Increased focus is one of the major benefits of following your passion and living a purposeful life. This is because you will have identified exactly what you want to achieve and how you will achieve it. Your goal setting and planning will be invaluable tools and help you focus on creating positive change in yourself and your life.

Motivation

The fact that you have a purpose that drives you and is your inspiration for creating change in your life will provide the momentum to keep moving forward towards your goals. You must be constantly monitoring your progress against your goals and plans because this will motivate you to continue to progress. You will want to celebrate the success of achieving targets and goals at each step of your journey. If nothing, else, give yourself a gold star with each achievement.

Happiness

Living a purposeful life will increase your sense of happiness and well-being. Having goals and a reason to get up in the morning are very powerful tools and will help you feel a sense of satisfaction, encouragement and success. All of these positive

emotions will help you realize that you are the master of your destiny and you have the ultimate power to change your life.

Better Health

As you improve your situation and outlook by taking positive action each day, you will begin to notice you feel happier and your stress and anxiety levels reduce. By giving yourself a purpose, you will find you want to take better care of yourself and your health so that you can continue working towards your goals and achieving the life you ultimately desire.

Remember to plan in regular exercise, breaks, healthy meals and snacks as well as enough sleep. That way you will ensure you reap the maximum benefit from your new purposeful lifestyle.

Self-Knowledge

Living a life of purpose and passion will enable you to grow as a person. It will open doors to interests and networks that will stretch you mentally, emotionally and, possibly even, physically. As you follow these new paths, you will discover more about yourself, your interests and needs. You will enjoy the process of creating goals and reviewing them as you progress to creating the life you truly desire.

There are many benefits to creating and living a purpose driven life. Think about what you really want from life and go for it, so that you can discover them for yourself.

You are more than enough!

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