



Discover your life purpose

People who are happy have a firm sense of themselves, so follow your calling. According to Tricia Brennan, spiritual counsellor and author of *The Map of the Soul: Discovering Your True Purpose*, \$29.99 (rockpoolpublishing.com.au), you need to take time out of the daily grind to focus on your dreams. Here's how:

1 Discover the real you Being authentic is key to finding and living your true purpose. If you become too attached to a particular self-image, you can disconnect from your true self and what you really want. Ask yourself, "Who am I living my life for?" Give yourself permission to be the person you genuinely want to be.

2 Be true to yourself Only you can know your own needs – so the key to happiness rests in your hands. If you consistently operate from duty or obligation, or from willpower alone, your aspirations will be empty endeavours. Instead, steer your attention toward the things that inspire your spirit. As an adult, you don't need permission to follow your dreams. Resist the temptation to do things just to prove your worth to others.

3 Nurture your talent Any area where your passion is sparked provides a clue to the most purposeful path to take in life. Whether you are a gifted artist, musician, cook, gardener, strategist, teacher or healer – nurture your talents. When you gravitate towards things that fuel your desire to learn and experience more, you are on the right track to being aligned with love and joy.