

19 Questions to Ask Yourself to LIVE PURPOSELY NOW



***“If
you want
the answer -
ask the
question.”***

1. What Things Do I Love to Do?
2. What Things Come Naturally or Easily To Me?
3. What Personal Qualities Do I Like To Show the World the Most?
4. What Is It That I Love to Do That Makes Me Feel Qualified to Teach Other People?
5. Who Do I Do It For?
6. What Do Those People (Who I Do it For) Need or Want that I Can Give to Them?
7. How Do They Change, Transform, or Live Better Lives as a Result of What I Can Give Them?
8. Who Are the People I Value Most in My Life and How Do I Show That I Value Them? Appreciate Them? How Often?
9. What Kind of Life Do I Want to Live? And What Kind of Changes Do I Need to Make to Live More of That Life?
10. How Do I Feel When I Wake Up and When I Go to Bed? What Do I Want to Feel?
11. Am I Showing Up as the Best Version of Myself?
12. How Well Am I Playing My Part? Rate Yourself on a Scale of 1-5. What Would It Look Like to Earn an Extra Point?
13. Who Could I Be and What Could I Be Doing If I Dropped My Self-Imposed Limitations?
14. Who and What Am I Responsible For? Is There Something I Haven't Taken Ownership For That I Need To Own?
15. Am I Making Things Better or Worse? Am I Living My Life to Be Part of the Solution?
16. Do I Have Healthy, Loving Relationships with Others and with Myself?
17. What Kind of Contribution Am I Making In the Lives of My Loved Ones, My Community, My Work, My Planet?
18. What Will Matter To Me Most Looking Back, While on My Deathbed? Who Will Matter To Me Most?
19. What Legacy Do I Want to Leave Behind? How Do I Want to Be Remembered?

References:

Adam Leipzig TedTalk; 2013 Study: "Purpose In Life And Reduced Incidence Of Stroke In Older Adults: The Health And Retirement Study"
50 Ways to Create Great Relationships by Steve Chandler, 2000

Liza F. Camba (Sat-Akal) is a Certified Neuroscience Coach and the creator of **THE PURPOSE**, Liza's signature mind-blowing program that helps creative leaders, professionals, and entrepreneurs upgrade their brains and their entire lives. For more info and to book your complimentary consultation, go to TheSacredYes.com



LIVING WITH PURPOSE IS THE KEY TO TRUE & LONG-LASTING HAPPINESS

By Liza F. Camba

So many people want to pursue happiness, but what exactly is happiness, and is that what we should be focusing on?

Don't get me wrong, I love knowing when people are truly happy. I wish the whole world was happy. I just wonder if happiness is enough or if there's something more fundamental underneath the idea of happiness that we're missing.

After teaching yoga and meditation and offering spiritual counseling for over 12 years, I've seen how challenging it can be for many to simply be happy at the snap of a finger, one downward dog, or 2 minutes of breathing with your eyes closed. There's a dilemma with simplifying happiness versus connecting to a deeper understanding of it.

In western society and especially in the US where I live, we're taught that being alive gives you the right to pursue happiness, which is the quintessential idea of the American Dream. At an early age, we're bombarded with the pursuit of happiness being amplified every which way. All we have to do is look at the All-American lifestyle that influences our culture... it's plastered all over our social media feeds and magazines. The idea of rags to riches, or riches to more riches, is another example. Talk to any business owner, white collar, or blue collar worker and ask them what they're working their butts off for. Throughout our schooling we're inoculated about the pursuit of happiness with regular references to the country's founding documents, one being the Declaration of Independence, which lays out that the pursuit of happiness is our god-given birthright. The concept of pursuing happiness is everywhere and instilled at the earliest age, but too often there's a lot of work involved to make the pursuit of happiness our primary goal, so could it be that we're depriving ourselves of living a more meaningful life and long-lasting sense of fulfillment because of a missing ingredient?

Here's the thing: People have different understandings and references for happiness. Oftentimes happiness is conditional and tethered to something, like permitting oneself to be happy only after the acquisition of certain things... whether it's attaining a certain type of car, being in a relationship, getting married, having 2.5 kids, getting a college degree, having a particular job title, looking a certain way, etc. You get the picture. Indeed, there are many benefits — especially from a neuroscience perspective, to experience happiness and pleasure. For example, when you're happy and engaged in pleasure-seeking activities, you'll reduce stress and calm your mind. You'll especially calm your limbic system, or emotional brain center, which can relax when it's being flooded with happy hormones while it's suspending its natural instinct to be in survival mode. These are so many great benefits to be had by focusing on just being happy.

So what happens when life turns out differently than what you expected? When you've attached your happiness to certain people and outcomes that don't deliver? When beauty fades? When your happiness is reliant on things outside of yourself, beyond your control? When catastrophe hits? When grief and loss occur?

The unexpected creeps up on all of us. This is life.

Having a purpose gives you a reason for existing that is connected to your core essence and that gives you a reason for living that's bigger than yourself and way bigger than any circumstance or situation.

A purpose will push you and pull you towards an ideal, a cause, something bigger than yourself to invest your time, your care, your energy in. It will align you with a mission that can direct your focus and your attention. Even when life throws a curve ball at you and you must be present to the issue at hand, having a purpose grounds you to not lose sight of who you are and why you're here. Being aligned with a purpose helps you reflect on your life from a higher perspective. When you're engaged in a higher perspective that's expansive, it stimulates the prefrontal cortex of your brain, where your Higher Mind resides. By engaging this advanced portion of your brain, you can hover above the clouds of your mind. Here you can transcend any conditions that are limiting you, your mental state, and your emotions.

During this post-pandemic era that we're living in, the world is rapidly and continuously changing and clarifying itself, so having a purpose can help ground you and take you out of fight or flight, or survival mode. A purpose will have you go above and beyond the bare minimum to get through life. A purpose can help you thrive and to embrace the opportunity behind any challenge. You'll transform your complaints into something worthy of showing up for and being proud of. A purpose can lift you and others up higher than the ground you're standing on. A purpose can even make you more empathic and altruistic or more open to trying new things that serve your mission. A purpose can nurture your self-love while also making you wiser, solution-oriented and an overall better person.

Living with purpose takes the pursuit of happiness to another level. It just might be the key to a self-fulfilling life that can survive all of life's tests... how's that for true happiness!

###

If living with **Purpose** and pursuing a deeper level of happiness is something you're interested in, you're in the right place. Feel free to book a free personal breakthrough session with Liza to learn more about yourself and how to be more empowered on your life journey. Text 323-828-4947 or email lizacambaservices@gmail.com