

I spoke about five ways to become the truest version of yourself.

None of us are here by accident. I truly believe that each of us has a divine purpose and that we were put on this Earth for a reason. Our purpose is to help others, but it can be expressed in different ways.

For us to be whole is for us to step into our purpose of helping others. You may not know what this looks like, but it will show up when you start to look for it. Our reticular activating systems will look for evidence to support the things we think about. Say, for example, you are shopping for a red Prius. Suddenly, you will start to see them everywhere. Once your brain is aware of the car, it will look for it without you even having to think about it. It is in our physiology.

Peter Diamandis said that your purpose is related to your passion. It has to be something that you would live and die for. There are seasons in our lives where our purpose may temporarily be something else- raising children, taking care of elderly parents, etc., but your core purpose will show up and bring you joy as soon as you realize what it is.

1. You have your own unique way of helping others. Keep looking for it if you haven't found it yet.
2. If you're a journal keeper, take a look at what's in there. There will be all kinds of nuggets of gold that capture your essence. As Ernest Hemingway said, "There is nothing noble in being superior to your fellow man; true nobility is being superior to your former self."
3. Look to others. Not to compare yourself, but to be inspired by them, We need each other!
4. Look for the helpers. If you're in distress in your life, look to be part of a community. We give and we receive- there is a natural pattern of reaping and sowing. You can be part of the solution for yourself and for others.
5. Challenge yourself. If we don't have a challenge, we don't grow and we become stagnant.