



AWAKEN YOUR TRUE CALLING

RESOURCE CHEAT SHEET

Online Resources

PowerSheets – a workbook created by Lara Casey that is packed with meaningful questions to ask yourself about your dreams, goals, and your why behind everything you do.

<https://cultivatewhatmatters.com/collections/2019-powersheets-and-accessories>

16Personalities – an online test based on the Myers-Briggs personality types provides you with pages of insights that are related to your type of personality to help you determine how to move forward for happier and more fulfilled life.

<https://www.16personalities.com/free-personality-test>

MAPP Career Test – the Motivational Appraisal Personal Potential test will provide you with a wealth of information so you can find your life's purpose and do what you love.

<http://assessment.com/>

Life Purpose Test – the test will help you to clarify your higher spiritual and soul purpose. Gain insights into your heart's desire and who you are meant to be.

<https://www.higherawareness.com/soul-purpose-test.php>

10 Fun Ways to Find Your Purpose – a list of creative ways that you can find your purpose in life.

<http://encouragementfromastranger.com/2010/10-fun-ways-to-find-your-purpose/>

The Best Two Exercises to Find Your Purpose and Bring it Into Day to Day Life – a quick look into two exercises that you can do to help you find your purpose.

<https://medium.com/thrive-global/heres-the-best-exercises-i-ve-used-to-find-your-purpose-in-life-1e84c1a2bcf5>

The Power of Creative Visualization – a comprehensive course on creative visualization that was designed to improve any area of your life in less than 20 minutes a day.

<http://www.creativevisualization.com/products>

Visualization Exercises – a list of different visualization techniques to use to expand your mind and unlock your potential.

<https://www.mind-expanding-techniques.net/visualization-exercises.html>

How to Find Your Passion – a simple quiz to help you uncover your purpose in life.

<http://www.thelawofattraction.com/15-minutes-finding-true-purpose/>

Who are You Meant to Be? – a self-assessment quiz that will help you discover your striving style, learn what to do if it's backfiring from neglect, and find ideas to guide your life in the direction it was meant to go. http://www.oprah.com/inspiration/who-are-you-meant-to-be-self-assessment-quiz_1

Articles

Can't Find Your Passion? Ask Yourself These Questions – a comprehensive article to help you find your passion by answering a few simple questions.

<https://psychcentral.com/blog/cant-find-your-passion-ask-yourself-these-questions/>

3 Questions That Will Help You Find Your True Calling – a simple article that presents three questions that you can ask yourself to help you find your true calling.

<http://www.oprah.com/inspiration/3-questions-that-will-help-you-find-your-true-calling/all>

The Best Way to Find Your True Purpose in Life – a short article on how to focus on what truly matters in life.

<https://bestlifeonline.com/single-best-way-find-true-purpose-life/>

7 Steps to Finding Your True Purpose – a comprehensive list of steps to take if you want to find your true purpose.

https://www.huffingtonpost.com/2015/04/15/how-to-find-your-purpose-_n_7065284.html

5 Reasons Why Most People Never Discover Their Purpose – an in-depth article exploring the reasons why some people never discover their purpose in life.

<https://www.inc.com/shelley-prevost/5-reasons-why-most-people-never-discover-their-purpose.html>

7 Exercises to Help You Find Your Purpose – a guide on seven exercises that will help you find your life’s purpose and true calling.
<https://freeseelfhelpforyou.com/7-exercises-to-help-you-find-your-purpose/>

6 Steps to Begin Using Creative Visualization – an article that focuses on how you can use creative visualization to help you discover your life’s purpose and find your true calling in life.
<http://www.thelawofattraction.com/6-steps-to-begin-using-creative-visualization/>

The Power of Creative Visualization – an article that dives into the power of using creative visualization to get what you want in life.
<http://www.planetofsuccess.com/blog/2016/power-of-creative-visualization/>

Online Videos

Emilie Wapnick: Why Some of us Don’t Have One True Calling – Writer and artist Emilie Wapnick describes the kind of people she calls “multipotentialities” who have a range of interests and jobs over a lifetime.
https://www.ted.com/talks/emilie_wapnick_why_some_of_us_don_t_have_one_true_calling

Scott Dinsmore: How to Find Work You Love – Scott Dinsmore shares what he learned on his journey to finding work that he loves and discusses how to find out what matters to you.
https://www.ted.com/talks/scott_dinsmore_how_to_find_work_you_love?referrer=playlist-how_to_understand_your_inner_p

David Brooks: Should You Live for Your Resume or Your Eulogy? –

David Brooks discusses how each of us have two selves, the one who craves success and the one who seeks connection.

https://www.ted.com/playlists/313/talks_to_help_you_find_your_purpose

Larry Smith: Why You Will Fail to Have a Great Career – a funny and blunt talk by Larry Smith, who calls out the absurd excuses people invent when they fail to pursue their passions in life.

https://www.ted.com/playlists/667/how_passion_becomes_purpose

Amy Purdy: Living Beyond Limits – Pro snowboarder, Amy Purdy shows us how to draw inspiration from life's obstacles so you can find your true calling.

https://www.ted.com/talks/amy_purdy_living_beyond_limits?referrer=playlist-talks_to_help_you_find_your_purpose

Books

StrengthsFinder – a personality test that focuses on your top strengths, including your personal abilities, insights, and influence that you carry inside yourself.

https://www.amazon.com/StrengthsFinder-2-0-Tom-Rath/dp/159562015X/ref=sr_1_1?ie=UTF8&qid=1452548799&sr=8-1&keywords=strengthsfinder

Let Your Life Speak – written by Parker Palmer, the book offers questions and insights to help you reflect on what your life is already telling you about your calling.

https://www.amazon.com/Let-Your-Life-Speak-Listening/dp/0787947350/ref=sr_1_1?ie=UTF8&qid=1452548834&sr=8-1&keywords=let+your+life+speak

True North – written by Bill George and Peter Sims, this book will help you clarify your personal direction.

https://www.amazon.com/True-North-Discover-Authentic-Leadership/dp/0787987514/ref=sr_1_1?s=books&ie=UTF8&qid=1541103615&sr=1-1&keywords=true+north

48 Days to the Work You Love – written by Dan Miller, this book takes readers through the process of self-discovery, and how to use it in your search for a job you love.

<https://www.amazon.com/Days-Work-You-Love-Preparing/dp/1433669331/?tag=motivat0e-20>

The Art of Work – blogger and writer Jeff Goins shares inspirational stories of people who have pursued work that matters. A great read for anyone looking to find fulfillment and meaning in their work.

<https://www.amazon.com/The-Art-Work-Proven-Discovering/dp/0718022076/?tag=motivat0e-20>

Psycho Cybernetics – author Maxwell Maltz shows readers how to transform their lives by changing their self-image in the theater of their minds.

https://www.amazon.com/gp/product/0671700758/ref=as_li_qf_sp_asin_il_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=0671700758&linkCode=as2&tag=ucmb08-20&linkId=5S54CJW47O67PK5G

Creative Visualization – author Shakti Gawain provides easy-to-use exercises and meditations to help you improve your life by using the power of your mind.

https://www.amazon.com/gp/product/1577312295/ref=as_li_qf_sp_asin_il_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=1577312295&linkCode=as2&tag=ucmb08-20&linkId=USZUQOU2TIUIKUPX

Podcasts

Happier with Gretchen Rubin – New York Times bestselling author Gretchen Rubin and her sister Elizabeth Craft offer advice about happiness and good habits.

<https://gretchenrubin.com/podcasts/>

Invisibilia – NPR's Invisibilia examines the invisible forces that shape who we are and how we behave. Listen to the podcast and feel different about yourself and find the inspiration to discover your purpose in life.

<https://www.npr.org/podcasts/510307/invisibilia>

Working – a podcast that interviews Americans with interesting jobs. Listening to the podcast might help you discover a new career path that you might want to pursue.

<http://www.slate.com/articles/podcasts/working.html>

The Good Life Project – a podcast filled with stories about finding meaning and purpose in life.

<https://www.goodlifeproject.com/>

Mind Love Podcast – learn how to shift your mindset and develop modern mindfulness techniques to help you on your path to discovering your purpose in life.

<https://www.forbes.com/sites/ashleystahl/2018/09/30/the-6-best-podcasts-for-your-life-and-career/#20c0bff21c51>