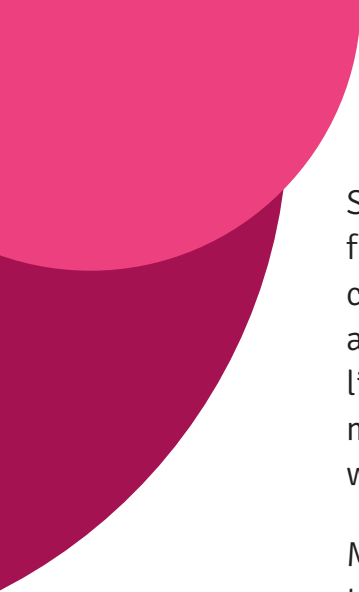




5-MINUTE GUIDE TO

# Uncovering Your True Purpose and Calling in Life

[www.ebonimontsho.com](http://www.ebonimontsho.com)




Some mornings you may feel that there is something deeper and more fulfilling that you could be a part of, but you don't know what it is or how you can obtain it. You feel the pull toward something, but you can't pin it down, and it frustrates you. You may wake up wondering, what your purpose is in life and what your true calling really is. You may have heard the stories from musicians and writers who have felt their calling their entire lives, and you wish, deep down, that you had this same kind of knowing to pull you forward.

More and more people are choosing to reinvent themselves and discover their true calling and purpose in life rather than continuing to work in a job they hate and living someone else's purpose. The choices that each person makes throughout their lives are what create the reality in which they live. Each decision they make comes with its own set of possible outcomes. Some of the questions that people routinely ask themselves are, "why am I here?" and "what am I supposed to be doing with my life?"


If you have not discovered your life's purpose and true calling yet, don't worry, you're not alone. Many people are in search of their true mission, or true calling in life, which is indeed a worthy endeavor. Recent studies have shown that when you know your sense of purpose in life, you can add an extra seven years of additional life expectancy. However, finding your true calling can be a bit challenging because it can be an extremely abstract and ambiguous process. When it comes to discovering and fulfilling your true calling, it can help if you make the process more concrete and actionable.

Everyone has a defined purpose for their life. When you can learn to use your talents, resources, abilities, and passions you can determine what it is you should be doing with your life. Finding your purpose will eventually lead you to find your destiny, that one thing in life that will allow you to live a more purposeful life. When you are able to see and fulfill your true calling, you will start to have real joy, peace of mind, fulfillment, and the power to succeed.

All it takes to uncover your purpose and fulfill your true calling is a little digging. You can think of discovering your passion like the work of a master sculptor, carefully chipping away the stone to reveal the masterpiece underneath. Your life's purpose is the masterpiece, quietly lurking beneath the surface, just waiting to be uncovered. The fastest way for you to find your life's purpose is through the art of introspection. You just need to dive into the deeper essences of who you are to pull the pieces out so that you can assemble the puzzle.







# Why You Want to Find Your True Calling

The only reason why you should want to find your true calling is to try and improve our lives and live a purposeful and meaningful life. When you can find your true calling, you can experience more zest, more flavor, and more fullness every day. Most people search for their true purpose in life so that they can become a better person. So they can wake up in the morning excited to start their day.

Your purpose is the driving force behind this excitement and vision for your future. It can help to connect you to something more substantial that will allow you to make your mark on the world and indeed make a difference. Before you can start your journey to discovering and fulfilling your true purpose, you have to find out why you want to find your purpose in life. Take the time to think about this and write down whatever pops into your mind as you contemplate the question.

Before you start on this journey of discovering why you want to find your life's purpose, there are several things that you need to embrace beforehand. You can think of these things as the underlying code of conduct for your journey.

1. Welcome the hard work and tiresome effort that it will take for you to unearth your life's most significant work.
2. Know that your purpose won't be directly apparent, but commit yourself to put the time in to find it.
3. Believe that finding your purpose is possible.
4. Know that finding your life's purpose may lead to some drastic, but positive, changes in your life.
5. Know that finding your life's purpose will leave you with the power to shape your own destiny.

After you've let the above affirmations take hold, you'll be ready to start on your journey to discover your true calling.





## Defeating the Inner Me

When you first start on your journey to finding and fulfilling your purpose in life, you'll experience some initial resistance. The first roadblock you will probably face on your trip will likely be your in-ternal beliefs. The limiting beliefs that you hold onto will probably try to stop you in your tracks, or tell you that you are crazy for even trying to find your purpose in life. They might say to you that you don't deserve to have a purpose or that you won't be able to find what you're looking for. The important thing that you have to un-derstand is that this inner dialog, your inner voice, is wrong. Its primary goal is to keep you uncomfortable.

The way you combat this inner voice is first to realize that it is speaking. When you start to pay attention to the thoughts, they begin to lose their power. These inner thoughts operate below the scenes and lose their control over you when you shine a spotlight of awareness on them. Once you become familiar with your in-nermost thoughts, it is easier to get past them.

The best way to stop your limiting beliefs from stopping you in your tracks and derailing your journey before it has a chance to begin is to take action in spite of them. When you come across a limiting belief that is threatening to halt your journey, step back and take a deep breath, and move forward anyway. This will teach you to develop your courage muscle, which will allow you to keep moving forward in spite of your inner voice telling you that you don't deserve to know your true purpose.

## Questions To Consider

Now that you know how to get past challenges and roadblocks on your path to discovering your true calling, it's time to ask yourself some tough questions that will help you analyze some common threads in your life and the deep desires you have in your life currently. The following questions should be enough to get you started.

- If you had all the money in the world, how would you spend your time?
- What would your perfect day look like?
- What activities set your soul on fire?
- What do you love to do?

Don't be afraid to dive deep into these questions and be sure you write down whatever comes to your mind. Nothing is too outlandish, so try to turn off your mental filter. You'll discover the best answers when you can turn off your self-judgment.

After you've taken some time to consider these questions and have written your answers down, you'll reach into your memory to dig up some more answers.

The life experiences you had when you were a child were much more freeing, playful, and alive. In childhood, your whims directed your life, and you were more plugged into a deeper current. The outside world hadn't shaped your dreams yet, and you had direct access to your purposes and passions. To help you discover your purpose, you'll need to stroll back through your memories and try to gain a glimpse of this childhood wisdom. To do this, ask yourself the following questions.

- As a kid, what brought you immense joy?
- When you lost track of time, what were you doing?
- Did your parents have to drag you away from anything?
- Before the world told you to be practical, what did you love deep down?

If you have trouble coming up with answers to these questions, it may help to look at a picture of your younger self or grab something from your childhood that can help you bring back your memories. Write down everything that comes to your mind, and remember that nothing is too outlandish.

# Threading It All Together

Now that you've taken the time to really consider who you are, where you're going, and what you want from your life, you can start to string all the various bits of randomness together in an effort to find a common theme. Now is the time for you to take a long, hard look at the answers you provided to the questions and see if you can pull out any common ideas or themes from both of the lists.

Maybe you've wanted to be a writer ever since you were a child, and writing down words on a page every day really sets your soul on fire. There is a good chance that writing for a living may be involved in your life's purpose. Maybe you've always been fascinated by the cosmos and stars, and you remember reading textbooks on the subject in your childhood and in our spare time. Perhaps you've also discovered that you've always had a deep connection with spending time outdoors. You could combine these two themes into a career where you lead groups of people into the wild so they can stargaze and contemplate their place in the universe.

The only thing that you have to remember to do is let your creativity reign, and don't worry if you aren't able to make a connection right away. Sometimes, it can help to sleep on it for a bit and let your subconscious work on the solution for you. By putting in the hard work and answering the tough questions, you'll find yourself on the right path to finding your life's purpose and true calling.

## Conclusion

The ambition to discover one's purpose in life is nearly as old as humankind itself. We humans have the ruthless desire to demonstrate, not only to ourselves but those around us that we do have a purpose in life. Unfortunately, too many of us waste our time wondering what our purpose in life could be, which is neither fulfilling nor fun. This is especially true when we aren't able to discover our life's purpose or our true calling in life.

Ultimately, living with purpose means that you are focusing on those things in your life that matter the most. By shifting the lens in which you view what you're doing, and asking yourself the tough questions, you can profoundly change your experience and begin to fulfill your true calling.

Knowing your purpose may compel you to take on more challenges that will help to stretch you as much as they inspire you. Just like a boat that is under power can handle any size wave if it is perpendicular to it when an explicit purpose powers you there is little that you can't do. If you find that you are stuck in a life that you don't enjoy, maybe it's time for you to take the first step in finding your purpose and fulfilling your true calling in life.



# PURPOSE & PASSION TOUR RETREAT 2021 JAMAICA



**FEB 26-MAR 1, 2021**  
**HOTEL RIU REGGAE, JAMAICA**

**Join us on this incredible tour and take  
the first step towards your "NEXT"!**

- ▶ **Live your life without shame or guilt**
- ▶ **Organize your time and life better**
- ▶ **Achieve more of your goals**
- ▶ **Create a more balanced life**
- ▶ **Receive clarity on your purpose**
- ▶ **Discover your passion**
- ▶ **Turn you dreams into reality**

Purpose  
& *Passion*



Visit [www.pandpjamaica.com](http://www.pandpjamaica.com) to REGISTER TODAY !

# *Eboni Montsho* **IGNITES**



[www.ebonimontsho.com](http://www.ebonimontsho.com)