Endorsements for Michelle Casto aka Bright Michelle

"Want help discovering your Destiny? I recommend Michelle Casto to help you dig deeper into who you are and let go of your story of what's been holding you back. She is one of the most empowering Spiritual Coaches on the planet." --- Elizabeth Grant, Songwriter and Spiritual Mentor

"Michelle Casto is truly enlightened and has the profound benefit of being tapped into the Divine for her messages and her insight." --- LeeAnn Taylor, Actress and Author of The Fragile Face of God

"I went through several notebooks this morning - one I made in our work together back in 2002. Can you believe it? 9 years ago!!! Your bright path was clearly evident then and you just keep getting brighter and brighter :) Thank you for illuminating the path for us all Michelle. You are such an example of how when we step fully, completely, radiantly and clearly into our power the heavens open and VA VA VOOM what a glorious sight!"
--- Susan Parsons, Singer Writer, & Current Client

Discover Your Destiny & Love Your Life
Michelle L. Casto

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2011 Authors Note:
This has been a work in progress for over a decade (and even lifetimes before this one)....there have been many versions of this content, as I have developed and expanded upon the information as given to me by the Divine and from working with thousands of people all across the world to cull my unique Destiny Success Process. The time has come for this information to get into the hands of the mass market, and so this work is being re-released in the next 1-2 years under the title The Destiny Discovery: Find Your Soul's Path to Success.
Get on the mailing list at http://www.liveyourdivinedestiny.com to participate in the world-wide launch and receive thousands of dollars of bonuses!

The book you have now is very valuable indeed, however, The Destiny Discovery will be a more integrated, expanded explanation of the process of living your greatest life and discovering your unique soul's purpose. I know you will gain insight from this book that
will allow you to move forward on your path of Purpose. I also would love it if you would consider supporting the release of my forthcoming books on Destiny. There is a trilogy: Destined For Love (another Smashwords edition), The Destiny Discovery and The Destiny Decision.

You may be inspired to read more of my personal empowerment books (there are 30+ and counting) ....at my Everyday Enlightenment store: http://www.brightlightcoach.com/success-store

May our paths cross again very soon!
***
"For there to be a world at all, every indigenous, natural thing must start singing its song, dancing its dance, moving and breathing according to its own nature, saying its name, manifesting simultaneously it's secret spiritual signature." --- Martin Prechtel from The Secrets of the Talking Jaguar

**Why Is It Important To Discover Your Soul Purpose?**

Every human being longs to know what he or she is meant to do in life, and what their divine life purpose is. Contrary to popular belief, you should not leave this important discovery up to fate. In fact, to increase your chances of finding out who you are meant to be and what you are meant to do, you will want to use a practical, pro-active, and smart approach to your life and career development.

Discovering your purpose will allow you to reconnect with your soul, and enable you to make a significant contribution to the world. You can do this by raising your self-awareness and consciously working towards self-actualization. You will then become aware of your unique life purpose.

When living your life "on purpose", you are more fulfilled. As a result, you can show others how to live up to their full potential. When who you are and what you do are in alignment with your authentic self, anything is possible!

This workbook is designed to help you start the discovery process, and will empower you to become more conscious, which will naturally lead you to discovering and living out your purpose.

Discovering Your Soul's Purpose is a lot like putting a puzzle together, except you do not have the finished image to look at. However, you were given an internal GPS that will guide you along your journey, and when you notice the clues in the form of signs, synchronicities, and connections along the way, you will find your way, right on Time.

This guide will empower you to put your puzzle together so you can clearly see where you are going next?

**Set Your Intention**

What word or phrase describes how you feel about your soul purpose? _

What word or phrase describes how would like it to be in the future?

Be Enlightened!

Keep your future phrase in your mind and heart as you work through this eBook.

Let's get you started on the path to purpose……
"Cherish your visions, your dreams, as they are the children of your soul; The blue prints of your ultimate accomplishment." --- Napolean Hill

Chapter 1 - What is a Soul Purpose?

Who am I? Why am I here? What is my purpose in life? These are some of the oldest and most important questions posed by human beings throughout history. They become even more profound when an individual such as yourself begins to think and reflect on them.

Upon reading this workbook and doing some soul-searching, you will discover your own unique answers to these important questions. The word purpose means to have intentional results. When we are on purpose, we are making a conscious effort to be or create something. Usually what we really want to be or do seems out of reach, and "impossible". But we must remember that the word "impossible" with an apostrophe is actually I'm (I am) possible. And you are!

Dudley Lynch and Paul Lordis, in their book Strategy of the Dolphin, said this:

"We can define 'purpose' in several ways. For one, when we know our purpose, we have an anchor --- a device of the mind to provide some stability, to keep the surprises of a creative universe from tossing us to and fro, from inflicting constant seasickness on us. Or we can think of our purpose as being a master nautical chart marking shoals and rocks. Perhaps the most profound thing about 'being on purpose' is that when that is our status, our condition, and our comfort, we find our lives have meaning, and when are 'off purpose' we are confused about meanings and motives."

A clearly defined life purpose provides meaning, direction, and significance. Your life purpose answers three essential questions: Who do I want to be? What do I want to do? How can I remember what I already know? When we are living from our true soul's purpose, we feel more alive --- filled with excitement, joy, and inner peace --- in a word, we feel "contentment." We are more connected to one another as human beings and more content with who we are and what we do.
When we are "on purpose", we tap into a higher power, and we have supernatural support! We seem to naturally attract the best things in life. When we are not on purpose, we try to do it all alone! We grasp at straws, because everything looks good --- whether it is a new job, going to school, moving, or finding another lover. We look for anything to fill the void of the extreme emptiness we feel inside. Not being on purpose leads to constantly seeking external things to make you feel more fulfilled. Being on purpose leads to effortless contentment --- an internal peace with what is unfolding in your life. You have a feeling that "all is right with the world," and know that you have an important part to play!

Every human being has the universal purpose of learning how to love more. A Course in Miracles teaches that only love is real. And it is not about getting love but learning to give it freely. Unlike some false teachings, we are not broken and we do not need to be fixed, but we do need to awaken and learn to BE LOVE. In the universal purpose, everyone is called but few are chosen….meaning few will do the inner work necessary to fulfill their destiny. Here, we need to recognize that we are the lamp, and God/The Divine/Infinite Intelligence is the electricity. It is our choice to plug in or not.

In addition, we each have two unique purposes. A Chinese proverb says, "If heaven made him, God will find some purpose for him." Individually, we are called to participate in personal and planetary evolution. So this gives each of us the opportunity to have unique purposes of contributing to our world and relating with other people. Planet Earth is the ultimate university for our souls, where we have the opportunity to learn our lessons.

You can evolve by understanding, accepting, and taking action to live out your universal and unique life purposes. You are here to show love and to share your God-given gifts.

You were born to do something specific. A role and opportunity was entrusted to you and you alone. If you don't know your life purpose, you are still a diamond in the rough. Discovering one's life purpose is like cutting a diamond. Every gem-quality diamond has within it a ready-made design, waiting to be discovered.

So do you. The secret is to discover and actualize your unique pattern. Like a diamond needs to be excavated to have worth, you have to dig deep within yourself to discover your unique life purpose. And just like a diamond that needs friction in order to become polished, you too need trials and tribulations to perfect you. Everything is grist for the mill, and serves our soul's growth.

**Characteristics of a Soul Purpose**
* lasts a lifetime, shaping you from birth to death, and usually doesn't change.
* Is bigger than you, connecting you to others and allowing you to share your gifts with the world.
* Supports your values and beliefs, providing you an opportunity to excavate your hopes, dreams, and aspirations, and bringing them to the light of awareness.
* Provides structure for what you will be and do during your lifetime, so that you achieve
maximum performance and satisfaction, experience less stress, and enjoy more meaning and authenticity.

* Is the theme of your life story, giving you more freedom to decide how to live out your personal and professional roles.
* Is your core "come from" where most everything you say, think or do originates.

Fear keeps many people from fulfilling their purpose. And fear of change is a common human condition. We are afraid of change often because it upsets our way of doing things. We also have habituated ways of being, so stepping into our divine purpose may mean we have to grow beyond our immature and selfish ways into someone mature, giving and guided by something greater than ourselves. Thomas Edison said, "If we all did the things we were capable of doing, we would literally astound ourselves." To reach this place of soulful purpose, an inner shift must first occur. When you can accept the fact that change is necessary to living your purpose, you have taken a big step towards your divine destiny.

Change starts on the inside, and as you awaken to the true part you are meant to play, you will develop confidence in knowing who you are meant to be and what you are meant to do in the world. You will develop awareness of how big and bright you really are. You will then begin to accept your part, articulating it to yourself and others, and finally taking action to live out your purpose.

**Be Enlightened!**
You have a jewel within your soul waiting to be seen, expressed, and shared.

**Journal Assignment 1**
Take your journal out and answer the following questions:
I am here on Earth to share…
I am here on Earth to show…
"More will be accomplished & better & with more ease, if every man does what he is best fitted to do and nothing else" --- Plato

Six Stages to Discovering Your Soul Purpose

Stage 1: Awakening
This is the stage where you awaken to the fact that you have a bigger game to play in life --- a unique personal and professional purpose. When you are awakening, you are beginning to notice a restlessness in your soul, you may be having trouble sleeping, getting intuitive messages, having symbolic dreams.

Stage 2: Awareness
This is the stage where you become aware that you need to find out exactly what your life purposes are. When you are in awareness, you are wanting to find out more about what else there is to life, desiring more fulfillment and meaning, and feeling more awake about who you really are.

Stage 3: Acceptance
This is the stage where you accept your life purposes and come to terms with what it means to you and the world. When you are in acceptance, you are beginning to embrace the idea that your life has purpose, realizing it is your job to be it and do it, and wanting to find out how.

Stage 4: Articulation
This is the stage where you articulate your life purposes by putting them into words. When you are articulating, you are putting in words what it is that you are meant to be and do, starting to share it with others, and getting excited about it.

Stage 5: Action
This is the stage where you take action by moving towards the fulfillment of your life purposes. When you are taking action, you have begun making major personal and professional life changes that are more in alignment with who you are and what you are meant to do.
Stage 6: Allowing
This is the stage where you stop doing so much and start being a contented and peaceful human being. When you are allowing, you are opening to receive the abundance that has always been yours—ease, fun, freedom, and fulfillment.

Be Enlightened!
You can live out your soul purpose, just believe in yourself!

Journal Assignment 2
Where are you in the discovery process? How does it feel to be there?
"There are two educations. One should teach us how to make a living, the other how to live."
--- John Adams

Chapter 2 - Two Kinds of Unique Soul Purposes

We are focused on the unique human experience of having a personal purpose and a professional purpose. When speaking of your personal purpose, it is meant to be easy; it is your unique essence. Your personal purpose is made up of the innate gifts and talents that you naturally share with all of the people in your life --- listening, supporting, encouraging, inspiring, etc.

Your inherent personal purpose may or may not have been nurtured while you were growing up. For example, if your personal purpose is to be giving, you may have become too giving and now not be able to receive. When taken to extremes, your personal purpose will feel more like a burden. You will develop resentment and withhold it from others. When it is kept in balance, your personal purpose will be easy and enjoyable for you. You will be open and freely share it with others.

I know that when I consciously create circumstances where I can play out my personal purpose of being in empowerment, I feel great and totally free to be me. On the other hand, when I unconsciously create circumstances where I am unable to be who I really am, I feel disconnected and restricted. It is important to know that your personal purpose is often unconsciously programmed from a lifetime of trying to get your egoic needs met. When you realize what your real personal purpose is, you will step into your soul purpose and feel whole and complete.

When speaking of your professional purpose, it is meant to be fun; it is what you are passionate about. Confucius once said, "Choose a career you love and you will never work another day in your life." Which is so true. How many jobs have you had that you dreaded going to? You knew that it wasn't in alignment with your bigger purpose. Amazingly, when you find your true professional purpose, it feels more like play because you enjoy doing it so much. Because when you are using your gifts, time flies. Your professional purpose allows you to do work you love and make a contribution to the world at the same time.

Unlike a job where there is a right and wrong way to do it, your life's work is open to interpretation and change. In fact, the work you were meant to do does not come with a set of instructions; it just shows up and you have to follow it, usually not knowing where it is headed. For instance, I know that when I am called to write, it is something I simply must do. When I am open and receptive to my inner wisdom, I am the most creative and productive.

Your soul purpose shows you your destined path to follow in life. Your divine purpose is like an internal GPS---global positioning system, and helps you to stay the course despite what THEY might say.
Like the diamond analogy I used earlier, many of us spend a lifetime searching for our purpose outside of ourselves in some role or position. We would be looking in the wrong place. Rumi warns us, "You wander from room to room hunting for the diamond necklace that is already around your neck."

Every human being has a BIG, BRIGHT, BEAUTIFUL purpose. Yes that means you! To discover who you want to be and the work that you are meant to do while here, you must ask for guidance from your higher self. Being tuned into your higher self and listening to your intuition is essential to discovering your divine life purpose. When it comes to discovering and living your divine life purpose, it is already within you. All you have to do is look inside, see your light and consciously decide to shine it to the world.

**Be Enlightened!**
A great life and right work can flow from the same inner space---Your Soul. You can learn to co-create a life full of meaning, purpose, and joy while sharing your God-given gifts with humanity.
"If you deliberately plan on being less than you are capable of being, then I warn you that you'll be unhappy for the rest of your life." --- Abraham Maslow

Identifying Your Default Personal Purpose
Being born automatically means you have a unique purpose, however it is your job to assign meaning to your life and to come to an understanding of your True Self, to act from a place of consciousness. Unless you make conscious what is running you, you will live out a default purpose, one that does not reflect who you really are and were born to be. You live a default purpose when you fail to wake up from the trance you are to see beyond the form of your physical self and recognize the spiritual self.

Our ego's (default) personal purpose is how we gain attention from others. Our soul's (divine) personal purpose is how we show attention to others.

You've probably heard that "all the world is a stage". It is actually quite true. We all unconsciously play out our roles, much like actors in a play. We also create and write scenes in which we can play out our roles. The underlying motivation is to get attention from our audience. Our ego needs an audience to feel good about itself. Even the other actors in the play become members of our personal audience.

In the story of your life, you unconsciously create, direct, and act out the acts and scenes. You are the writer, director, and lead actor. Fear of rejection keeps you in your ego role --- it is limited and fear-based. Being open to acceptance empowers you to step into your soul role --- which is expansive and love-based.

Have you ever stopped to notice what your unconscious life story is?
Common ego stories:
I am not good enough, I am not__________enough
I am unworthy
Life is disappointing
I have to be in control
Life is hard
Nobody loves me
I have to please people in order to be liked/accepted
Your default personal purpose is learned from all of your life's experience and is a powerful force that shapes how you function in life. It develops quite early (in childhood) and is based on experiences that were negative or didn't feel good. It is based on fear and your need to survive in the world. Feelings of disconnection and discontent are common. Your unconscious personal purpose is your default mode — when you are flying on auto-pilot and are not consciously aware of how you are reacting to what life throws at you. You may say, "Not this again."

Our unconscious causes us to become "hung up" on issues, and feeds off of emotionally-laden triggers. This happens when something is done or said to us (in the present) and we fly off the handle and/or have an extreme reaction to it (from the past). Often, we aren't even aware of why we feel the way we do, we just know that we don't feel "good". In reaction to a resurrection of past patterns, expectations, reactions, and behaviors you experienced as a child, you may throw a temper tantrum, gobble up center stage in a group of people, over-give, get defensive, act like a spoiled brat, withdraw, become invisible, etc. Basically, it is when you are "acting out" in some way. Often you cannot see your behavior but others usually can and do.

The following are behavioral clues that you are living in ego unconsciousness:
Regression: You regress to a more primitive level of personality and social development. You may become like a little child, whining or crying.

Overly Emotional: The more emotional (angry, frustrated, upset) you are, the less ability you have to adapt. You may "go ballistic" or "fly off the handle."

Projection: You blame/project your feelings onto someone or something else. You may view the source "as out there" and not "in here".

Persistence: You hang on to the negative thought, image, or emotion, unable to think of anything else. You may make yourself miserable, sick, or stressed as a result.
Be Enlightened!
Each of these reactions is because of how you feel about how your life has been and will be in the future.

Journal Assignment 3
What do you remember about your childhood/formative years? What did you learn from your family of origin? What do you say to yourself when you think, "This is the story of my life" or "Here we go again"?
"The only work that will ultimately bring any good to any of us is the work of contributing to the healing of the world." --- Marianne Williamson

To be able to heal the world, and love more deeply and completely, we must first heal ourselves from our unconscious programs and limiting beliefs, and ego-based behaviors. When we heal ourselves, we heal our inner circle, and create a positive flow of healing outwards.

Here is an exercise to help you heal your ego's "default" purpose. (thank you to Brad Swift of lifeonpurpose.com for the idea for this process).

**Remembering Your Divine Personal Purpose:**

Become the detached observer of the movie of your life --- your life story. Take fifteen-thirty minutes to remember all of the significant moments of your life; all the good, bad, happy, sad, joyful, and painful times.

On a sheet of paper draw a lifeline and divide it into two sides. The right side of the paper will be the highlights of your life. The left side of the paper will be the low lights. Include all of the pivotal points, large and small, that have shaped who you are today.

Consider the events of your life story and notice the movie's themes. Write out a short rough draft as though you were writing a movie summary. List out all of the many roles you have played (good daughter/son, the helper, the loner, victim, etc).

What roles have you been playing to thrive (the roles that have supported your soul's development)? What roles have you been playing to survive (the roles that have supported your ego's development)? What roles are based on your default purpose? What roles are based on your divine purpose? Which role seems to be the "lead role" of your life?

Using words and images from your childhood, write a paragraph that defines your default purpose. Review it a day or two later to polish it.

Write a script where your divine purpose is a character who has a conversation with your default purpose as a character. What does your conscious self have to say to your unconscious self?

Consciously decide which role you want to play in life. Know that you can create a brand new character for yourself. Re-write the movie so that is has a happy ending! Think about who and how you want to be with other people.

Write a new life script about the person you really are on the inside. This is your Divine personal purpose.

Commit to living in awareness, and when the old character walks back on stage, remember that you can consciously replace him or her with the real you.
Create a new role, name, and personality for your new empowered and purposeful Self.

Love yourself enough to commit to this process. You may even want to go through it a couple of times before you are really able to "see it." Do this with a friend or mentor to gain greater insight. (inspired by lifeonpurpose.com resource)

Questions to Consider:
- What is the tape that runs in your head?
- What is the movie's theme/main story line?
- What kind of movie is it --- a tragedy, comedy, drama, or love story?
- What is your victim story?
- How do you feel when you watch this movie?
- What is your theme song?
- How is the audience reacting/responding to you?
- How are you reacting/responding to the other actors?

Be Enlightened!
The more you are aware of how your default life purpose is running your life, the easier it will be to live a soul-centered and nurtured life.

Affirmation
I have the right to be a big, bright, beautiful, purposeful human being.
"If you have a voice within you saying you are not a painter, then by all means paint and that voice will be silenced." --- Vincent Van Gogh

**Identifying Your Default Professional Purpose**

In today's modern world of work, people are seeking more meaning from the work that they do. In the old days, you got a job, hung on to it, and more than likely retired with it. In the 21st century world of work, though, you are free to choose to do anything you would like and will usually work in five to seven different career fields in your lifetime! With that freedom comes choice, which can be overwhelming because sometimes you don't know where to start.

Are you still trying to figure out what you want to be when you grow up?

The smarter question is: what gifts do you want to share with the world?

Many modern people have mistakenly limited their career decisions based on titles or roles. For instance, Johnnie gets the idea of becoming a doctor from his parents, but after he goes through medical school and is a practicing doctor, he finds that he is not feeling fulfilled at all. At this point, he cannot see any other possibilities for himself. He feels purposeless. To keep this from happening to you, it is important to decide on what you want to do for the world/other people. For example, instead of focusing on becoming a doctor, you decide that you want to perform work that helps people live healthier lives. This now provides several options, such as doctor, nurse, health educator, and scientist. Thus, your professional purpose is the kind of impact you want to have on the world, rather than just what your parents suggested.

Knowing what your underlying life purpose is helps you to make successful career (and life) transitions --- something that you will be doing throughout your lifetime. It is safe to say that when most people lose a job or an important position, they do not know what to do with themselves. This is because their identity is tied so closely to their job title. On the other hand, a person who has discovered his or her purpose will attract new work that allows them to be who they are and apply their God-given gifts.

To choose wisely, create your work and career around your desired lifestyle. Choose work that allows you to work with your passions (things you love to do). Make sure that your chosen work is in alignment with your internal motivators and values --- those things that are closest to your soul, and the things that matter most.

External motivators are things like money, power, and control. Internal motivators are things like a sense of pride, wanting to make a contribution, and personal satisfaction. Learn to do things for the sheer enjoyment of it, and you are sure to have stumbled upon a way to fulfill your deepest calling.

**Philosophies of Purpose**
"Only passions, great passions can elevate the soul to great things." --- Denis D'egerot

"Above all, you must illumine your own soul, with all its profundities, its shadows, and its vanities and generosities and say what your inner beauty means to you." --- Virginia Woolf, A Room With a View

"I dream my paintings, and then paint my dream." --- Van Gogh

"I cannot be defined by what other people think. I can only be defined by my purpose." --- Oprah Winfrey

"Don't ask yourself what the world needs, ask yourself what makes you come alive. And then go do that. Because what the world needs are people who have come alive." --- Harold Whitman

"The only way you can live a truly creative life or know the highest happiness is by developing your own unique potential." --- Dr. Normal Vincent Peale

Key Questions to Consider (Yes/No)
Will I be passionate about this?
Will this challenge me to become more?
Can I express my inner self (soul) in this relationship?
Can I express my inner self (soul) in this work?
Is this is something that I will enjoy?

Journal Assignment 4
How did you come to choose the career path you are on? Is it a perfect fit? Does it stir your soul?

"If you Dream Big, Think BIG, you will DO BIG THINGS" --- Michelle L. Casto

Chapter 3 - Remembering Your Divine Professional Purpose
Some reasons you may have not yet discovered your professional purpose are:

Disconnected from your Higher Self --- you are not following your intuition or paying attention to the signs and synchronicities in your life.

Lack of Self Awareness --- you are not aware of your personality, talents, gifts, or strengths. So, get in touch with your inner spirit. Listen to your inner wisdom, trust that you already have the answers to your questions inside, and become self-aware.

Exercises Designed to Help You Get in Touch With Your Spirit
*Answer these questions:*

Who am I really?
What kind of life do I want to lead? What kind of work do I want to do?
What is important to me (spiritually, mentally, emotionally and physically)?
What are my core values/beliefs? (See values checklist)
What kind of experiences do I want from my life?
If I could provide one thing for the world, what would it be and why?
What am I doing when the time passes by without my realizing it?
What are some of the important issues in today's world?
How can I be of service to others?
What things am I naturally good at?
What things do I enjoy doing? (List at least 10)
What am I passionate about?

2. Define your life. Defining moments have both positive and negative effects on your life. They usually impact your life and often take you in unexpected directions, ask you to take risks, or to choose a non-traditional path. What moments have been your defining moments?

3. Write About It/Journal: One idea: define your spiritual self. Write exactly who you think you are; this can be as creative as you want it to be. It can be descriptive words, short sentences, a detailed paragraph, or anything else. Write as much as you can for as long as you can. And afterwards, read what you have written. What did you learn about yourself?

4. Meditate on your soul purpose: What is your personal/professional divine life purpose? Sit down, relax, and look inside. Let your body and mind slow down and rest into the question. What is my unique reason for being? Who am I to be? What am I to learn? What am I to do? Imagine that your higher self is speaking to you. Imagine and visualize that someone is speaking to you inside your mind, and then give them the answer. Relax and meditate on the information you receive. Contemplate the insights you receive.

5. Access the power of your unconscious by keeping a dream journal. Go to bed thinking about the question you would like to answer, and then write about it when you wake up.

6. Offer Your Gift/Share Your Message. Imagine that you and a few other people have been chosen to colonize a new planet. You are allowed to bring just one thing to this new world. All of the usual natural resources are available. You decide to bring something very important to you; something that you feel will positively contribute to this perfect world. You can bring anything you want, real or imagined --- anything at all. Consider carefully what you would want to bring. You also have the opportunity to share one piece of advice with the people of this planet. You should share something that you think it is important that they know or understand about human life. When it is time to board
the spaceship and go to your new home, you travel at warp speed, and arrive on the new planet in no time. What gift are you going to offer to the new population? What message do you want to share? (WHY?)

7. Pray: Dear God, please show me my gifts that I have to give the world. God show me your spirit within myself --- my enlivenment. I am a child of God --- God please let me shine --- let my light shine. I want to be a miracle worker…be a Star in my life. Please let me shine. Show me my power, my stardom, and my higher purpose. Miracles are asking God what I can do for him. God what can I do for you, led me to my perfect career…show me your will for me and I will follow. (Marianne Williamson)

**Exercises Designed to Raise Your Self-Awareness**

8. Draw your life map. Highlight all of your major accomplishments and disappointments. What are the themes? What does your spirit need to say or do in this lifetime? What is the "it" that you must do? Draw it, teach it, write it, say it, and develop it.

9. Clean out your personal attic. Go inside your heart and mind to take a good look at your past. Go inside to see what is lying dormant --- what needs to be brought out to the present and properly tended to? What things, feelings, and experiences come to your mind? Once you have brought things to the light, what do you need to keep? What do you need to let go?

10. Write out your life story. Tell it several times to others. Notice which areas are illuminated in your life. What lessons have you learned that you can share with others?

11. Interview three to five people who know you well. Ask them about you --- what are your gifts, talents, strengths, and weaknesses? Draw: draw a symbol or logo of what your professional purpose might look like.
"A musician must make his music, an artist must paint, a poet must write if he is to ultimately be at peace with himself. What one can be, one must be." --- Abraham Maslow

Chapter 4 - Writing Your Soul Purpose Statements

There are two basic kinds of human purpose --- personal and professional. In other words, who you are being and what you are doing. A personal purpose focuses on who you want to be. It is about the kind of person you want to be with others. Your personal (or relational) purpose corresponds with yin nature, the feminine, nurturing qualities that exist within all humans. This is you "being". A professional purpose focuses on what you want to do. It is about the kind of work you want to do. Your professional (or work) purpose corresponds with yang nature, the masculine, aggressive qualities that exist within all humans. This is about what you "do."

The energy and focus you give to the purpose you choose to pursue may change depending on the different roles you find yourself playing in life. For instance, your professional purpose may be "put on hold" for many years, as you give your time and attention to your personal purpose, while you play the role of "mother". To be most fulfilled, people need to enjoy their passions in both areas. Many modern people are discovering that they can, if they choose, effectively balance both.

"Purpose", as defined by the dictionary, means a result or an effect that is intended or desired. Being "on purpose" means that who you are being and what you are doing is intentional and meaningful. Living on purpose involves an intentional act of love. Working with purpose involves an intentional act of creation. To find your purpose in life and live it is truly heroic and courageous.

When your relationships are loving and supportive, you are relating on purpose. When your work seems more like passionate play, you are working on purpose.

The thing about your professional purpose is that you may find yourself engaging in it both in and out of work. You can't separate your professional purpose from who you are, so you will find that it often flows into your personal life. And likewise, your personal purpose flows into your professional life.
Your personal purpose statement is about who you want to be in the world and with others. Your professional purpose statement is about what you feel passionate about providing to the world and/or what you want to share with others. Both should be a sentence in length and clearly communicate to others what you want to be and do during your life.

Smart Tip
Remember that purpose statements may slightly change and be expressed in different ways, as you evolve and grow throughout your lifetime. The essence tends to remain the same, however.

Sample words for your Personal Purpose Statement:
Acknowledge, Aspiring, Balance, Beauty, Caring, Create, Courageous, Daring, Different, Empower, Fun, Fulfilled, Generous, Giving, Happy, Inspiring, Joyful, Loving, Nurturing, Playful, Reassuring, Supportive, Tender, Unique

Sample words for your Professional Purpose Statement:
Advance, Advise, Affirm, Choose, Coordinate, Compose, Counsel, Create, Demonstrate, Develop, Educate, Encourage, Express, Facilitate, Give, Heal, Inspire, Invent, Involve, Lead, Love, Make, Motivate, Organize, Perform, Promote, Raise, Support, Strive, Teach, Touch, Validate, Value, Wisdom, Write

Purposeful Questions
What is the Divine's Will For Me?
What do I stand for?
What am I willing to speak up about or defend?
What are my deepest heart-felt desires, dreams, and visions?
What am I doing when time flies by?
Who do I enjoy serving/helping/teaching?
I am…..
I know…..
"You have a song to sing that's yours and it's a worthwhile song. It might only be a little song, but there are people out there who will like it." --- Philip Toshido Sudo

Soul Insight Question For personal purpose: What is essential to my soul in relationships?
Soul Insight Question For professional purpose: What is essential to my soul in work?

Personal Purpose Statement Examples:
"I am a loving and giving human being who values intimacy and demonstrations of love and care."

"I am on purpose when I model inner peace."

"My personal divine life purpose is to radiate empowerment and freely shine my bright light to the world."

"My personal divine life purpose is be of loving service to the people in my life."

"My personal divine life purpose is to show myself and others how to be more open-hearted and undefended."

"My personal divine life purpose is to nurture key interpersonal relationships."

"My personal divine life purpose is to bring people together in unity and harmony."

"My personal divine life purpose is to use my intuition to help people see where they are blocked."

Professional Purpose Statement Examples:
"I am a human being who values teaching others to know and love themselves deeply and completely."

"I am on purpose when I take a stand for what is wrong in the world."

"My professional divine life purpose is to educate and empower people to live with passion, purpose, and possibility."

"My professional divine life purpose is to inspire people to lead meaningful and extraordinary lives."

"My professional divine life purpose is to find easier ways to solve technical problems."

"My professional divine life purpose is to lead people to spiritual enlightenment."

"My professional divine life purpose is to restore order out of chaos."
"My professional divine life purpose is to be a master at groups dynamics and facilitation."

To get on purpose in relationships, you will have to do a lot of inner work to clear mental and emotional program formed over the course of your lifetime.

To get on purpose in work, you will have to be flexible and play with different roles: for example, I am still on purpose whether I am writing, teaching, coaching, or speaking. This is because everything I do comes from that deeper part of me, it is just expressed in different forms.

Seven Signs You are Living Your Personal Purpose
1. You are unfiltered and do not hide your light.
2. You see the best in yourself and others.
3. You practice forgiveness and compassion.
4. You are forthright and forthcoming when speaking your Truth.
5. You are living in the present moment.
6. You are grateful and happy for "no reason."
7. People enjoy being around you and describe you as magnetic/attractive.

Seven Signs You Are Living Your Professional Purpose
1. You cannot NOT do it.
2. You lose track of time when you are doing it.
3. You love to talk about it whenever you get the chance.
4. You want to teach others what you know about what you know.
5. You are excited to get out of bed in the morning.
6. You would do it even if you did not get paid.
7. You feel like there is something bigger coming through you.

Smart Tip
Post your purpose statements in your office, so you can reflect on them daily.

Journal Assignment 5
Write out a rough draft of your personal and professional purpose statements.
"Move toward the solution, not away from the problem." --- Unknown

**Beware of the Tricks of the Ego**
How many times in life have you become excited about making life better only to fall back into old energy patterns of fear and doubt? As you become more awake and aware, you will realize that you have the choice to choose new energy. If you do not make a conscious choice to change your life's direction, you will continue down the ego path, which is messy, hard, and a struggle. You will live your life in fear and doubt. You will stay stuck and be unable to fully experience your highest potential as a human being.

On this path, you are unconscious --- living your life blindly. This adversely affects your thoughts, feelings, and actions. You will continue to be unconsciously triggered, often as result of your childhood; you will over react to things in the present because of things that were said and done to you in the past. It is also common to be unknowingly living out your parent's belief system, rather than your own. For example, maybe you grew up with an emotionally unavailable father, and you have become the same kind of person with your own children.

Being unconscious, you will continue to pay attention to the past, re-creating images, feelings, and scenarios that make you feel unworthy of being an influential and powerful person. You will feel safe and secure there, but it will be a false security. A common definition for fear in the self-help fields is "False Evidence Appearing Real". A funny definition is Forget Everything And Run.

Real fear keeps you safe. False fear keeps you stuck. Learning to know the difference will empower you to break out of old patterns and write a new software program for living your life. It is also essential to debug your "system" by objectively looking at your past, keeping what is valuable, and removing what is not.

Past mental and emotional programs are like an old computer software that keeps running your system the same way it always has, despite new information that has been received. You will feel aimless, wandering from one unfulfilling experience to another, hungering for something more, but unable to articulate what it is.

On this path, you will wear a mask, pretending to be someone you aren't. Psychologist Carl Jung calls this our "persona": the skills we use to adapt to the outer world. This mask or costume keeps us from becoming our authentic self. It has been said that what we resist, persists.

> Until we awaken to learn the lessons of our life, we will continue to recreate dramas in which our ego can gain gratification via attention from an audience.

**Be Enlightened!**
Your ego likes to be in control and wants to keep the status quo. Consciously choose what you want!
"There are powers inside of you which, if you could discover and use, would make of you everything you ever dreamed or imagined you could become." --- Orison Swett Marde

**Follow the Path With Heart**

On the path of the soul, you will be living from your conscious self, awake and aware of your surroundings, and knowing your internal programs and patterns. You will make a conscious choice to be in awareness and to be and do what is important. You will make an internal shift in consciousness once you answer the question "What Do I Want?"

After conscious consideration, you will resolve to remember and honor your soul. You no longer buy into limiting beliefs such as "I'm not good enough" or "I don't belong." You may have an epiphany like "I am good enough just as I am," or "I can create life as I would like it."

You will experience individuation, a term psychologist Carl Jung referred to as the process of coming into selfhood or self-realization. This is the powerful force in each of us that propels us to consciously actualize our unique psychological reality, and our individual strengths and weaknesses. There is an integration of your shadow side with your soul --- the time when you realize that all of you is part of Source.

This personal growth process is by no means a straight shot. Rather, the path to the soul can be likened to a labyrinth, with twists and turns, starts and stops, while always striving to reach the center. Every human being on the planet is on a spiritual journey to learn to be more loving and awaken to our soul's power. Some of us know this. Others do not. To be on a soul purposeful path is to be aware, awake, and alive and learning our soul's lessons so that we can evolve.

There are many ancient teachings that give us access to the way the world can work. Here are a few key terms to be familiar with on your journey to awakening.

Darma is the timeless order of nature, and the archetypal patterns/natural laws of human life. Swardharma (life purpose) is the law of one's being, the individual uniqueness that strives for self-actualization within one's family, society, and time in history. Karma is the Sanskrit word for "action". The law of Karma implies that the universe is in eternal moral order. Karma emphasizes free choice --- by the choices we make today, we retire or compound the consequences of past actions, and lay the foundation for the future.

To go down this path requires you to see life as a gift, and to realize that the greatest gift from God is the ability to co-create. Knowing that you are of Source, you will attract all of life's joys and pleasures.

As a knowledgeable actor, you will manifest what you desire. As a result, your thoughts will become intentional --- premeditated, meaningful, and purposeful. This will set the stage for positive and excited feelings, which will translate into a creator who is vibrating from a place of conscious purpose. Instead of being stuck in the past, you will be present to the moment and intentional about what you want to create in the future.
Once you are well on the path, you will flow with life's changes, challenges, and obstacles with more ease and grace. Your direction will seem clearer and easier all because your operating system has been upgraded to one of faith (Find Answers In The Heart). You now have a solid belief that all is right with the world, and an inner peace about your life purpose and significance. You will no longer struggle and get stressed about what the future holds. You will feel sure that your future will unfold and take care of itself, allowing you to feel inner peace.

"If we face in the right direction, all we have to do is keep walking." --- Buddhist Teaching

Let Your Soul Be Your Guide

Edwin Chapman once said, "A true man never frets about his place in the world, but just slides into it by the gravitation of his nature, and swings there as easily as a star." Your spirit is your nature, and it will guide you, if you just let it. Your life purpose is like a river that pulls you along. If you go against the river's flow, you will experience struggle and stress. If you leap into it, you will flow and grow.

Unlike arriving at a specific destination on a trip, you do not come to an end with your life purpose. It is a lifelong journey. You do also don't really "accomplish" your life purpose. Your life purpose is not limited to what you do. In fact, integrating "being" and "doing" is where you feel the most connected to Source and the most fully alive. You become your life purpose and show it by your life choices --- the everyday moments in time in which you live your life.

It might be scary to first step on the path of divine purpose, for it seems to be such a huge commitment. And I have found for myself and my clients that living a life of purpose is not for the faint of heart, and it takes courage. However, you can reduce your fear by focusing on your vision instead of the details. Draw a map by writing out your life vision, purpose, and goals to help you stay on course.

Who is in charge of your life direction? Your ego or your soul?

The ego is like a first mate who takes orders from the captain (soul). If your ego is steering the ship, you will get taken off course again and again. Like a ship needs a captain to steer it, you need your soul to guide you. Just as a ship experiences both easy sailing and stormy sailing, you will have days when it is challenging to stay afloat.

Staying on course is important. Remember what Charles Garfield said: "On course does not mean perfect. On course means that even when things don't go perfectly, you are still going in the right direction."

Journal Assignment 6
Are you headed in the right direction? How can you allow your soul to guide you? What can you do to stay on course?
"You can have anything you want --- if you want it badly enough. You can be anything you want to be, do anything you set out to accomplish, if you hold to that desire with singleness of purpose." --- Abraham Lincoln

**Living Out Your Soul Purposes**

When creating the person you want to be and the work you want to do, it is important to pay attention to your longings/yearnings --- this is your soul trying to communicate its deepest with you desires. The word intuition is Latin for "in to you," and by learning to listen to your intuition, you will make wiser decisions. Contrary to popular belief, life is not meant to be a struggle. You are meant to experience ease and enjoyment, but you have to learn to listen to what your higher self is saying to you to do that.

Enjoyment is the path that leads to fulfillment. You deserve to enjoy what you are doing and who you are being in life. One way to experience more enjoyment is to give yourself permission to be creative. Creativity leads to a deeper self-understanding, and is also a way to share who you really are with the world. Think out-of-the-box and create the life of your dreams!

Fear of success or fear of failure often prevents people from pursuing their heart's desire. However, when you feel fear, know that it is ok. In fact, fear is usually a sign that you are on the right track. Notice the fear, but don't give it power; simply focus on what you want and then take action. This will dissipate the fear, and you will soon forget what all the drama was about! When considering your dreams and goals, never ask yourself if you are good enough to do something. Ask yourself, "Will I enjoy it?" By creating your life based on your vision, purpose, and passions, you will experience more joy and inner peace. And remember that when you are being and doing things "on purpose", others benefit and can learn how to live by purpose, too.

It will not be easy to shift from unconsciousness to consciousness. Your ego is a very powerful trickster. It can sabotage your best efforts. You may, for instance, self-sabotage yourself by placing yourself in environments that are not good for you. This will make it challenging for you to live out your personal purpose. For example, if you are living with people who bring you down, are negative, or are unsupportive of your growth, it is a negative environment. Your professional purpose will also be difficult if you become stuck working in a place that doesn't value, validate, or encourage your true gifts and natural talents. To prevent that from happening, be conscious of where you go and with whom you share your energy.

When you choose to take the time to quest for the answers to Who am I? Why am I Here? What Do I Need to Learn? You begin to discover your inner treasure that lies within your very heart and soul. As you begin living your life on purpose, you are aware and conscious of your thoughts and actions. You are mindful of what you are doing. The more you live life true to your soul purpose and allow that to shape your life, the more joyful, alive, & fulfilled you will become. You will also live in a state of grace and greatness that you have not known before and be able to connect more deeply with other people in your life.
Many people believe that a major life event must happen to push them onto a more spiritual path. Know that nothing big has to happen for you to raise your consciousness. Often, the whispers of your soul, your intuition, is what nudges you awake. When you learn to listen to your intuition, it will guide you in the direction of your divine destiny and life purpose. Living out your life purpose involves seeing the meaning in the everyday experiences of life, achieving what I like to call "everyday enlightenment." Zen teaches that you will be chopping wood and carrying water before and after enlightenment. Nothing really changes on the outside world, but the inside world is radically renewed --- loving, open, bright, and accepting.

The Next Step…..
Now that you are aware of your life purposes, let's see where you are and where you need to go next.

Am I living my personal purpose (Yes/No)?
If no, this is because I have a fear of _____________________________
I do not understand ____________________________________________

Am I living my professional purpose (Yes/No)?
If no, this is because I have a fear of _____________________________
I do not understand ____________________________________________
Reaffirm and Rewrite Your Divine Purposes
I choose to live my personal purpose of _______________________________
I will easily achieve this because I have the courage to and know about ______

I choose to live my professional purpose of _______________________________
I will easily achieve this because I have the courage to and know about _______

So be it and so it is.
Now it is time to take inspired action. Brainstorm the various environments in which you
can live out your purpose. Notice that you can be on purpose whenever and wherever
you choose. To take the next step along your path, ask yourself:

What do I want to learn next?
Where do I want to be next?
What do I want to do next?
How will this serve my soul purpose?

Listen to your intuition, and then confidently take the next step. Remember that your life
purpose can be played out in many roles. For example, my life purposes are played out
as a significant other, daughter, friend, teacher, writer, and coach. No matter who I am
with or what I am doing, I am conscious of my divine life purposes.

Journal Assignment 7
If you were living your life on purpose, what would your life be like?
How would you feel?
What would you not be doing? What would you be doing more of?
What would you leave behind? What would you take with you?

Affirmation
"I know that what I want is good and right for me, and I can have it easily and
effortlessly."
"He most lives who thinks most, who feels the noblest, and who acts the best." --- Philip James Bailey

**Take Inspired Action**
The ancient Egyptians thought that words were magic. They believed that if you wrote it, it would surely happen. To get into positive action, begin by writing a life vision, which is the overall blueprint for your life (For more information on how to write a vision statement, see the [Life Strategy 101 workbook](#)).

As an unlimited and eternal soul, you actually fulfill many purposes in a lifetime. However, being conscious of your divine life personal and professional purpose(s) and allows you to set goals to help you fulfill dreams and aspirations, and commit to living your life consciously and purposefully.

Make a conscious commitment to yourself that you will take action when necessary. Personally, you may decide that you no longer want to play the role of victim, and would rather be the heroine or hero. You will have to make significant changes in the way that you perceive and respond to the world. When you fall into an old, familiar pattern, you will have to take action to break out of the old box.

Professionally, you may discover that you are meant to be a fashion designer. You might think, "Great now I know what I am supposed to do with my life!" And then a second later, you might respond with, "Not great, I don't know a thing about fashion design." This is where you commitment is tested; you may have to go back to school or get more training/education to do what you really want to do. But by taking action, you are creating energy, which will propel you forward. Take the next steps by taking a class, hiring a coach, setting goals, etc.

Do anything positive that will help keep you on track of what is important. By living out your life purpose, you will leave the world a little better than you found it. Truly, it is your job to find your real work and do it! In romance, a passionate embrace usually leads to the next step in lovemaking. When you finally embrace who and what you are passionate about, you will find that you are forced to take action. Embraced by passion, you are compelled to continue with the process. Loving yourself and others, and what you do, will bring you joy that will lead to creation. Anything that comes from joy or love has to be worthwhile. While passion is what we feel, pursuit is what we do.

The reason we say, "pursuing a career" is because it takes continuous effort and action. However, with a purpose, it will take you where you need to go and not the other way around. You need to learn to let go and get into the flow!

What idea can you embrace and move toward? Surrender to your own soul.

Let yourself go, because like e.e. cummings, who said, "In time of daffodils who know the goal of living is to grow, forgetting why, remember how." You are like a flower, who
knows its only duty is to bloom --- once you find out what you are meant to be and do, you will start to bloom in unexpected directions.

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Read the brand new, greatly expanded and professionally released book, The Destiny Discovery. Join my mailing list to receive a Free Destiny Success Kit and to find out when it launches http://www.liveyourdivinedestiny.com
Message from Michelle:

I am a Life Coach for People Who Want to Discover and Live Their SOUL's Purpose & Destiny.

You may have tried to make your soul fit into the life you have created instead of designing your life oriented around your soul's desires. You may suffer from being off purpose, out of balance, low on passion, energy and excitement. You may have missed numerous universal nudges and need to wake up to a new reality. You can do this by stop being busy being busy and hear the song of your own soul. With the help of a personal coach, you can then set your song to music and get moving and grooving, so you can dance with life's changes, challenges and decisions.

I believe that each human being possesses a divine spark waiting to be ignited and that one of my greatest honors is being able to activate that spark within you. When you are ready to not just discover but live out your life purpose, having a qualified coach at your side will make the journey easier and more enjoyable.

As the Soul Coach, I help people to be on purpose in their relationships, career, business and life so they can master their soul's lessons and evolve. If you are ready to take what you have learned to the next level, then schedule a Soul Activation Session with me. Just email me at m.casto@brightlightcoach.com or call (361) 232-3939. Mention that you read one of my "Smash books" for a special 50% discount on a Destiny Visioning Session!

And always remember how beautiful, powerful, and amazing that you are.
To Your Greatness,
Michelle L. Casto

Find More of My Work at
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Enroll in the Journey of a Lifetime
http://www.brightlightcoach.com/mentoring/destiny-journey

Remember to shine your bright light, because the world needs your light!
About Your Purpose Guide & Author

Michelle L. Casto AKA Bright Michelle is a woman on a mission. She is here to set souls free from their mind-made prisons so they can experience their divine life and reach their fullest human potential. Throughout her career, this powerhouse of personal transformation has been known as spiritual teacher, author, healer, Guru, Soul Coach, consciousness shifter, Lightworker, and "bright light."

To her, she is simply an awakener, who carries and communicates the light of understanding, wisdom, and enlightenment to those who are ready to receive it. Feeling called from an early age, Michelle has always possessed an insatiable curiosity to know the meaning of life and her role in making the planet a better place to be. Her Quest for this understanding led her to view Life itself as a curriculum for her enlightenment. She was gifted with the ability to take complex ideas like and make them easy to understand and thus wrote about what the Divine was teaching her at the time in various areas of life mastery: romantic relationships, career, stress, & spiritual development.

Bright Michelle also recognizes there is a divine spark within every human being that longs to be fully ignited and expressed. Through her company, Everyday Enlightenment, she writes, teaches, coaches, and inspires people to co-create an amazing reality in both their life and business. Through a revolutionary process called The Presence Process, she works with people in groups and individually to build a bridge to their inner self so they can tap into the wisdom of their own souls.

Websites:
http://www.soulpurposeaccelerator.com
http://www.brightlightcoach.com
http://www.smartlifechanges.com

Blog:
http://www.SuccessForFreeSpirits.com

"The only person who is spiritually smart is the one who has learned how to learn, unlearn, and change directions instantly, and start all over again, if your soul calls for it." --- Michelle L. Casto
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Manifesting 101
141 Curious Questions
141 Ways to Alleviate Stress
The Self-Coaching Guide
Writing With the Divine
The Illuminations Quote Collection

Free E-Mail Newsletter: The Enlightened Moment

Say hello on social media, I am "Bright Michelle"

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