

# What Feeds Your Soul?



Have you ever asked yourself "Why am I here?" or "What am I meant to be doing?" If you're thinking of going into business, then you probably have asked yourself these, and other similar questions many times. We all have a unique space to fill in this world, and we long to do something that feeds our soul. Not all of us are clear about what that unique space is though. We figure it out over time as we feel our way through life.

If you feel you've been searching for that purpose but it hasn't come to you, just be patient. It will. I promise.

**Here's a meditation you can use to open yourself up to your purpose revealing itself in your life:** *Sit back, relax and close your eyes. Breathe deeply and let this question resonate in your mind: "What am I here on this planet to do that no one else can do?" Stay quiet for at least 5 minutes. Don't force an answer, but be open to what you hear. You may get nothing, but at a later time when you're in the shower or going for a run, an answer may pop up into your head.*

*The key is patience. It will be revealed to you in perfect timing.*



**Write down anything that comes to you from this short meditation:**

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Often our unique space is doing the thing that we find comes easily to us. We often neglect our gifts because we think they are not a big deal; or maybe we do not have enough confidence to own our abilities. It could also be the thing our friends come to us for help with because they value our talent. They see in us what we don't always see in ourselves.

Let's look at an example: If you are someone who's very organized and can put systems in place to make your life run smoothly, you probably wouldn't think that this is anything special. However, a person who doesn't have this talent may gladly pay to have you come in and organize their office, and set up systems.



**What things do you find really easy to do?**

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**What things do your friends come to you for help with?**

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*These are some more questions you can reflect on while you do some soul searching:*



**If you didn't have to work for a salary to pay the bills, what would you spend your time doing?**

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**What books and magazines do you like to read, and what do you like to learn about?**

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**If you knew no-one would judge your decision, what would you choose to do?**

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If you knew you wouldn't fail, what's the one thing you would try?

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**Another way to identify your passions and purpose is to think of the things you know you don't want to do:**

- Make a list of your dislikes. It's a good place to start if you aren't totally sure which way to go. Knowing what you don't like to do can be just as valuable as knowing what you like to do.
- Consider all the activities you regularly do in a week. Which activities bring you the most joy, and which bring you the most stress?

Work towards eliminating things  
that bring you stress and don't fulfill you;  
instead, focus on doing the things that fire you up

Stay in that joyful state as much as possible  
to feed your soul, and invite your purpose  
to come into your awareness.