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So many people move through life without any real sense of purpose. They arrive at various destinations during this journey and often do not know how they got there or even why they arrived where they did. This is not a criticism, but just an observation made by one who learned to live with both eyes wide open. It is common to spend thousands, if not tens of thousands, on an education and to get a job and find a spouse/partner without being fully aware of what our purpose is in life. When we are busy making a living and doing what others expect of us we can miss the important aspects of our personal development.

The problem is that most of us don't know who we are or why we're here. If we don't know this basic information about ourselves, how can we ever truly know what we need in our lives to make us happy?

Imagine living a life of incredible happiness and personal fulfillment. Imagine being able to deal successfully with your doubts, fears and insecurities instead of allowing them to dictate your life to you. Imagine sharing your life with someone you love and respect and who loves and respects you and having a job that reflects your personal values, interests and talents. The key to achieving this life is to learn to recognize and nurture your life's purpose.

When we identify our underlying beliefs or commitments, those things that we have developed over the course of our lives and that lie behind our motivations and actions, we can begin to move away from a life we don't want and towards a life we desire. There is a quote by Robin McGraw that sums this up very well.

"The bottom line was that the thought of living a life I didn't want was much, much scarier than taking responsibility for choosing to create the life I did want."

When we find ourselves doubting, feeling frustrated or just disappointed in the way our lives are going this is probably a good indication that you are ready to make a move towards a purposeful life. It will take effort to make this transition and it is fine if we work on this over and over again. Change takes time and with practice your new life will unfold in a less complicated and more meaningful way.

Don't worry about not knowing exactly where this new and purposeful life will lead you. Don't worry about when this change will occur. Laozi wrote, "The true traveler has no destination and no fixed time of arrival." Practice faith and imagine these changes occurring. See yourself in a happier, more calm place. Imagine yourself feeling confident and at ease in personal and professional situations. Believe that you will find the purpose of your life.

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For information on working with David, Life Coach, you can contact him at (530) 903-2428 or davrude@yahoo.com.

5monkey Life Coaching helps you get your life back on track and empowers you to learn more about yourself and to fully understand and appreciate your true potential. It will help you rediscover your dreams and goals. 5monkey Life Coaching will also help you identify the obstacles and challenges in your life that may be preventing you from developing successful relationships, finding that perfect job and/or reaching your dreams.

Not only does 5monkey serve the local areas of Folsom, Sacramento, El Dorado Hills, and El Dorado County, it also serves a global community of individuals in six states and seven countries.

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