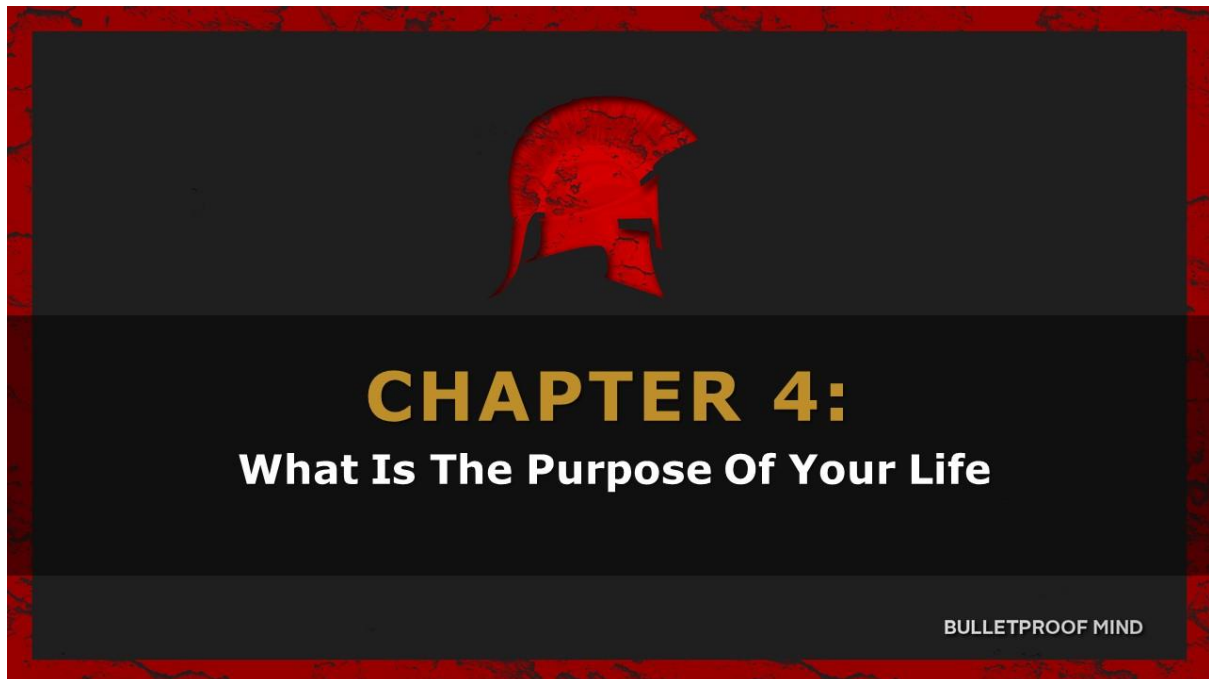


4-0 What Is The Purpose Of Your Life?

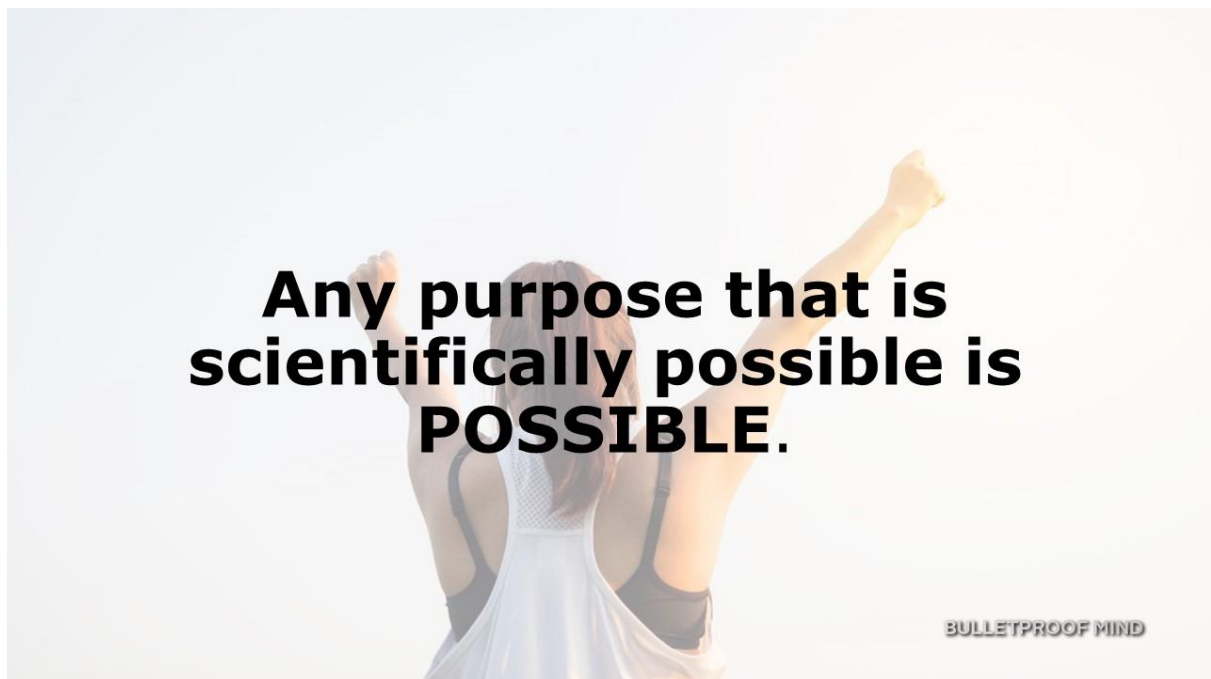


S1: Part and parcel of having a Bulletproof mindset is knowing our purpose in life. It can be realistic, like getting a house; or it can be something that seems a bit harder to accomplish - like becoming a millionaire.



S2: When it comes to our lives, everyone should have a purpose. Purpose is the

motivation that keeps us fighting and going. Without purpose, life becomes meaningless.



S3: Now our purposes in life may seem hard to accomplish. Ignore those feelings; they are just noises that distract you from reaching your purpose. Any purpose that is scientifically possible is possible. And even if you don't reach your goal, the journey can teach you something.



S4: Here's a couple of ways to find out how you can identify your purpose and be driven by it:



S5: Ask yourself what would you want to achieve, 5 to 10 years down the line. Take some time to ponder about it. Now, sketch a plan to accomplish your purpose. Do a bit of research. Talk to people who have accomplished your goal. Look at your circumstances and your limits. Then, plan - set a rough time frame and order.



S6: Keep your mind clear and on the big picture when you're pursuing your purposes. Leave all your worries and stresses behind. Have a clear focus on what is ahead of you, but also try to be realistic, too. If your mindset seems to differ from other people, don't be disheartened. Keep going.



S7: Sometimes, chanting your goals to yourself can get you motivated. Get into a meditative position, focus on your goal, and start chanting. Chant it until you

feel more motivated than ever. As you are on the go, you can whisper under your breath, especially if something isn't going your way.



S8: Your mind needs constant reminders. Write it down and stick it all over. You can also set phone reminders. Get the idea drilled into your head by seeing reminders. Seeing the same thing over and over can BRAND it into your mind. Even if you feel like your words are white lies, it'll become reality if you repeat it enough.



S9: Making purposes and putting in the effort to accomplish them is one characteristic of a bulletproof mind. Hence, keep planning and striving for success - you're halfway there!