

# **How to face and overcome your greatest challenge to fulfill your life's purpose**

You came here to overcome your greatest challenge.

That is the only reason you are here.

We remain in the dark and feel confused when we think our purpose is something like healing other people, working to achieve world peace or being the best person you can be. All those are lofty goals but they are NOT your purpose.

**Again — YOU came here to overcome the thing that challenges you most in this life.**

You've already defined that challenge — write it down below. Here's my greatest challenge as an example:

My greatest life challenge is focusing all my attention on the care of others, their physical well-being, their feelings, and their lives in general.

**1. What is your greatest challenge? Write it down here:**

Your life's challenge causes you some pain or harm. For example my pain is: When I take care of others I lose myself and I get off balance. From that out of balance place I can get tired, cranky, and can be less than loving

toward others in my life. I also can build walls around people who I perceive have *taken too much from me*.

## **2. What pain or harm does your life's challenge create for you?**

Are you ready to be out of that pain?

Once you know your challenge and begin to work your way toward its opposite, your purpose — you are on the right path for you. You can feel it and relax into knowing why you are here. I call this path your spiritual path. Your work is to focus all your energy toward the fulfillment of your purpose.

## **3. What is the opposite of your life's challenge?**

The opposite of your life's challenge is your purpose. My challenge is focusing on others more than myself. So, my purpose is to focus on myself. To take care of myself. I like to say, *I'm here to love myself*.

When I am working on taking care of myself I am on my spiritual path. When I leave myself and focus on others I've turned around and backed away from my purpose. I've backed down from my spiritual path.

## **4. What is your purpose? Write it down.**

My life's purpose is ...

**5. Make your life's purpose your focus by writing it down and putting up reminders to yourself in places you will see it often** — like on your bathroom mirror, on your car's steering wheel or on your computer.

I'm writing on sticky notes — *Michelle, you are here to take care of yourself and learn to love YOU!*

Now, you could be thinking — It's good to take care of others. Yes, I agree but not when you sacrifice yourself to take care of others. You may also be thinking — to focus on yourself is selfish. Well, that may be true if your life's challenge is — you are focusing on yourself at the cost of others.

What I'm getting at is, for me to come into balance I must walk away from my life's challenge focusing on others and toward the opposite focusing on myself — my purpose. I won't ever become selfish because it is ingrained in my being to take care of others. I just need to take care of myself first. To think of myself more often. To achieve this I must continuously work to focus on loving myself. Then I'll be in balance.

**Once I clearly know my purpose —**

**6. When confronted with a choice ask yourself — Does this choice take me toward my life's purpose or take me away from my life's purpose?**

It is my obligation to myself to choose loving myself. The more I do this the better I get at it. The more I choose me the closer I come to fulfilling my life's purpose.

AND the side benefit — As I come into balance and take better care of me the happier I am!

**7. Do you want to experience more happiness in your life?**

**8. Will you make a commitment to yourself to stay on your spiritual path and fulfill your life's purpose?**