

Yesterday, we spoke about being in a rut or a groove, and we tied that together with finding our purpose. I believe that each one of us was put here on Earth, by God, for a reason. We were each gifted with unique abilities and talents in order to help each other. The more we give, the more we receive, and as we receive more we have more to give back. While being in a rut brings inaction, being in a groove brings positive action and progress into our lives.

I showed you how "Just a little bit" can either help you get something done, or give you an excuse to procrastinate. Similarly, the way you view your purpose can either help you lead a vibrant life, or keep you in a place of feeling unworthy or purposeless.

Are you stuck taking care of a family member, held back from following your own passions, or have you been blessed with the task of making someone's last few years as comfortable as possible?

Are you just the maid/cook/errand runner in your house, or have you been blessed with a family, a home, healthy food to cook, and the ability to be the glue that holds a family together?

You might have a seasonal purpose to raise a family or take care of an aging parent. You may need to place someone else's immediate needs before your own, but don't let yourself become trapped in a rut of thinking that you don't have a purpose. You have a higher calling on your life to be blessed with such a task. When you are open to discovering your purpose, you will start to see it all around you.

I believe that God has called each one of us to use our gifts to help others. Every time you open your mouth, you can be a blessing to someone. Every time you write a letter or send a text, you can love the people you interact with.

Have you ever skipped a pebble on a lake and watched the ripples dance across the water? Our words and thoughts can have the same effect on our lives, and the lives of the people around us. When you start to understand that life is working for you and not against you, you will find the lessons that you need to learn and teach. Look for the daily tidbits of clarity and love notes from God. Think about which beliefs no longer serve you, and which thoughts need to be put on the Pancake Diet and flipped.

AND YOUR ALIGNMENT ASSIGNMENT...

Ask questions. What does this mean? What do I need to do? Pray and ask God for guidance and direction. Look for clues. There are divine love notes from God, but you need to open your eyes and look for them. Expect and anticipate answers.

Remember that what comes out of your mouth is what comes out in your life. If you keep saying that you are overwhelmed and that life is hard, then that will be your lot. Your reticular activating system will look for evidence to support the things you say and think about. Be a seeker of God's best for you. (Spoiler alert- you can't do that if you are constantly complaining!) Live in great expectation and anticipation of the wonderful, purposeful, vibrant life that will be yours.