



10 Ways to Find a Life of Fulfillment

Have you ever wondered why you're alive? What's your life's purpose? Do you have a mission? Of course, the thought of a purpose gives us a great pleasure. We live our lives trying to make a living and fit in, but there's more to it. The truth is that our sole mission is to be happy – to find success and peace from within.

We all have a definition of success: some think that it requires money, others think that it requires a beautiful family or talent, or special skills, or recognition. There are as many definitions to success as there are humans on this planet. What's important is that you find your own way to fulfillment and live life from a place of satisfaction.

- **DISCOVER YOUR TRUE SELF**

Live your life accordingly to your inmost desires. Spend time to realize what makes your overflow with joy. Don't give in to doubts and fears about your human abilities. Find the strength to shine your light and allow others to see you for who you really are. In order to do that, you need to spend time unveiling yourself. We all learned during our lives to hide parts of us in order to be accepted; allow those parts to come to the surface and integrate them. Do you have a secret passion no one knows about? Are you interested in painting but never had the opportunity to start because you thought you were not good enough? Now it's the time to walk the path you always dreamed about.

- **BE AUTHENTIC**

The beauty of this world consists in what we perceive as parts of it: each and every human alive at the moment, nature, plants, animals, buildings and so on. Look outside yourself and learn from Mother Nature to be your true, authentic self. It teaches us how to effortlessly give birth to the most astonishing things we could have ever imagined without compromising integrity. You are a unique individual who is already equipped with all the tools to become the best version of yourself.

- **LIVE IN THE MOMENT**

Be aware that everything eventually fades away, disappears, or transforms. This is a harsh truth that we should all acknowledge in order to use our time most effectively. This moment that you are spending reading this article will never come back; so sink in and open your heart to these words. Fulfillment comes from this awareness.

- **PURIFY YOUR MIND**

Life's true importance comes from within; all the events that you perceive as exterior to yourself are filtered through your mind. Your mental capacity of discerning one thing from another, of analyzing, synthesizing, remembering is outstanding. But in order for your mind to function correctly, it must be cleared of all impurities, such as obsessive thoughts that torment you (as self-criticism), excessive worrying, ideas that induce panic or any other negative imprint. There are so many things you can do in order to purify your mind: meditation, stress relieve therapies, walks in nature, reading a good book that uplifts your spirit, playing with kids, enjoying the beautiful company of an animal.

- **PRACTICE COMPASSION**

All of us sharing this space and time on planet Earth, function internally the same way. We all struggle, get disappointed, dream, trust, love. No one is greater or lesser than you are. See in everyone you meet an individual yearning to find him/herself. Everyone is on a different path to fulfillment.

- **TAKE CHANCES.**

A life lived in fear is no life at all. Find the internal guidance system that tells you when to shift. Be aware of your emotions; follow your instinct and walk your own path. Follow your calling and dissolve the boundaries of a life that doesn't bring you joy.

- **BE RESPONSIBLE**

You should understand that you're in control of your own life. When something doesn't turn out as planned, it produces pain. In your mind, you link the pain to how you see the event and not to the event. Acknowledge that only you are responsible for the way you look at things. When you change the way you look at things, the things you look at change.

- **CREATE FROM THE HEART**

You are here to be happy and to create your own results in life. Master the skills you have been given and rise to your greatest potential. Dreams are ageless. Feel your dreams from the heart, decide what kind of life you want for yourself, and take the first step towards it.

- **FOCUS ON THE GOOD IN YOUR LIFE**

Practice being positive even in the darkest moments. Remember that everything passes and always nurture in your heart that place of joy and awe. You can do this through affirmations, gratitude lists, or even speaking positive things to yourself in the mirror each morning.

- **LOVE**

Love as much as you can and be grateful for everything you have in your life right now. It's important! After all, love is the reason you are alive and experiencing your growth as an individual. What's even more important than love for others is self-love. Self-love is the first step to building healthy relationships to everyone around you.