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## **Living to Potential: Fulfilling Your Purpose**

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*Your purpose is the reason you are here.*

*Your passion is your fire,*

*Glowing brilliantly, it shows your excitement for life and for what you do.*

A major life change can result in a need to renew our search to find a deeper meaning for our lives, our work, and our relationships. Like a candle, serving its purpose, we too long to be more than a decorative object. We desire to be lit, to shine brightly. During such times we long for the moment when our life is overflowing with the excitement and satisfaction that comes from feeling we are doing exactly what we are meant to be doing and that the purpose for our life is being fulfilled. When this happens, to our humble honor and amazement, the flicker from our ever-brightening light, fans the glowing embers in others, thus adding to their potential to also become full-blown flames.

### **During our time together you will:**

- 1) Apply therapeutic activities to help identify your unique talents and abilities.
- 2) Reflect on ten questions aimed at connecting you with your purpose.
- 3) Experience receiving spiritual guidance regarding your purpose.
- 4) Explore ways to live to your potential and with integrity in your work and personal relationships.
- 5) Examine ways to use your talents and abilities in successful and abundant ways.

### **Articles written by Dr. Jane Simington on this topic include:**

#### **[Honoring Darkness Prepares Us to Welcome Returning Light](http://drjanesimington.com/newsletter/honoring-darkness-prepares-us-to-welcome-the-returning-light/)**

**<http://drjanesimington.com/newsletter/honoring-darkness-prepares-us-to-welcome-the-returning-light/>**

#### **[Summer Fire Ceremonies Heal and Transform](http://drjanesimington.com/uncategorized/summer-fire-ceremonies-heal-and-transform/)**

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