



## **What are you doing with your life?**

**By Jane Johnson, Director of the International Life Purpose Institute and  
Contribute Your Wealth**

### **Have you ever thought why you do what you do?**

Maybe you just fell into it, maybe it pays well; maybe it has convenient hours or location or maybe you just like the people or the job is ok. A lot of these reasons can keep you going for a while but can lead to feelings, deep down, of unfulfillment and wondering if there is more to life? Maybe you are feeling burnout and struggling to get the motivation to keep going? Maybe you can describe yourself as having a mid-life crisis?

### **Have you ever wanted to do a job where you feel that the contribution you make is the most significant you can make given your talents, experience and desire?**

This has been the overriding desire of my life and also my desire to help others find out what that is. The motivating factor for me is what we can accomplish as a society when everyone is operating in the area of his or her greatest passion and talents. This is often termed "Life Purpose" or "Calling".

### **How different do you think society could be people if people operated in the area of their greatest passion or talents?**

#### **Life Purpose**

Life Purpose does not need to be a predominantly spiritual concept but can be viewed as an overall theme for your life, which sums up the contribution you want to make and to whom. Of course you can bring in a spiritual dynamic into the equation by asking why are you doing this and what ultimate purpose does it serve.

Examples of Life Purpose I have come across are :-

“ Building a sustainable environment; Empowering young leaders to make a significant difference to poverty; Caring for the physical needs of the elderly; Freeing others from emotional problems; Developing the potential of business leaders; Empowering others to find their life purpose; Leading an organization to make a significant development in a specific industry”.

#### **The Challenge**

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

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

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

Embarking on this journey is not easy. It requires a commitment to becoming all you can and a desire to impact society. It often brings challenge in terms of self-discovery, retraining, research and even lower salary or career levels. This can sometimes play havoc with the ego. The results though are overwhelming in terms of satisfaction, contribution, impact and ultimately our living standards and values as a community.

May I ask you to consider- is it worth it?

### **The solution**

If you feel that it is worth the time and effort, may I offer some alternatives to begin this journey: -

1. Coaching- We can offer qualified experienced coaches to help you on this journey
2. Home Study Course “ Finding your Life Purpose”
3. Doing a Values exercise
4. Reading some of the recommend resources at <http://internationallifepurposeinstitute.com/publications.html>

What are you going to do to embark on this journey?

-----

### **RESOURCES**

FREE E ZINE with monthly articles, resources and tips click here [www.internationallifepurposeinstitute.com](http://www.internationallifepurposeinstitute.com)

Home Study Course on finding your life Purpose Click Here

<http://internationallifepurposeinstitute.com/homestudycourse.html>

E Workbook Finding Your Ideal Job. Click here for more information

[http://internationallifepurposeinstitute.com/eworkbook\\_findingyouridealjob.htm](http://internationallifepurposeinstitute.com/eworkbook_findingyouridealjob.htm)

!

**This article may be reproduced provided the description of the author and resources are included at the bottom, the article is kept in tact and the author notified by email.**

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

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

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

## ABOUT THE AUTHOR

Jane Johnson is a leading Performance and Life Purpose Coach. She has worked with many solo entrepreneurs, consultants, coaches and executives, to enhance their purpose and success in their career/business. She has also helped many find more fulfilling work.

She is Founder of the International Life Purpose Institute, Author of the Home Study Course " Finding Your Life Purpose" and Board Member of the IBCF.

-----  
Contact Jane for a free information call.

<http://internationallifepurposeinstitute.com/contact.html>

Coaching conducted over the phone.



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

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

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