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10 Steps to Bringing Your Life Purpose into Focus.

1. Surrender to what is.

Surrendering to the present is like floating on your back in a pool of water. Until you trust that it is possible, your ego will devise all kinds of excuses not to do it. Fear of losing control is generally what gets in our way. And yet, when we relax and let go, we discover the support is there. Begin to let go in small ways, allow yourself to be present, and compassionately discover who you are right now.

2. Surrender to a higher power.

Who controls your breathing? Your autonomic nervous system? And who controls that? The point is that there is a system in place that keeps us alive without our conscious control. It doesn't seem so difficult, then, to believe that all of life operates from such a divine system. Trusting in a higher power leverages and supports all creation. Ask your higher power; however you define it, to inform you of your life purpose. Trust what you hear.

3. Trust the universe to organize the details.

Ego wants things our way. The Divine has much greater plans for us. Ask this force what your life purpose is. Trust what you hear. Allow yourself to be wildly surprised.

4. Practice profound listening to yourself.

Thinking thrives on noise. Intuition comes from silence. Profound listening is giving yourself a place of silence to be able to hear what your intuition is telling you. Meditation and solitude are wonderful ways to begin practicing profound listening. Take time each day to listen and see what messages are there for you.

5. Practice profound listening to others.

A conscious life is ultimately one of service to others. One way to discover how you can be of service is to practice profound listening to others. Drop the multitasking. Give your full and complete attention when others are talking to you. Hear all the messages, those spoken and those you hear intuitively. The responses arising in you are clues to your life purpose.

6. Be conscious and observant. Clues are everywhere.

In our busy culture it is easy to overlook the obvious. What comes easily to you? What about you attracts other people? What activities seem as natural as falling off a log to you? Ask those you trust for feedback about what they see as your natural gifts. Stop, look, and listen. Wait for answers, expect answers.

7. Be compassionate with yourself.

Being compassionate allows you to understand and be kind to others. It is equally important to be kind to yourself. Confusion and lack of clarity about our purpose occurs when we don't allow ourselves kindness, respect, and nurturing. Allowing ourselves to operate from compassion opens our hearts and our minds to new possibilities.

8. Trust your intuition.

Your intuition is your direct line to universal intelligence. It is knowing, as opposed to thinking. Treat your intuition much as you would any guide. If you feel you are following the wrong path, stop, relax, and ask for guidance again.

9. Ask deep questions.

In searching for a clear vision of our lives we often ask ourselves questions. What should I do with my life? What's the best career for me? These are good questions, but only take you to a surface understanding of the issue. Push yourself to ask deeper questions. "How do I hold myself back from expressing my life's purpose?" is a question that takes us into deep dialog with ourselves. Deep questions can change our perspective and awaken our senses.

10. Play, experiment, and watch and listen for feedback.

Life, at its most playful, is a grand experiment. There are no right answers, only your answers for your life. Think in terms of feedback, not failure. Much as the rocket that flies to the moon is in a state of continual feedback and correction, so can our lives be constructed. Play with what you think your purpose is. See where it takes you. Change directions if you choose. It's all an experiment.