



Living the true self

Where spirituality & practicality finally meet

DISCOVER
THE WORK
YOU WERE
BORN TO DO



'Each of us has a fire in our hearts for something. It's our goal in life to find it and keep it lit.' Mary Lou Retton

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Visit my website at www.micheleyeomans.com

For further information contact info@micheleyeomans.com

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I. MY JOURNEY

‘Destiny is not a matter of chance; it is a matter of choice. It is not a thing to be waited for, it is a thing to be achieved.’

William Jennings Bryan

Do you know someone who is so in love with life that they glow, they are full of energy and a smile comes easily to their face? Chances are, that person knows what they were born to do – **their purpose** – and they are doing it!

Let me share a little of my personal history with you – a few years ago I ended a 30 year career in Accounting. It was a profession that I was good at, which gave me a decent income and a very good lifestyle. I was reasonably happy, but yet I still felt that something was missing. To put it simply, I felt unfulfilled. I felt that there had to be more to life for me. I knew I needed a change.

And there was the daunting prospect – how do I make that change... where do I begin... particularly with my only skill sets being in my chosen profession? That was the dilemma I faced, but 23 years into my Accounting career, I set out on my journey to discover what I am meant to do – **my purpose**.

My strong interest in healing led me to begin my search in the areas of Crystal Therapy, Reflexology and Hypnotherapy. I learnt a lot and enjoyed that part of my journey but I knew that I still hadn't found what I am meant to do. My journey eventually took me in the direction of Personal and Business Development, Coaching and Neuro-Linguistic Programming. It was then that I began to feel that I was discovering my purpose: that of helping others to discover their purpose – and yes, the irony of that is not lost on me!

At the end of that long journey – when I finally had that ‘ah-haa!’ moment, that epiphany, the certainty that I had found what I am meant to do, it felt right to the very core of my being. Was I scared? Of course I was! But when we have certainty about what we are meant to do, that blows away any obstacles in our way, especially the fear!

II. RECOGNISING THERE IS A PROBLEM

'Problems do not go away. They must be worked through or else they remain, forever a barrier to the growth and development of the spirit.' Scott Peck

If you have read this far then it may be that you are unhappy in your current career, burnt out, stressed or bored with your job. It could be that your 'successful' career lacks the meaning or fulfilment you want. You may feel that you have reached a crossroad in your life and are unsure of the direction in which to go. You may be thinking that there is actually more to life! But it very likely means that you are ready for a change.

How do we get to the stage of doing something that leaves us unfulfilled in the first place? Well, our families and upbringing condition our choices in life – for e.g. if we were raised in a blue collar family our aspiration to be an artist would very likely be frowned upon and likewise, if we belonged to a family of lawyers, a choice of a nursing career would almost certainly be met with a similar lack of enthusiasm. Our education system also grooms us not to be good at what we enjoy doing, but to become qualified for a job market in which we can earn a decent wage.

We spend approximately 2/3 of our lives in the work place and if we are unhappy or unfulfilled in that work place it affects us, our health, our family and personal relationships.

Many of us hold a belief that work has to be work and cannot be fun. We bury our dreams under 'priorities', 'responsibility' and 'practicality'. And we fill our lives with a career that pays the bills; that maybe buys us that expensive car and takes us on that must have exotic vacation. But we remain unfulfilled... like junk food that fills our stomach but doesn't nurture our bodies, all the 'stuff' that money buys makes us feel good for a while but doesn't nurture our soul – because we are not doing what we enjoy, what we are meant to be doing – **our purpose**.

Bronnie Ware, a nurse who spent several years working in palliative care, caring for patients in the last 12 weeks of their lives, recorded their dying epiphanies in a book called 'The Top Five Regrets of the Dying'. The top regret was: **I wish I'd had the courage to live a life true to myself, not the life others expected of me.**

The top regret that Bronnie Ware encountered was people not being true to themselves. The fact that you are reading this indicates that there is a need for change in your life. And I am grateful to have the opportunity to guide you in achieving that change.

This Ebook and its accompanying Programme were born out of my own journey of discovering my true purpose – a path which I often found frustrating and lacking in guidance. After much research during that journey, I found that the required guidance comes in two very different flavours.

The first is the career guidance books which help you determine your best fit based on your previous experience and skills. This serves a purpose, but usually leads you towards the same of what you have but just in a different environment. The second is the very spiritual which involves a lot of inner reflective work, but usually there are no real, concrete, practical outcomes that can serve as a way to earn a living.

So the majority of people who are at crossroads start a very hit and miss journey; the unlucky ones continue drifting and searching, and the luckier ones eventually find their true purpose.

Hence, I have sought to bring those two distinct flavours together – in a practical manner that outlines the steps required towards discovering one's true purpose – discovering the work you were born to do.

Whilst there are no absolutes, this is what I know – when you discover your true purpose and you start to move your life in that direction, the following will happen:

- **You will be doing what you love and loving what you do.**
- **Your life will change from drifting or just surviving to... thriving.**
- **You will become the architect of your destiny, rather than just flying by the seat of your pants, leaving things to chance and hoping for the best.**
- **You will wake up each morning with a sense of purpose and fulfilment.**

III. DISCOVERING YOUR PURPOSE

‘To be what we were born to be, and to become what we are capable of becoming, is the only end in life.’ Baruch Spinoza

We are all as **UNIQUE** as our finger prints and DNA. As such, our purpose in life is very unique to who we are. As with DNA, our individual experiences based on family, society and culture also set us apart. Even twins who share similar genetic markers are unique depending on how each has processed his or her individual life experiences. We see evidence of this in the fact that what one person is petrified of doing, another does without hesitation and what one person may consider to be very simple, will seem immensely difficult to another.

Before we begin to explore the steps required in discovering our purpose, we must remind ourselves that in order to achieve anything, we need to decide, commit and act. We need to make a decision about what we want to achieve and then commit the time to achieving it. Decisions take only a second – it may take a while to come to a decision but the actual making of that decision happens in an instant. What takes time is commitment. And there is no point in deciding to do something and not having the time to do it. We may consider it difficult to find time for yet one more thing in our already busy lives. But in reality it is simple. We need to examine how our time is spent and question each activity we undertake – will this take me where I want to go? If the answer is no, then we need to release it. Are we spending too much time on television, surfing the internet or on social media? We tend to indulge in these things to fill a gap or void in our lives but if we release them and fill our lives with more fulfilling projects we will better serve ourselves.

Once we make a decision and make the time to commit to that decision we then need to act on that decision – wholeheartedly. It is said that ‘where attention goes, energy flows and results show’. So put all your thoughts and energy into your actions and the results will show.

Let’s now delve into how we can begin to discover the work we were born to do – our true purpose. This is how I define purpose: It is the core of who we are, expressed through our innate talents, within the context and framework of our principal values.

Repeat that to yourself: **my purpose is the core of who I am, expressed through my innate talents, within the context and framework of my principal values.**

I mentioned that your purpose is as **UNIQUE** as you are. So let’s use the word **UNIQUE** as a framework for understanding how to recognise your purpose. This framework constitutes the core things you need to explore in order to discover your purpose.

IV. THE UNIQUE STEPS

U – UNDERLYING ETHOS

'It's not hard to make decisions when you know what your values are.' Roy Disney

Think of this as your ultimate guiding compass. This is the essence of what is important in life to you – not material things but rather the things on which no monetary value can be placed. Your underlying ethos comprises your core or principal values – not those which you rationalise as being important to you, but the ones which exist or are present when you are at your happiest. These can include, but are not limited to moral or social values. Some examples are freedom, outdoors, spirituality or relationships. If you are unhappy in a job or in a relationship, chances are your underlying ethos is not present, because by its very nature, it is only present when you are happy. For instance, if your ethos values the outdoors, you will never be happy being stuck in an office. The easiest way to begin identifying your underlying ethos, is to think back to a time in your life when you were very happy, and explore what was present at that time. Knowing what your underlying ethos is will help you to understand what conditions need to be in place for you to fulfil your true purpose.

Identifying and understanding your underlying ethos is important not only to the work aspect of your life, it's also relevant to all other areas of your life.

N – NATURAL TALENTS

'Hide not your talents. They for use were made. What's a sundial in the shade?' Benjamin Franklin

Your natural talent is something that you were born with, not something you had to learn, but something that comes so naturally to you that you may not even recognise it as a talent. It is important to differentiate between talents and skills. Skills are learnt and enhanced with some effort whilst talents occur with minimal or no effort. Everyone without exception was born with something that they are good at, enjoy doing and find so easy that they assume 'everyone can do it'. This talent is with you all the time and you have the tendency to use it whenever the opportunity presents itself. Do you know what your talent is? Many people don't. When I started on my journey of discovery I had no idea what my talent was so if you're struggling to identify your own, don't panic! We tend to overlook our own gifts but understanding what your natural talents are, is a crucial step towards discovering your true purpose.

So make a list of what you think your talents are. One of the best ways to do this is to ask those closest to you, as we tend to downplay our own talents whilst those closest to us recognise them in an instant.

I – INTERESTS AND PASSIONS

‘Passion is energy. Feel the power that comes from focusing on what excites you.’ Oprah Winfrey

Of course, whatever your true purpose may be, one of the crucial elements is that you must have a real passion and love for it – otherwise, what would be the point? Think of all the things you love doing – you may have a long list or just a few. There are quite a few steps to exploring your interests and passions and understanding how they help you discover your purpose, but for now we’ll start with the first couple stages to get you thinking along the right lines. If you are struggling to think about the things you love doing, it could just be a case of ‘real world’ responsibilities taking over and you not dedicating the time to doing something that you love. If this is the case, then maybe you would want to think back to your childhood or teenage years and remember what you liked doing then.

From your list, exclude anything that takes a very long time to perfect. For example, you may love playing an instrument but it would take you a long time to become so good at it that you could become a professional player. Secondly, exclude anything that serves only your personal benefit. For example, you may love participating in a particular sport, but it serves your enjoyment only. From what’s left, highlight what can be of service to others. Our purpose is ultimately to make a valid contribution to the world.

In understanding your purpose, you need to explore what you enjoy doing to determine how you can best give of yourself to others.

Q – QUEST

‘Throughout the centuries there were men who took first steps, down new roads, armed with nothing but their own vision.’ Ayn Rand

If you are to discover your purpose, you need to have some vision of what you hope for... for yourself and the world. That vision encompasses your longing or your ‘quest’ in life for all that you

can be. Sometimes we get so engrossed in our day to day lives that we scarcely think beyond the next week, the next month or even the next year. But what major changes would have occurred in this world if there were no men and women with great vision – for a future that they not only dreamt of but which they were determined to make happen? Step outside of yourself as you exist now and imagine what your perfect world would be – and the part you would need to play in shaping that perfect world. That vision will of course be driven by what we have been discussing so far – your core values, your natural talents and what you are passionate about.

Do not underestimate the power of having a vision that exceeds where you are now. This in fact becomes your guiding light and focal point to actually get you there!

U – UNIFY THE PROCESS

‘It is better to conquer yourself than to win a thousand battles. Then the victory is yours. It cannot be taken from you, not by angels or demons, not by heaven or hell.’

Buddha

The previous steps serve to help you discover different aspects of yourself. Discovering your purpose will now become like putting a puzzle together. The more pieces you have in place the easier it becomes to see the whole picture.

In essence, you will be discovering and creating your purpose from a blank canvas. Your past will serve as a useful tool, as your ‘paint and brushes’ if you like in helping you colour that canvas, but importantly it will not limit you in filling the canvas and discovering your purpose.

Once you have thoroughly explored the previous steps, you will see a picture beginning to emerge. Our purpose reflects what we truly are and whilst it may take some patience and perseverance to understand it, it is an immensely rewarding process. When it all comes together and you step into your purpose, your habits will change, you will make new friends, develop skills, rediscover your energy and drive, your confidence will soar... and because what you are doing is inherently you, there will be no struggle, it will simply flow!

There is no path that could be more appropriate or congruent, more perfect, than the journey back to who you really are – **your purpose.**

E – EXECUTE AND IMPLEMENT

'The cave that you fear to enter holds the treasures you seek'. Joseph Campbell

We often make excuses for our unfulfilled dreams or desires – not enough time, insufficient support from our loved ones or lack of resources. We allow diversions and interruptions to distract us from our purpose. Then our routine becomes one in which we are just existing, going through the motions, rather than really living. And a huge part of that may also be down to fear – fear that holds us back from realising our dreams... fear of taking that step into the unknown, outside of what we have become accustomed to.

Your true purpose is not what allows you to make a living, survive and pay bills. Rather, your purpose involves expressing the best that is within you, your love, your creativity and your spirit. Once you follow your inner voice, discover what is great within you and let it out, the money will then flow effortlessly. You will be doing what you were designed to do, your energy will expand, thereby bringing abundance into your life.

V. THE REWARDS

'Effort only fully releases its reward after a person refuses to quit.' Napoleon Hill

Having been through the process of discovering my purpose myself, and after speaking to others who have shared this journey, this is what I know with certainty:

When you find what you are meant to be doing in this life, you will find so much joy in what you do that at the end of every day you will be energised and renewed rather than burnt out and exhausted. You will have passion and inspiration in your life. You will enjoy the specific rewards of:

- 1. Fun:** Living a life true to your purpose brings a new zest for life.
- 2. Passion:** If you are unsure about your purpose in life, you tend to lack real passion and exist more in a searching mode, whether consciously or unconsciously. Understanding what you were born to do becomes the key to unlocking your passion for life. That passion becomes the fuel that propels your life, allowing you to do extraordinary things, greater than anything you could have previously imagined.
- 3. Focus:** when you live a life devoid of true purpose, you are like a car without a driver. However, once you find your focus, you can use it to make concrete decisions about how you invest your time, energy and talents.
- 4. You become unstoppable:** Lack of clarity of purpose prevents us from achieving our true potential. The more we live a life true to ourselves the more energised we become and the more we seek to achieve.
- 5. You live by your values:** I also mentioned this earlier when I spoke of discovering your underlying ethos and core values. Living a life in tune with your core values brings harmony and fulfilment.
- 6. Integrity and Congruency:** Living a life in tune with your underlying ethos and core values means you are living a life of ultimate integrity. Someone who hasn't found their true purpose has not really found themselves yet – they feel that there is always something missing. Discovering your true purpose enables you fill that space and become complete.
- 7. Trust and faith:** As you follow your true purpose and build your trust in that purpose, the Universe will reward you by always providing you with the guidance you need. You will see 'coincidences' that occur at the 'right time' for you, when in fact these will be the manifestation of you living your true purpose.

8. Flow: Once you discover your purpose you will be moving in tune with what you are and no longer struggling against what you are not.

9. Fulfilment: I mentioned this earlier when I spoke of material things that do not nurture our souls. We can experience pleasure (which can be as fleeting as the pleasure derived from the taste of good food) or happiness (which lasts only until we crave the next must have luxury). But lasting fulfilment comes from being able to express who you are and using this to shape your life. Fulfilment comes from knowing your purpose.

VI. FREQUENTLY ASKED QUESTIONS

In sharing this information with people, I have been asked several questions – some of which you may be thinking of now.

How long before I see results?

This depends.... on how close you are already to knowing what you were born to do, how much time and resources you are willing to devote to your journey, how honest you are in exploring the various aspects discussed and how willing you are to overcome any obstacles that come in your way. I can assure you that the self awareness that you obtain on this journey is very worthwhile and rewarding.

How will I know when I've found my purpose?

Believe me, you will know! It will be a profound experience that will tell you – this is it. From my own experience, I can tell you that when it dawned on me that I would be a Speaker and Trainer, and that this would be the platform from which I could teach everything that I have learnt over the past few years – that realisation was swiftly followed by acute terror as I've always had a fear of public speaking. But once I knew my purpose, I had the courage to bulldoze my way through that fear – and it will be the same for you.

Will I be able to make money from it?

If you are following your purpose and financial security is important to you, then you will be resourceful enough to earn money from whatever you do.

How do I overcome objections from my loved ones?

Any objections from the people close to you will very likely be from a point of caring and concern for your well being. If you have never given voice to your dreams and desires and suddenly make what may appear to be a drastic change in your life, your loved ones may naturally voice concern. You need only remain true to yourself. Those who care will be happy for you once you discover and begin enjoying the rewards of living your true purpose.

VII. WHAT NEXT?

‘Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world.’ Harriet Tubman

‘Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure...’

Marianne Williamson

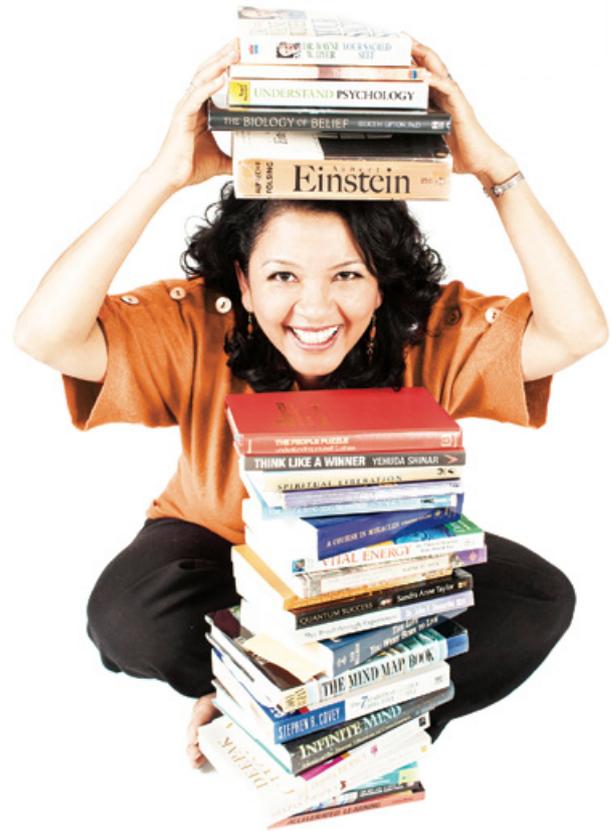
I believe that there are no accidents. I believe that it isn't a mistake or accident that you are reading this. It is my sincere hope that you understand that your divine purpose lies in you and that you don't need to change who you inherently are. It is my goal to help you discover that purpose. It is said that when we ourselves are transformed, we become a beacon of light for others to do the same. My wish for you is that you become that beacon of light.

If you wish to explore this topic further then please go to my website: www.micheleyeomans.com/training and click on the e-course – [Discover the work you were born to do](#). I promise that you will not be disappointed.

VIII. BIOGRAPHY

After 30 years as a successful accountant and entrepreneur, Michele realised her true vocation and embarked on an exciting new career path. As a much sought-after international speaker, trainer and coach, she has developed programmes and strategies, built upon her professional achievements, personal insights and intuitive wisdom to guide others towards an authentic and fulfilling life.

In today's society, everyone is searching for that elusive 'happiness'. Working from the premise that happiness is actually a journey and not a destination, through her seminars, workshops and trainings, Michele guides you through to a deeper understanding of life, enabling you to progress, whilst at all times remaining true to who you are. She works with individuals who are looking for a deeper, more meaningful life experience, showing them the route to fulfilment which guarantees happiness on a far deeper level.





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info@livingthetrueself.com • www.livingthetrueself.com