

SHELDON PIZZINAT

How to Uncover Your Purpose and Design Your Dream Life Without Struggling!

1 Ask yourself this question, and if you're able to right now, write down the answers that come to you. If not, just say them out loud. Don't think, just let yourself express. You aren't making any commitments here. You aren't holding yourself to anything that comes forward.

What is my true purpose in life?

Keep asking and writing down the answer that comes forward (or say it out loud) until there is no change in the answer, or until you feel moved in your heart, like you may cry.

2 Identifying hidden strengths and talents:

What challenges have you faced and been through in your life that were difficult?

Every experience nurtures seeds of some quality. The trick is identifying the side of you, the quality that was strengthened. (Ex... I spent years feeling lost, alone, separated from my sense of purpose, from my inner wisdom and higher guidance. This increased my empathy and compassion for others because I have been there, and my determination, strength and resilience because I never threw in the towel. I kept living while in emotional pain so I know I can handle a certain extent of it now.)

Write down challenges you have been through and have asked to be shown the ways in which they have expanded you, gifted you with uniqueness. Perhaps courage is one. List them.

Great questions to ask:

What did you learn?

How can you serve others from the experience?

How did I strengthen, what are the positives from this challenging time?

3 List your accomplishments.

All the challenges in the above question are also accomplishments!
Getting out of bed and starting your day can be an accomplishment.
What are you most proud of?
What memory of your past brings about the best feelings for you?
What are those feelings?

4 When do you feel the MOST powerful?

5 When do you feel most useful to others?

6 What did you want to do when you were around the age of 13?

7 Soul Streaming: Visualize your ideal day. FEEL it. As you feel it, write every word that pops into your mind. (Do this for at least 5 minutes.) Write every word regardless of whether or not its presence makes sense to you.

(Money and current responsibility are not factored in here.)

9 The Lottery: Imagine you have won the lottery. Money is no longer a concern. This is different from your ideal day in the sense that you can think even bigger! What would you do with all that money? Go beyond the first year or few years of traveling and continuous vacation... are you getting bored? What do you want to do with all that money as a resource?

10 The Day Dream: Where does your mind go when you set it free? Where does your mind often return to when it wanders? What are you doing? Where are you? What does it look like?

11 The Copy Cat: Who do you admire? Why? What about their energy, their mission, their life appeals to you?

12 When someone asks the age old question, "What do you do?", what do you want to be able to say? What do you want to be recognized for?

Now, look through what you have written and look for the similarities. What keeps coming up? Look for the pattern.

Get specific with it... keep distilling the material into specific qualities, talents, inspirations, enthusiasms, strengths, forms and roles.

Now, get noble with it - how can I serve people?

You will always be evolving. Speed is the only factor. You are an organic system, growing, changing and transforming so your 'purpose' and the forms it takes will evolve and transform too. This is natural. And these steps are nice to repeat yearly or every few years.

Attracting and Stepping Into Your Dream Life!

1 Write down your intentions in the morning as a habit. Even if it's just one thing/quality you are creating for the day.

2 Write down your ideal day, monthly or weekly, or maybe just a portion. Notice what you create. (I created portions of my ideal day the very same day I first did this exercise!)

3 Get your vision board up.

4 Get a manifestation partner for "The Booster Exercise" and cheerlead each other or do it yourself.

Here's how.

I am.....

5 Get Support: Mentorship, guidance, someone to set the bar high for you. We need others to get out of our way, our own fear, and self-imposed limitations.

6 Invoke your inner guidance often

Introduction to the "Inner-Guide"

Close your eyes and place your hand on your heart. Breathe deeply into your belly. Breathe in spaciousness; breathe out letting go of control. Again. Once more.

Now visualize you're walking down a beautiful path. This path leads to a place of infinite guidance, inner clarity and knowing. It leads to a place that feels like home. Where you feel like the real you. The path feels very comfortable and safe. You feel surrounded by a nurturing environment. You're really enjoying this walk, this path, and feeling more and more peaceful.

Up ahead you see a glowing door - it feels and looks sooo inviting - the glow radiates a love, a welcoming feeling, and you know you are welcomed her. That you're unconditionally accepted and loved. When you approach, the door opens for you, inviting you in. As you step into the glow, through the doorway you immediately feel clear and uplifted. This is an incredibly wonderful energy in this space that surrounds and envelops you.

As you enjoy and absorb all this love and goodness, a figure starts to become visible moving gently towards you. You feel instinctively that this being has only the utmost love and respect for you and wants to guide and assist you from a place of nobility and dignity.

This being extends a hand to you in loving service and you gratefully accept it. In that moment, you receive even more clarity. Any questions you have are immediately answered with love and clarity. You know the responses represent your highest good from an accepting and loving universal presence.

The being tells you that he/she is your inner-guide and anytime you have a question, anytime you want support, appreciation and clarity you only need to invoke its presence and it will be with you. "I invoke my inner-guide" or just the thought/intention of that will brings about this connection within you.

Your inner-guide shares with you how much it feels honored and appreciates being with you. It loves to be called upon and serve you. You soak up more and more of this clarity and healing energy as you get ready to say farewell for now, knowing that this connection is now firmly established, and you will be back as many times as you want, you have only to invoke the presence within you.

Now just wiggle your toes a little and come back to the room. Open your eyes when you are ready.

7 Take small action steps.

8 Get an accountability partner or group

9 Learn how to work with yourself so that you can move through resistances, release irrational beliefs and mental constructs, update limiting beliefs and move into inner cooperation. Identify competing intentions within your subconscious that will self-sabotage your forward growth and purpose.

Release the blocked energy within the body and reside more in a higher vibration of self-love and inner congruence. (I have a free eBook on how to do just that, and if you want it, just hit reply to one of my emails and put eBook in the subject line and I'll send you a copy.)

These things will come up as you make moves outwardly and it's valuable to know how to work with consciousness if you want to feel great and grow with grace!

Mindset for Success

1 Let go of perfection. Make the goal to get to the other side of what you're doing now. Whatever step you're on, build confidence and self-esteem by just making sure you complete it... to do this you have to let go of it being perfect.

2 Praise, acknowledge and appreciate yourself for your effort rather than your results! Research has shown that this builds the most sustainable confidence, self-trust, self-esteem and momentum, and the biggest results.

3 Everything is practice, including growth. F.A.I.L. = 'First Attempt In Learning'. No one learns something really well on their first attempt. Ted talk on education and grading... NOT YET.

E.N.D. is not the end because E.N.D. = 'Effort Never Dies' and N.O. = 'Next Opportunity'.

4 Attitudes are like muscles, they get stronger.

5 Practice making decisions quickly and sticking to them until completion = confidence, self-trust, results! ~ Journalist story

6 How you process information creates your experience. Said another way, how you relate to the issue at hand is the issue. Relate to it as learning. How can I learn from this? How can I appreciate myself? How can I love myself while going through this? How can I view this to experience grace, ease, clarity, joy, etc... (whatever word fits for you in the moment.)?

7 Start before you're ready! It's easier to steer a moving vehicle than one at a standstill!