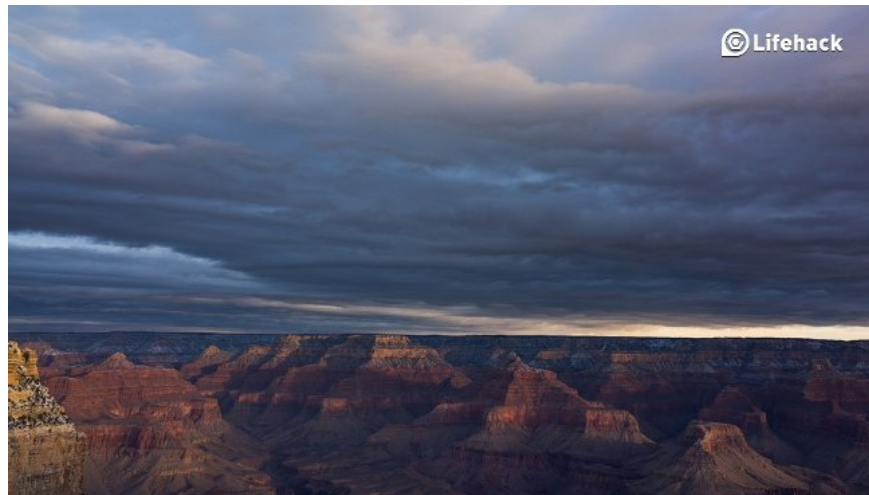


10 small things to help you find the purpose of your life

If you are looking for the purpose of your life, do 10 small things to help you find the purpose of your life. Invite you to consult!

1. 10 hard-to-accept facts about life help you grow up
2. Love is to be happy, forget about your past relationship and keep looking for happiness!
3. 36 famous inspirational quotes that change lives

We humans often have one thing in common: at any given moment, we all ask ourselves: ' *Why are we in this world?* '. This is really a profound question but it is difficult to answer. There is a theory that the purpose of each of us is to make the world better. However, how do we somehow do that?



This is the best time to start. **If you are looking for the purpose of your life, do 10 small things to help you find the purpose of your life** . Invite you to consult!

1. Write it down on paper (or type)

Try writing it out or typing to help yourself discover the purpose of life. Take a piece of paper and a pen. Or turn on the computer and open a new document. Next, write or type at the top of the page "What is the *purpose of your life?* " Then continue writing or typing the first things that appear in your mind.

Which of the list is most important to you? What appeals you most? What makes you feel overwhelmed, do you really feel something hard to describe? These are exactly what you should take the time to do.

2. Start a hobby

Start going out and experience something new . Whether you want to play volleyball, do yoga, write poetry or want to improve your skills, do it, don't just think about it.



3. Help the community

Rarely is anything more meaningful than **volunteering** . Find something that makes you feel passionate and devote yourself to doing it. Material donation is great, but it is even better to spend your time doing it.

4. Read something inspiring every day

Words have miraculous power . They inspire us to act and can help us see clearly the purpose of our lives. So try to read something that inspires yourself every day. Buy books, read websites about life skills and keep a collection of quotations that inspire you.

See also: Immediately 9 statements below, if you don't want the listener to feel uncomfortable!



5. Frequently reflect on life

Sometimes you should also spend a few days a week meditating or meditating. " *Wiping out* " bad thoughts from your head helps you see the purpose of life more clearly. So stop what you're doing, just focus on your every breath. Surely you will feel that sitting back and resting will help you feel better.

6. Simplify life

Do not let yourself get caught up in the ordinary, trivial things. Spend most of your time on things that you think are most important: family, friends, health and the work you are passionate about. This will help you realize your purpose of life. Remember that beauty is really in simple things.



7. Do what you like

Immediately answer the question: " *Which job makes you so happy that you can do it without paying?* " .

For most of us, work is just a way to make money to cover everyday life. However, it is not necessarily so.

Focus on doing the things you are most passionate about . This does not mean that you have to give up your current job, but it means you should look for work according to your personal aspirations, even if it's just a left-handed job.

If you like writing, do freelance writing. If you like volunteering, ask to volunteer or even do it yourself. **Do not underestimate yourself** . You can do whatever you want as long as you don't accept the limit.

See also: How to know, be wise and different wise?

8. Ask your friends what your best qualities are

This may sound weird but try sitting next to your best friend, sipping some beer and asking that person to say honestly about what they like about you. Explain to them why you want to know it. They will understand your sincerity and be ready to tell you. You can rely on that information to learn more about the purpose of your life.



9. List the to-do list before it's too late

Suppose you know you have only one more year to live, how will you choose to live? Where to go? Who will you spend time with? What will you save for life? Listing " *things you need to do before leaving this world* " is a good way to understand how to look at what's important to you. It will release thoughts and you will understand what you desire in life.

10. Thanks for what you are

More than anything else, your actions will be what most people remember about you. **Be grateful, patient and humble** . Do good things for others without expecting them. Show gratitude through the way you live every day.

And then, you will probably realize that you are living the life you once dreamed of.

See also: [7 things we often forget when we suffer and go through difficult times](#)

Having fun!

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