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5 Ways To Transform Your Life

by Lisa M. Smith

1. All things being the same, if you are not fully alive, then instead of waiting for the physical part of you to begin, this is your opportunity.

1. Know that there is no such thing as a free lunch. The only way to make money with this book is through the sale of the book.
2. Know your own mind. Don't let anyone else convince you that you are not smart or that you are not capable of doing it. You are smart and capable of doing it.
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Anne's job search was not going well. When I met her, she'd just blown big corporate interviews, not with one company but with several. It was same thing every time: Anne would go into the interview process smiling and gracious, like a Miss America contestant, and pass the first screening with flying colors. As she moved on to the next round of interviews, Anne would start feeling a bit irritable. This grumpiness got worse and worse until, in each of her top-level interviews, Anne found herself barking inappropriate answers to the simplest questions.

"In my last interview," she told me, "this vice president asked me why I wanted to be in banking, and I said, 'I don't.' Just like that—I *don't!*" It sort of popped out, like a burp. Have you ever heard anything so stupid in your entire life?"

"Depends," I said. "Do you want to work for a bank?"

Anne recoiled visibly, as though I'd tossed her a snake. "Of course not," she said. "But it's good money."



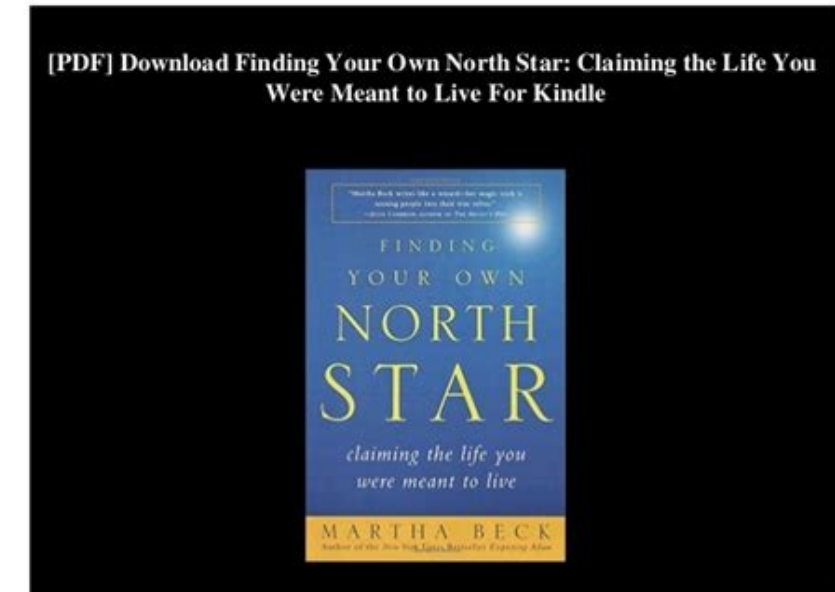
MARTHABECK

A Companion Guide to
FINDING YOUR OWN NORTH STAR
Claiming the Life You Were Meant to Live

by
MARTHA BECK

HELLO!

Thank you for embarking on the journey to Finding Your Own North Star with us!
We hope this companion guide filled with exercises from the book will help you map
your way to a more joyful life.



Finding your north star quotes. Finding your own north star summary. Finding your north star book. Finding your north star audiobook. Finding your north star exercises. Finding your north star summary. Finding your north star martha beck. Finding your north star meaning.

Most of us are familiar with the concept of a North Star—it's the star (currently Polaris) that helps travelers on their journeys... acting as a guide to keep them on track. And, I firmly believe that we all have our own individual North Stars as well, which act in a similar fashion. When I talk about a North Star, I'm referring to a life purpose. If you don't have one, you'll be lost in life. But, if you do have one, you'll have a guiding light that keeps you firmly on track for fulfillment and success. A life purpose is exactly as it sounds: a purpose that drives your life. For example, think of a famous athlete or musician such as Michael Jordan or Ed Sheeran. People like this live to express their physical, mental and artistic abilities. They're passionate, energetic — and they know what they want to achieve in life. In other words, they're following their North Star. So how about you? Have you discovered your life purpose? Or are you simply drifting aimlessly on an ocean of wishful thinking? Why We Should Seek out and Embrace a North Star American author Denis Waitley said: "Winners are people with definite purpose in life." ♪ ♪ Scroll down to continue reading article ♪ ♪ Scrol down to continue reading article ♪ In my experience, this is absolutely correct. Winners know what they want, and they have a plan on how to get it. If you're struggling to achieve the level of success and happiness that you'd like, then you may need to spend some time to find and embrace your North Star (see the next section for help with this). What benefits will following your North Star give you? Well, first, you'll develop an almost super-human ability to overcome and defeat obstacles that come your way. This is because, you'll be fixated on your end goal and won't allow small things to stop you from getting there. Let me give you an example of this: You've decided you want to learn electric guitar. You purchase the relevant equipment (guitar, amp, leads, picks, etc.), and you subscribe to an online guitar tutorial site. For the first few weeks, things go well, and you make solid progress. However, unexpectedly, you break the top string on your guitar while playing. ♪ ♪ Scroll down to continue reading article ♪ ♪ Scroll down to continue reading article ♪ If you were just casually dabbling with learning how to play guitar, then the hassle of purchasing a new string — and learning how to fit it on your guitar — could be enough to end your fledgling hobby. But, if you were set on being a proficient guitarist, perhaps even a professional musician, then you certainly wouldn't allow this obstacle to stop you in your tracks. On the contrary, you'd most likely head off straight to your nearest music shop to pick up a few packs of replacement strings, watch a YouTube video on how to fit it, and then carry right on with your playing! And, the next time you break a string, you won't miss a beat. Can you see now how a North Star (or big goal) can give you incredible energy, drive and persistence? It's the difference between a care-free attitude and a must-do attitude. The former will cause you to drift through life; the latter will keep you firmly on track to reach your desired destination. A North Star is really just a greater overall goal that will allow you to align smaller, achievable goals to it. For instance, if you want to become a school teacher, you'll need to pass your grades to go to college, then pass your college exams, then gain the appropriate work experience — and then attempt to secure a job. Without completing each of these steps, you'll never make it to the front of a classroom. In other words, big goals only become manageable when we break them down into smaller, bite-sized chunks. If you attempted to join a professional basketball team, for example, but you'd never played before, you'd be laughed off the court. But, if you trained hard, found a great coach, and had a burning desire to make it — the right doors would probably open for you. ♪ ♪ Scroll down to continue reading article ♪ ♪ Scroll down to continue reading article ♪ Let me ask you a question: Do you currently feel a little lost or unsure about your future? If you do, don't worry. Once you start following your North Star, all the other stars will begin to align for you! You'll be able to keep your mind on the bigger picture, and you'll understand the best actions to take in life to realize your dream. And, when you do this, your confidence will inevitably grow, you'll give your health a boost. In a research-backed article by Psychological Science, it reveals that following a life purpose can even help you live longer. You'll also feel energized by your progress in pursuing goals that genuinely mean something to you. So are you ready to discover your purpose? If yes, then read on to find out five ways that will help you do this: 1. Break free from mental limitations— You know what I mean, your inner voice that keeps telling you that you're not good enough to do or achieve the things you dream of. ♪ ♪ Scroll down to continue reading article ♪ ♪ Scroll down to continue reading article ♪ 2. Ask yourself these questions: What do you love to do? What activities set your soul on fire? If money was no object, how would you spend your time? 3. Think back to when you were a child — What things brought you immense satisfaction at that time? And, were there things you loved to do, but adults told you to forget about them? ...perhaps a dream about becoming an actor, dancer or astronaut? 4. Spend time in contemplation — Dwell on the answers to the above questions for as long as you need. And, then wait for answers to come into your mind. This may take minutes, hours, days or even weeks. 5. Listen to that feeling deep in your bones — You'll instinctively know when your life purpose has been revealed to you. It will feel right to you, and it'll also excite you to begin taking action. Finding your North Star is a crucial first step on your journey to success, but navigating your way to it is a whole different challenge. To help you with this, check out my recent article: Need a Breakthrough from the Limitations Holding you Back? ♪ ♪ Scroll down to continue reading article ♪ ♪ Scroll down to continue reading article ♪ Featured photo credit: Heidi Sandstrom via unsplash.com

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