

# FINDING YOUR PURPOSE

*A Deliberate Receiving Workbook*



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**Deliberate Receiving**  
***Finding Your Purpose***  
**Workbook**

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This workbook is based on and is meant to be used in conjunction with the Deliberate Receiving Blog Post: [Find Your Purpose In Life + Free Workbook](#). That post is reprinted here in its entirety:

## Find Your Purpose In Life

In the post [You Already Know What Your Purpose Is](#), I explained that none of us have just one purpose, like an obligation, which we must find in order to be happy. I also made the argument that we all basically already know what our purpose is and always have. But I continue to receive questions from people searching for their life purpose and passion on a very regular basis, so I've decided to write about this topic again, this time more specifically.

First of all, I'd like to explain that this is not some exercise you can knock out in an afternoon. The internet is full of such techniques and exercises and if they worked, you wouldn't be reading this post right now. This is more like a process of discovery, one that never really ends. This is because...

### Your purpose can and will change

Or rather, how you realize your purpose can and most likely will change over time. What do I mean by that? Well, while most people who are searching for their purpose are looking for something very specific, like what kind of business they should open, or a particular job description, it's actually much more general than that. And as you grow and change and figure out more of the details of what you want and don't want, the activities that allow you to realize your passion will morph to fit all that new criteria (providing you allow that). In simpler terms, as you grow and evolve (which you're always doing, you can't help it), the jobs and hobbies that make you happy will grow and evolve along with you. Activities that used to ring your bells may no longer do so. You begin to lose interest in some things, and discover a passion for others.

### Your actual purpose is general

Because the way your purpose can manifest will change over time, it's much better and ultimately more successful to focus on your general core purpose rather than specific jobs or activities that may fit it. I'll use myself as an example.

My own purpose is to be a teacher, to help others, to uplift others, and to be a happy shiny puppy. Notice how general these terms are. I didn't say what kind of teacher, or how I'd uplift others, or what kind of help I should provide.

I've manifested this purpose in very different ways in my life. As a restaurant and later technology manager, I was primarily a teacher. As a waitress in my teens and as a casino dealer later, I was an uplifter (cheering people up just by being cheery myself) and helper (assisting however I could). I also volunteered at an animal shelter and I have a long history of making friends with those who no one else would be friends with (I've broken this pattern, as it often involved trying to help those whom I could not help). And, apart from some dark periods in my life where my resistance



got the better of me, I always tended toward being a happy shiny puppy. Even when I was two years old, I found those on the playground who needed help and befriended them. If someone gave me a piece of candy, I made sure that everyone else got one too. And apparently I could brighten a room pretty much from the day I was born. My "purpose" always shone through loud and clear.

### **Just because it's your purpose, doesn't mean you don't have to practice**

There's another misconception that I'd like to put to rest: Just because something is your purpose, doesn't mean that you'll automatically be a master at all the ways in which you could express it. Rather, it means that

- 1.) It comes through in pretty much everything you do.
- 2.) You're happiest when you allow yourself to pursue the activities aligned with your purpose
- 3.) When you get it right, when you figure out how to let your purpose flow, you feel a joy and passion that nothing else can give you.

Although it's my purpose to help others, I wasn't always very good at it. I tried to help indiscriminately. If I thought that someone needed help (notice that this does not mean that they actually did), I sprang into action. I annoyed a lot of people that way, and it took quite some time before I realized that I couldn't help everyone, nor did I need to.

It's also my purpose to teach, but I wasn't always very good at that, either. Sometimes I'd have raving successes and sometimes I'd have abysmal failures. Again, it took many years before I discerned the difference between the two. I was often trying to teach those that didn't want to learn from me. And although I did seem to have a natural talent for breaking things down, over time, I got a hell of a lot better at it (and I will continue to).

I have also always translated energy, only I wasn't aware of it. So, sometimes people would hang on every word I'd say (the attention of which I'd love). And sometimes they'd disregard me completely. In an attempt to get that attention (and feel the flow, but I wasn't consciously aware of that part then), I'd say pretty much anything that came into my mind. I lacked the ability to discern what was important or channeled, and what was just the result of my random thoughts. So, I just verbalized every thought. It was kind of like using a machine gun to hit a bulls eye.

And, I was not a happy shiny puppy my entire life. I started off that way, got sucker punched by the reality around me, reacted to it, and hit some really dark times. But my core intention to be happy (which, by the way, everyone has) eventually won out. I found ways to be silly and joyful in the most unlikely ways (and not always considered appropriate in the school or corporate system).

But even though I wasn't all that great at any of these skills, every once in a while I'd get one right. I'd uplift someone with my words (often when I wasn't even trying, which is when the energy and wisdom flowed), I'd teach someone something that really helped them, I'd say or do something that truly helped someone, or I'd become aware of the fact that I'd just made someone feel better. And each time I'd have a win like that, I felt a rush of energy - passion, love, happiness,



satisfaction. It just felt so RIGHT. I wanted more of that feeling and little else in my life could compare to it.

### **Your purpose can (and will) be expressed through any activity**

I got better at all of these skills because I continuously pursued activities that incorporated them, often without even realizing it. I've had more jobs than I have fingers and toes, worked in 4 major career fields, been everything from a graveyard shift waitress to the Head of Operations, and I incorporated one or more of my purpose skills into each job. I found a way to manifest my purpose everywhere I went, or rather, my purpose always shone through.

And each job I had gave me the opportunity to refine my skills, to get better at teaching, reading energy, and uplifting (if you can cheer up a drunk dude from whom you've just "taken" \$200.000, you can cheer up anyone). Each experience brought me closer to where I am today - a place where I can consciously incorporate my purpose into my work, and do so in a way that is almost always wildly successful. If it hadn't been for all of those other jobs and experiences, I wouldn't be where I am today.

I could not have done [what I do now](#) when I was 20. At that time, I had WAY too much resistance and insecurities to notice the subtle difference between someone who's nearly ready to be helped and someone who is ready. I couldn't differentiate between those who were a match to my help and those who weren't. It's like I was painting houses with a paint sprayer and now I'm using a tiny brush to paint masterpieces. I simply didn't have the skill or the knowledge or the awareness necessary to work at the level at which I do now.

### **We are always manifesting ways to improve our Core Purpose Skills**

I did, however, get drawn to the perfect job at each moment of my life to teach me what I was ready to learn at that very moment. Over time, I was perfectly prepared to be here, right now, and I'm certain that I'm continuing to prepare perfectly for whatever's next.

So you see, being a manager, or a dealer, or a technical sales person, or an Assistant manager at a jewelry store, or an English teacher, or Operations Head was not my purpose. All of those jobs (and many others) helped me to act out different aspects of my purpose and become better at them. And that process will continue for the rest of my life.

Ok, now that I've told you a bit of my own story in order to illustrate my point, let's get down to brass tacks. If you, at this moment, have no idea what your purpose is and are desperately searching for what you "should be doing", here's my advice on how to figure out your next move.

### **Step 1 - Stop looking**

If you're looking for a specific activity that will ring your bells and you're coming up empty, stop looking. Your purpose is general and so, if you want to line up with and receive some clarity, you need to focus generally. Stop doing what isn't working.



## Step 2 - Look for a pattern

Make a list of all the jobs you've ever had, all the activities you've been a part of (like clubs, hobbies, etc.) and write down what you liked about them and what you didn't like about them. For each job or activity, explore the following:

- 1.) Think back and remember which experiences you had that filled you with joy or a sense of great satisfaction. These events can be small and may at first seem insignificant. Don't just focus on things like winning awards. It could be when you had a conversation with someone that made you feel great, or when you finished a project and were really happy with how you did it. In fact, the most significant events will often be those where you tried the least but which somehow just flowed and worked out.
  - a. What aspects of the event gave you the greatest sense of satisfaction?
  - b. Why? What did this make you want more of?
- 2.) Remember the incidents that brought you the most frustration. When something didn't go well, or you weren't successful, what frustrated you the most?
  - a. What went wrong?
  - b. What would you have wanted to have happen instead?

Now, try to look for patterns - core intentions (like teaching or helping, etc.) that show up again and again. I'd like to stress that you will almost certainly need more than an afternoon to do this properly. Take a few days and let the memories come. As they do, write them down and look for patterns as you go. (The instructions on the following pages will make this easy for you, with more explanations and examples).

## Step 3 - Identify the core purpose skills and focus on them

Once you've identified some aspects or skills of your core purpose, it'll be easy for you to see how they've shown up again and again in your life.

Now, at this point, you could simply trust that your purpose will continue to come through no matter what you do (do you see how the details aren't nearly as important as you thought?), but that would most likely be kind of an unsatisfactory answer. So, here's how to deliberately increase how much passion you feel in your life:

Figure out what you are doing RIGHT NOW in your life that is letting some of that purpose shine through. If your purpose is to help others, for example, how are you doing that now? And remember, there are infinite ways to help others. You don't have to be a firefighter.

## Step 4 - Figure out how successful you are at expressing your purpose right now

Determine if it feels mostly good when you are trying to help others or if it's still hit and miss. You can now deliberately dissect why some instances are hit and why some are miss. For example, I noticed that I often helped the most successfully when it happened inadvertently - when I wasn't even really trying. And that the harder I tried, the less successful my attempts were. Over time, I



learned to relax and follow my intuition, instead of trying to push my help onto everyone indiscriminately.

### **Step 5 - Release the obstacles**

When I stopped trying to help everyone, I had a lot of discomfort - especially when I saw someone in need. I wanted to help and the idea that I couldn't tore me apart. Again, over time, I realized that in order to be comfortable with helping only those whom I could actually help, I had to drop the belief that it was my obligation to help everyone. In fact, it wasn't my obligation to help anyone at all; it was my intention. I *wanted* to help; I didn't *need* to. I figured out that no one could help *everyone* (not even [Jesus](#) or Buddha could), and that trying to do so was trying to do the impossible. I wasn't ever going to be successful. And so, I dropped this belief. I realized that there were plenty of people whom I could help, and that if I could find a way to let those people come to me, I'd cut down my failure rate to nearly zero (there's always more to learn, and those "failures" help us to evolve).

The process of becoming better at expressing my purpose caused me to release the resistance I had that made it harder for me to do so.

### **It's a life long journey**

Figuring out your core purpose is relatively easy. Finding ways to express that purpose and becoming really good at it, that's a life long journey. You can speed this journey up by working on it deliberately (as described above), which simply means you can get to the point where you feel that you are successfully realizing your purpose much faster. You will always continue to evolve and so will the ways in which you express your passion.





## Worksheet #1 - Example

### Activity/Event/Memory of something that gave you great satisfaction

#### Give a brief description of what happened:

*When I was 20, I was managing a restaurant, and had a lot of trouble figuring out how to motivate employees. There was a 16 year old busboy who was having a hard time. I spontaneously sat down with him one night and we started talking. He came from a gang-infested neighborhood. None of his family had ever gone to college and many had not graduated high school. He wanted so much more from his life, but he didn't think it was possible, based on what his family believed could be accomplished. We talked for hours, during which I told him about the world I had grown up in. I'd lived on two continents, and had already travelled extensively. I'd grown up poor and was, at that time, working my way through college. I couldn't promise him the world, but I could describe different options to him. The world was not nearly as small as he thought it was.*

*What had been a simple conversation for me, turned out to be life changing for him. He told me that no one had ever looked at him as though he could do more. No one had ever believed in him like that. I hadn't been at all aware of the power and impact of my words, until I heard his reaction. It had all felt very natural and normal to me.*

#### What aspects of the event gave you the greatest sense of satisfaction?

*The fact that his world had opened up. He had such hope. He truly saw the world in a new way. Suddenly, going to college didn't seem so impossible. He was filled with enthusiasm and plans. His body language - hunched and depressed before, was now animated and energetic. A huge grin spread across his face and his eyes shone with joy. One conversation had created such a profound shift in him and I had been there to witness it.*

#### Why? What did this make you want more of?

*I loved the idea that I had played a hand in his change of perspective. And I wanted more such experiences. I wanted to be able to deliberately and consciously help people create such shifts and move into joy. (Keep in mind that this was years and years before I ever even considered the idea of coaching).*



## Worksheet #2 - Example

### Activity/Event/Memory of something that frustrated you or didn't go well

#### Give a brief description of what happened:

*I was working as an executive assistant and hadn't been on the job very long, when I was asked to train a new employee. Because I was new myself, this was a bit awkward and I knew that there would be questions I wouldn't be able to answer. But I did my best. After about two hours, I was at the end of my rope. The new employee kept getting hung up on unimportant details (like why we had used a certain font on our order forms) and was absolutely unable to comprehend any of the information I was trying to convey. I prided myself on being a good trainer (I had been one in many jobs previously) and on my patience with newbies, so finding myself frustrated to the point where I had to stomp into my boss' office and declare that I was "done with this one" was supremely humiliating for me.*

#### What aspects of the event frustrated you the most?

*First of all, I didn't like the feeling of not being an expert at something I was teaching. I didn't like not having all the answers.*

*Second, I hated that she wasn't picking up what I was laying down. There was a total communication breakdown and it made me feel like a total failure.*

#### What would you have wanted to have happen instead?

*I wanted to train people that understood what I was saying, really got it and focused on what was important. I wanted to be understood. I had never had such a negative experience teaching before. I realized that I normally LOVED it, but only if I felt that I was effective. I also realized that I really loved having all the answers because not having them made me feel more insecure.*







## Worksheet #3a - Instructions

Once you've filled out a few copies of Worksheets #1 & 2, transfer your answers to the third question on both sheets (What did you want more of, or What did you want instead) onto Worksheet #3.

Then look for similarities. Stay away from specifics at this point. For example, if all of your jobs have been in one field, you may be tempted to conclude that this has something to do with your purpose. But you can express your purpose through literally any job, so focus on the key qualities and traits that each memory revealed.

## Worksheet #3b - Examples of Core Purpose Skills:

(Notice that many of the subcategories could fit into multiple categories. Many of these skills overlap).

- Helping Others
  - Physically
  - Emotionally
  - Spiritually
- Teaching Others
  - Providing Clarity (aha-moments)
  - Mentoring
  - Teaching specific skills
  - Setting a happy/calm/enlightened example for others (also a type of uplifting)
- Uplifting Others
  - Entertaining Others
  - Being a happy shiny puppy and inspiring others with your light
  - Making people's day
  - Setting a happy/calm/enlightened example for others (also a type of teaching)
- Inspiring Others
  - Living joyfully
  - Accomplishing extraordinary feats that inspire
  - Overcoming great hardship and then sharing the experience



## Worksheet #3A

**Experiences you wanted more of:**


**Experiences you wanted instead:**




## Worksheet #3B

### Identify the Patterns

**My Core Purpose Skills Are (You could have just one or two. If you have more than 5, you've become too specific):**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



## Worksheet #4 - Instructions

Take a look at the core purpose skills you've identified in Worksheet #3B.

Work through ONE PURPOSE SKILL at a time, using Worksheet #4 (fill out one sheet per skill).

**1. What are you doing RIGHT NOW that helps you express those Core Purpose Skills?** You don't have to name specific jobs. Rather, look for activities that you are doing RIGHT NOW that are helping you express your purpose. They will be coming out in different ways.

**For example,** do you frequently help others (or attempt to) in some way?

Do you show others how to do something?

Do you inspire or entertain others? Are you the company clown?

Are you the go-to person for advice? Do others flock to you when they have a problem?

**2. How successful are you RIGHT NOW in expressing each Core Purpose Skill?** Does it feel mostly satisfying or mostly frustrating when you express this skill?

**For example,** do you often try to help others? Does it sometimes work brilliantly and sometimes not?

Does it usually work or usually not work?

**3. What common characteristics do you notice in the events that are satisfying?** Look for patterns among the events that went well.

**For example,** I noticed that I often helped the most successfully when it happened inadvertently - when I wasn't even really trying. The words felt totally natural and normal to me, and yet the other person would be having epiphany after epiphany.

**4. What common characteristics do you notice in the events that are frustrating?** Look for patterns among the events that didn't go well.

**For example,** I noticed that the harder I tried to help someone, the less successful my attempts were. The more I wanted to help and the more I cared about someone, the more frustrating the whole experience was.





# Worksheet #4

(Use one sheet per Core Purpose Skill from Worksheet #3B)

**Core Purpose Skill:** \_\_\_\_\_

**1. What are you doing RIGHT NOW that helps you express that Core Purpose Skill?**

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**2. How successful are you RIGHT NOW in expressing each Core Purpose Skill? Does it feel mostly satisfying or mostly frustrating when you express this skill?**

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**3. What common characteristics do you notice in the events that are satisfying? Look for patterns among the events that went well.**

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**4. What common characteristics do you notice in the events that are frustrating? Look for patterns among the events that didn't go well.**

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## Worksheet #5 - Instructions

Use your answers from Worksheet #4, Questions 3 & 4 to identify the characteristics that make your attempts to express your Core Purpose Skills successful.

Again, use one sheet per Purpose Skill.

### 1. What criteria make your attempts to express these skills successful?

**For example,** I noticed that the harder I tried and the less I cared about the outcome, the more successful I was at helping others.

### 2. Why don't you always follow these criteria? What thoughts, beliefs or perspectives are keeping you from always making your attempts a success?

**For example,** I realized that I thought I had to help EVERYONE. This is why I felt like such a failure when I couldn't help. I also realized that I felt that I had an obligation to help. I was putting a great deal of pressure onto myself. This is why I cared so much about the outcome.

### 3. Write out the thoughts and beliefs you uncovered as statements:

- **Example:** I have to help EVERYONE
- **Example:** I HAVE TO help - It's my duty and obligation to help others
- 
- 

### 4. Reframe the statements until they feel better:

**STEP ONE:** Rewrite the statements by using a negative (or opposite) term. Look at the statements and see how they feel. Take a bit of time and let the new meaning sink in. Pay attention to any insights you receive.

- **For example:** "I have to help EVERYONE" can become "I don't have to help EVERYONE"
- "I HAVE TO help" can become "I don't HAVE TO help."

**STEP TWO:** Soften the original statements. Change absolute words to non-absolute ones.

- **For example:** "I have to help EVERYONE" → "I have to help some people" (softened "everyone" to "some people")
- "I HAVE TO help" → "I want to help" (softened "have to" to "want to")



**STEP THREE:** Continue to reframe the statements until they feel better and better. Looking at the statements in different ways will allow you to gain clarity and shift your perspective and beliefs to a new, less limiting place.

Keep reworking the statements until they feel really good. Once you're happy with the statement, write out the final version.

- **For example:** I love to help people
- I can help some people
- It feels great when I help people
- I want to help all those that I can
- I want all those whom I can help to find me easily.

**Final Statement:** I want to help all those that I can, and I want only those whom I can truly help to find me frequently and easily.



## Worksheet #5

Use your answers from Worksheet #4, Questions 3 & 4 to identify the characteristics that make your attempts to express your Core Purpose Skills successful.

**Core Purpose Skill:** \_\_\_\_\_

**1. What criteria make your attempts to express these skills successful?**

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**2. Why don't you always follow these criteria?** What thoughts, beliefs or perspectives are keeping you from always making your attempts a success?

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**3. Write out the thoughts and beliefs you uncovered as statements:**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**4. Reframe the statements until they feel better:**

**STEP ONE:** Rewrite the statements by using a negative term. Look at the statements and see how they feel. Take a bit of time and let the new meaning sink in. Pay attention to any insights you receive.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**STEP TWO:** Soften the original statements. Change absolute words to non-absolute ones.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



**STEP THREE:** Continue to reframe the statements until they feel better and better. Looking at the statements in different ways will allow you to gain clarity and shift your perspective and beliefs to a new, less limiting place.

Keep reworking the statements until they feel really good. Once you're happy with the statement, write out the final version.

- \_\_\_\_\_
- \_\_\_\_\_
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- \_\_\_\_\_

**5. Final Statement:**

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## What to do next

After you've identified your Core Purpose Skills (the core of what makes you feel passionate and satisfied), and defined all the ways in which you're already practicing those skills, focus on doing more of that.

Notice when you apply your skills successfully. And also notice when you don't and why. As you continue to refine your skills and feel more and more of the joy and passion that come from applying them well, you'll attract more and more opportunities to help you not only improve your skills further, but enjoy the fruits of your labour.

For example, I have a strong intention to help others. It's the Core Purpose Skill that comes through the most. And because of this, I attract a lot of opportunities to help. I always did. The main difference between then and now is that I'm much, much better at it than I used to be. I attracted all the practice I needed and the specific circumstances to help me realize how I could improve along the way. If you use this workbook, you won't be doing anything you wouldn't naturally be led to do on your own. You're just speeding up the process.

If you found this workbook and the explanations and exercises helpful, I'd love it if you would give me a testimonial. If you're so inclined, you can do so here: [Testimonial Submissions](#).



## Author Bio



Melody Fletcher is an expert in the Law of Attraction, who doesn't believe that spirituality or personal development have to be so damn serious all the time. Through tons of free articles, audios and blog posts, as well as her [LOA Membership Site](#), she helps people to finally make some freaking sense of LOA, and to remember who they really are, so they can annoy their friends and co-workers with their new-found happiness.

She dares you to subject yourself to the pure awesomeness of her wisdom, by checking out her site at [DeliberateReceiving.com](#).

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