

Why am I here?



What's my calling, my passion, my personal destiny, my purpose?

If you want to discover what you are here to do in this lifetime, the first thing to do is to let go of all the false purposes you've been taught (including the idea that you may have no purpose at all).

This exercise complements Exercise 2 – A Letter to My Remarkable Future Self. It takes you a little closer to clarifying your dream and direction.

Don't overthink it.

Be open and willing to see where it takes you.

No judgement, just curious.

And if you start thinking "*this is a waste of time*", remember Steven Pressfield's advice...

"Resistance is most powerful at the finish line."

Stick with it, for however long it takes.

I discovered this exercise from [Steve Pavling](#), and I use it with his permission.

Here's what to do:

1. Find a quiet spot. Take a moment to get grounded, and home
2. Take out your journal and pen. (For this exercise it's OK to use a word doc and type instead of write – fast is good).
3. Write (or type) at the top of the page, "*What is my true purpose in life?*"
4. Write an answer (any answer) that pops into your head. It doesn't have to be a complete sentence. A short phrase is fine.
5. Repeat step 4 until you write the answer that makes you cry. This is your purpose.

That's it.

It doesn't matter if you're a counselor or an engineer or a bodybuilder. To some people this exercise will make perfect sense. To others it will seem utterly stupid. Usually it takes 15-20 minutes to clear your head of all the clutter and the social conditioning about what you think your purpose in life is. The false answers will come from your mind and your memories. But when the true answer finally arrives, it will feel like it's coming to you from a different source entirely.

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For those who are very entrenched in low-awareness living, it will take a lot longer to get all the false answers out, possibly more than an hour. But if you persist, after 100 or 200 or maybe even 500 answers, you'll be struck by the answer that causes you to surge with emotion, the answer that breaks you. If you've never done this, it may very well sound silly to you. So let it seem silly, and do it anyway.

As you go through this process, some of your answers will be very similar. You may even re-list previous answers. Then you might head off on a new tangent and generate 10-20 more answers along some other theme. And that's fine. You can list whatever answer pops into your head as long as you just keep writing.

At some point during the process (typically after about 50-100 answers), you may want to quit and just can't see it converging. You may feel the urge to get up and make an excuse to do something else. That's normal. Push past this resistance, and just keep writing. The feeling of resistance will eventually pass.

You may also discover a few answers that seem to give you a mini-surge of emotion, but they don't quite make you cry — they're just a bit off. Highlight those answers as you go along, so you can come back to them to generate new permutations. Each reflects a piece of your purpose, but individually they aren't complete. When you start getting these kinds of answers, it just means you're getting warm. Keep going.

It's important to do this alone and with no interruptions. If you're a nihilist, then feel free to start with the answer, *"I don't have a purpose,"* or *"Life is meaningless,"* and take it from there. If you keep at it, you'll still eventually converge.



*Put your ear down close to your soul,
and listen hard."
~ Anne Sexton ~*