

This book will provide encouragement and inspire you to unleash your full potential and realize your destiny! You will learn the secrets of how to unlock your hidden potential and discover a more rewarding life for yourself.

Your Life's Path: Discovering and Fulfilling Your Destiny

**Buy The Complete Version of This Book at
Booklocker.com:**

<http://www.booklocker.com/p/books/2910.html?s=pdf>

When are you happiest? What is it you enjoy doing most? If you're looking for your life's path and can't seem to find it for the weeds, "Your Life's Path" by Diane M. Ewing, M.S. will help you clear the way.

By the time you've finished reading this book, you will already have taken steps of progress and will feel the satisfaction of accomplishment. What is a life's path? Here's just a hint: P = Plan, A = Action, T = Timeline, and H = Heart. The book will tell you the rest and I am positive you will find inspiration here.

"Discovering your own path is a gift of illumination, but actually choosing to walk down it is a test of courage." Take the first step and pick up "Your Life's Path." An absolute must read!

— Heather Froeschl, for
Book Review Journal

Readers will find that *Your Life's Path: Discovering and Fulfilling Your Destiny* by Diane M. Ewing, M.S., lives up to the promises of its title. It isn't just a book but a literary effort that provides a key to unlocking the mind through a step-by-step self-analytical process that enables individuals to live their lives to the fullest.

Do you want to fulfill your destiny? Do you want to live life and not just exist? Do you want to be truly happy? If so, I can honestly recommend this book as a "must read."

— Bettie Corbin Tucker, for
Independent Book Reviewers

**Your Life's Path: Discovering and
Fulfilling Your Destiny**

By Diane M. Ewing, M.S.

Copyright © 2007 Diane M. Ewing, M.S.

PAPERBACK

ISBN-13 978-1-60145-185-9

ISBN-10 1-60145-185-7

HARDCOVER

ISBN-13 978-1-60145-186-6

ISBN-10 1-60145-186-5

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, recording or otherwise, without the prior written permission of the author.

Printed in the United States of America.

Booklocker.com, Inc.

2007

Library of Congress Catalog Number: 2007902744

Introduction

This book is the result of the vision I had for myself as I embarked on my own life's path. It was a spiritual journey within that resulted in the outward manifestation of this book. In many ways, I felt divinely inspired as I was writing it.

Ultimately, I wanted the book to be a facet of something larger but with a similar theme woven throughout. Although I did not fully understand it at the time, I now see that it was part of a bigger whole for me, an offering in which I can share my own gifts and talents in a very productive and helpful way.

The other elements of the intention behind this book became more clear to me as I embarked on this journey. It is a true testament to my philosophy that you should just start where you are and the rest will follow. This book was the stake in the ground for me, the catalyst for shifting my own paradigm from the 9-5 work day mentality that I had for years. It ultimately created a more rewarding channel for me while affording me a more universal voice and further reach than I ever could have had in a more corporate setting.

So it is that I am reaching out to you with this book. It is my hope that my voice might be heard and strike a chord deep within you that inspires you to awaken to your own calling and begin living your own life in a more enlightened and inspired way. Life is a universal process, and when we touch each other, we touch the world.



To thine own self be true.

~ William Shakespeare

Chapter 1



Getting the Most from This Book

This book is designed to be a guide to help you discover your own path in life. In my experience, many books about doing what you are meant to do have been very general and more of an overview for finding your own path. They have stopped short of providing some structure to get from Point A to Point B on your path. The transformation cannot take place without some work on your part. This book shows you how to do the work required to get on the path that is right for you. It requires active participation rather than passive reading.

The chapters that follow will require you to roll up your sleeves and really get in touch with your own heart's desire; that is, with what makes you happy and most fulfilled. They will also help you gain greater clarity into your own personality, what your natural gifts and abilities are and how these talents can be joined to help bring your life more into sync with who you are and what you want your life to be. It is about

Your Life's Path

realigning your true self with your personal goals so that you can live your life to your fullest potential and share all of your special gifts and talents with the world in the most fulfilling way possible.

Keep a Life Path Journal

It is very helpful to keep a self-discovery journal as you go through this process. Sometimes you may feel like you are not making progress. To counteract that feeling your journal will help you document your successes on a daily, weekly and monthly schedule. You should date your entries so that you can see the progress you make toward your goals. A journal will also help keep you on track with target time frames and goals as you execute your plan. It will help you keep your goals at the forefront of your thought process as you check in with yourself and measure your progress. You may have additional insights that come to you as you reflect on each aspect of your journey, and your journal is an ideal way to capture these. Finally, a journal can be a good sounding board to vent, express frustration, think through your plan, make changes and celebrate your successful milestones. It is for your eyes only and can be a great friend as you begin the journey of living on your life's path.

If you like the freedom of capturing your thoughts and ideas on blank pages rather than the format in this book, then by all means use a blank journal to write in while you read this book. A journal can allow for unstructured creativity in a more open format to

Discovering and Fulfilling Your Destiny

elaborate further on your ideas. Regardless of whether you write down your thoughts and ideas in this book, or in a separate creativity journal, the most important aspect of this process is capturing your thoughts on paper so that you can refer back to them time and again as you shape your goals. The exercises are a type of rough draft for clarifying your thoughts and ideas and writing them down on paper. You must complete the exercises if you really want to maximize your time investment in this book and in yourself.

Completing the Exercises

There are a number of exercises outlined in this book, and all of them are strongly recommended. They are designed to help you achieve the personal transformation you are seeking. These exercises will require some introspection on your part, some quiet moments to reflect on how you came to be, where you are now and the direction you want to steer your ship. There is going to be work involved, but the payoff will be worthwhile. If you only read the book and do not do any of the exercises, there will still be valuable information to be gleaned, but you would be selling yourself short and would only receive a fraction of the benefits this book has to offer.

As you read this book you need to set aside time to complete these exercises. This book contains exercise sections that you can view as a type of self-discovery or creativity journal for capturing your thoughts and ideas. I encourage you to complete each section of exercises at the same time you are reading its

Your Life's Path

corresponding chapter or section. If you do the exercises while all of the information is fresh in your mind, then you will truly get the maximum benefit of the exercises for that section. No one can do these exercises for you. No one has the power to change your life and chart your own course of destiny that you do. If you are ready to make some changes and take charge of your life so that it is more aligned with your heart's calling and your deepest desires, then it is going to require some effort on your part.

Let's Get Started

This book will provide guidance, suggestions and a format for developing your own life's path, but you must pick up your pen and chart your own destiny. If you do not feel that this is a good time for this journey of self-discovery, then I would pose the following questions to you: "When will it ever be a good time?" and "When will you ever have the time for yourself if you do not carve out the time and make it a priority?" Think of how different your life might be today had you started down your true life path five years ago. Think of how different your life might be next year or in five years if you start today. There is no time like the present, and the time will pass anyway, whether you are working toward your goals or not.

Since you were drawn to this book in the first place, my hope is that you are now ready to roll up your sleeves and get to work on you. If that is not where you are right now, then I hope that reading the chapters will create in you a desire to answer the

Discovering and Fulfilling Your Destiny

higher calling to discover your own path. If you are not sure you are ready yet, just get started and go at your own pace with what feels comfortable to you. You may be stimulated enough to get started with your process if something you read strikes a chord deep within you.

If, however, you are ready to experience a life-changing event that results in a personal transformation to live your life in complete alignment with the path that is right for you, then let's begin!



*What lies behind us and what lies
before us are tiny matters,
compared to what lies within us.*

~ Ralph Waldo Emerson

Chapter 2



Self-Assessment

Let's begin with an assessment of your current assets. Think of your assets as tools in your toolbox that you have been collecting since you were born. They are the culmination of your natural talents, the skills you have developed to date and the experiences you have had up until this point in your life.

Using the Tools in Your Toolbox

What tools have you collected along your path? What skills do you have that are unique to you and only you? Perhaps you have worked in Sales or Customer Service for a period of time. Reflect on what skills you gained as a result of that experience. Perhaps you overcame obstacles during your youth or adolescence. What gifts do you have as a result of those experiences? Think of your life as one giant toolbox that you were given the

Your Life's Path

day you were born. What natural talents were you born with and what tools have you collected along the way?

Capture these tools in a list. For instance, if you possess a natural musical talent that you have developed such as playing the piano or the flute, write this musical talent below. Think of your creative endeavors such as artwork, writing and music, as well as physical talents such as playing tennis, soccer, golf or baseball. Focus on your professional experiences, which might have developed tools such as customer service, problem solving, management or conflict resolution. You may have learned a trade or possess a special ability that others do not have. Capture it in writing below. Finally, reflect back on personal experiences such as overcoming a severe illness or disease, losing a loved one, or anything else that may have been unique to you and your life experience to date. Write them down.

As you are writing down your tools, think for a moment about the corresponding personality traits that may apply to a person with those tools. Capture the coinciding personality traits along with the tools you are listing. For example, if you have worked in customer service in the past, your tool list may look like this:

Friendly
Outgoing
Personable
Helpful
Patient

Discovering and Fulfilling Your Destiny

If you are a parent, some of your tools may be as follows:

Responsible
Kind
Patient
Organized
Time Management

This task should be done as a self-discovery exercise. To make it easier to complete, think of yourself being interviewed about each of your experiences. If you had to name one skill that was the result of a job or a life situation, what would it be? Go through your experiences by job, time periods of your life, personal difficulties you have faced or any other way that makes it easier for you to sort through your life's history. When you are finished with your inventory, you will have a list that is a unique snapshot of you; the skills, gifts and talents that you have to offer the world. Do not be bashful or humble in your attitude toward this exercise. If it crosses your mind, do not filter it out. Just capture it on paper and keep going until you have completed your list.

EXERCISE: Write down all of the Tools in your Toolbox

Your Life's Path

Discovering and Fulfilling Your Destiny

Congratulations! By completing this exercise, you now have a snapshot of your skills and talents as well as personality traits and experiences to draw from. This will serve as a summary for future exercises and is an important step in the process of self-discovery.

Discovering Your Resources

Now that you know what your internal resources are, let's look at all of the external resources you have at your disposal. These will be unique for each person. The resources at your disposal may include tangibles such as a computer, fax machine and phone, as well as people who may be able to help you reach your goals. For instance, if you would like to start your own business but have wondered how you would go about doing it, make a list of all of the resources that are currently available to you. Your list may look as follows:

- Computer
- Internet Access
- Fax Machine
- Phone
- Copier
- Previous professor in chosen field
- Friend of a friend who does web site development
- Friend in marketing
- Friend at the bank

Your Life's Path

If you look around you and really think through the people you know, the situations you are aware of and the physical resources available to you, you may be surprised to learn what a wealth of resources are at your fingertips. All of these things can be leveraged to your advantage, helping you attain your goals on your life's path. Think outside of the box for this exercise. Really stretch your thinking beyond what you would consider normal parameters and truly evaluate all of the people, places and things available to you.

Consider it taking an inventory of your entire life, your experience, classmates you may know, neighbors, former teachers, office space that may be available, books that you may have read, a class you may have taken, a business card that may still be sitting in a drawer, all things that may be a potential resource to you. Do not underestimate your own knowledge (or someone else's of a particular subject matter that you may be able to use to your advantage.

EXERCISE: Write down your Resources

Discovering and Fulfilling Your Destiny

These combined resources form the cornerstone of our working model and will be the basis for future exercises. Let's take this process one step further now and determine what it is you enjoy doing the most.



We will discover the nature of our particular genius when we stop trying to conform to our own or to other people's models, learn to be ourselves, and to allow our natural channel to open.

~ Shakti Gaiwan

Chapter 3



Your Natural Skills and Abilities

Now, let's take a look at your natural skills and abilities. We also want to see what makes you happy. We will be working on two exercises in this chapter. The first one is to determine what your natural talents and abilities are and the second is discovering what makes you feel truly happy. Below is a useful framework for the exercises that follow.

Abraham Maslow's Hierarchy of Needs

Abraham Maslow was a prominent psychologist who theorized that there are five basic needs that must be met in order to reach maximum satisfaction in our lives. He listed these as a hierarchy. The most basic survival and physical of human needs are at the bottom of the pyramid, because they are the foundation for everything else. The higher level and emotional needs are at the top. Each of the needs on

Your Life's Path

the lower levels must be met before you can really focus on the needs of the next level, so there is an upward progression of need fulfillment. As each of these needs are met, you feel a certain degree of happiness as you ascend to the next level of the hierarchy. Refer to Maslow's pyramid structure below:

Maslow's Hierarchy of Needs



Physiological

The physiological needs of humans are air, food, water and shelter. These are considered the strongest of the five needs since they pertain to our daily human survival in the world. These needs must be met before any other of the needs can be attained.

Safety

Next we have safety needs, which are emphasized after our physiological needs have been met. We see this need demonstrated by children who will often show signs of insecurity and express a need to feel safe and secure in the world, but they are not the only ones with safety needs. As adults, we recognize that our safety must be maintained if we are going to survive daily in the world.

Love and Belonging

Next is our need for love and belonging. To love and be loved is such a universal requirement for happiness among humans. It is the need to give and receive affection and have a sense of belonging. This can include romance in adults, but not necessarily. We physically share affection and psychologically and emotionally share a feeling of love. In this realm we are overcoming our individual loneliness to form a union with other people in the world.

Esteem

Once the physiological, safety and love needs are met, one can then focus on satisfying his or her need for self-esteem. The emphasis of this need is on self-respect and having the respect of others. It is also the need to share our gifts and talents with others and to feel that those contributions are valued in the world. When this need is satisfied, a person feels fulfilled and valued in the world, but when this need is not fully met, a person can feel inferior and worthless.

Self-Actualization

Once the four lower levels of needs are met, we strive toward self-actualization. This is where we begin to feel that we are fulfilling our potential. In this level we expand our awareness and live in our true essence where there is a connection between us and the rest of the world. There is a sense of unity and peace, of knowing that life ebbs and flows in a universal tide and a feeling of peace and contentment in this knowledge. Only at this level of human development can we experience what Maslow refers to as "Peak Experiences." These are often spiritual or enlightened moments filled with a feeling of peace, overall contentment and well-being. People who meditate and practice yoga often relate that they have had such glimpses into the fullness of life.

Let Your Heart Speak

The most important part of these exercises is to let your heart speak. Try to get out of your head and in touch with your heart. The experience of capturing this unique information will have more value to you if it comes from the heart. That means not worrying about your preconceived notions of what *should* make you happy. Instead, ask yourself what actually *does* make you happy. Find a quiet place to ponder these thoughts and meditate on them. Make a date with yourself to sit quietly and contemplate these questions. The more you can quiet the noise and static of your mind, the more your true feelings can come through.

Discovering and Fulfilling Your Destiny

To quiet the noise of your mind really means to quiet your left brain. Meditation can help you do that so you can receive the information you are seeking from your right brain.

You see, your brain is made up of two sides. The right side is dominated by creative thought, dreams, visual images and expression. The left side is more logical and focused on numbers, rational thoughts, deductive reasoning and analysis. A cultural bias toward left side thinking has made the left brain somewhat of a bully. It can be hard to hear your creative side, because the left side is always thinking in familiar ways.

Meditation often works by giving your left brain something to do so that the creative dreamer right brain side can shine through. Here's one way: As you sit quietly, focus on your breathing. Feel your breath as you inhale and fill your lungs with air and then gently exhale. You may even want to count your breaths. The left brain loves counting. That leaves your right brain free to answer questions about what you really want.

If random thoughts or judgments come to you just gently place them in a bubble and let them float away. Watch the bubbles float away gently up into the air away from you. Repeat the question in your mind to access the information you are seeking.

What Comes Naturally to You?

We have already talked about your toolbox and the resources available to you. In this section, we are

Your Life's Path

focusing on your assets—your natural talents, skills and abilities. It is helpful at this point to make a list of all of the things you do naturally. This exercise can be difficult, since what comes naturally to you may not feel like a gift. Since you have always been good at it, you might not think that it is anything special. You may think others possess similar gifts and talents or that everyone has the same gifts since they come so easily to you. Go ahead and write down things that you have always done well, that are second nature to you, so much so that you do them without even thinking about it. Use your creativity journal or the section provided in this book for this exercise.

What are the things you do naturally and instinctively, without even thinking about it? What comes most naturally to you? For instance, did you ever play a musical instrument and just begin playing it with ease? Have you ever tried something new that felt comfortable and easy for you the first time you did it? Do not limit yourself here to a certain number of natural talents. Just start listing them and see where it goes.

Your list may read as follows:

What comes naturally to me?

Mechanical drawing
Public speaking
Writing short stories
Oil painting
Playing the piano
Coaching little league

Discovering and Fulfilling Your Destiny

Playing basketball
Decorating and interior design
Cooking
Making friends
Reading

EXERCISE: What are my “natural” talents?

What Makes You Happy?

When you feel happy there is a physical process occurring in the brain that creates that sense of well-being. You might be listening to music or exercising externally, which internally causes the brain to release serotonin. What makes your brain release serotonin

Your Life's Path

and generates a feeling of happiness and well-being? This question can only be answered by you. It is not about what others *think* makes you happy. It is about what you yourself are happiest doing.

Let your mind drift to recall moments when you truly felt happy, content and fulfilled in what you were doing. Were you inside or outside, traveling or at home, alone or with others? Give yourself plenty of quiet time for this exercise to get in touch with the core of your spirit. We are on a journey to the core of your soul and what resonates within you to make you feel blissful and content. Do not rush this process. You can start it and then come back to it as other ideas and moments come to you. For instance, do you enjoy fishing? Walking your dog? Spending time with loved ones? Entertaining? Exercising?

What were you doing during the happiest moments? What are you passionate about? What makes you tick? Is there something you do each day, such as jogging, that makes you feel happy? If you had all the time in the world and money were no object, what would you spend your time doing?

This is an important exercise, so take your time to really connect with your feeling of happiness, how often you experience it and what brings it about. These are activities that provide moments in which you find yourself to be completely at peace with yourself and the world. Times when you feel more centered, rejuvenated and utterly content. Life is not one long series of feel-good moments. It comes with so many ups and downs. Focus on the happier times in your life,

Discovering and Fulfilling Your Destiny

the snapshots of smiles, laughter and pleasant memories. Just be yourself and get in touch with your own personal experiences in life.

If it helps, write the things that makes you happy and the corresponding memory and time frames for these moments. You can review this additional information to see if there is a trend in your life. Think of Abraham Maslow's hierarchy of needs. When have you had Peak Experiences, moments of true glory or highly self-actualized moments? If you have not actually experienced such moments in the past, what have you dreamed of doing or always wanted to try?

Your list may read as follows:

What makes me happy?

Exercise
Traveling
Competing in sports
Mountain climbing
Drawing caricatures
Cooking gourmet dinners
Hiking
Biking
Camping
Entertaining
Playing sports
Writing poetry
Scrap booking
Taking art classes

Your Life's Path

EXERCISE: What makes me happy?

What are Your Peak Moments?

Think back to Abraham Maslow's peak moments. Have you had peak moments in your life? If so, were they the result of things that come naturally to you and that also make you happy? There are probably activities that overlap for you on both lists. Something that comes naturally to you, such as playing the piano, may also make you feel content and peaceful. You may have had peak moments as a result of this powerful union, when doing what you enjoy also brings about a heightened and extreme feeling of happiness. Or are

Discovering and Fulfilling Your Destiny

the things that come naturally to you the opposite of what makes you feel happy and content?

EXERCISE: Write down your Peak Moments

The opposite extremes on these lists are also important. They may provide some insight into your own personality and what makes you tick. Maybe you are naturally good in music, but you were taught to think it wasn't worthwhile. In that case, playing music may actually bring up hurt or angry feelings. These lists help you to pinpoint those spots where your conditioning interferes with your happiness.

Spend a few minutes reflecting on the lists you have created to see if any further insights come to you. Write down any associations you may have with these lists as well as any feelings they may evoke in you. Discovering what makes you feel happiest is the starting point for living your life on your life's path.



Do not fear mistakes—there are none.

~ Miles Davis

This book will provide encouragement and inspire you to unleash your full potential and realize your destiny! You will learn the secrets of how to unlock your hidden potential and discover a more rewarding life for yourself.

Your Life's Path: Discovering and Fulfilling Your Destiny

**Buy The Complete Version of This Book at
Booklocker.com:**

<http://www.booklocker.com/p/books/2910.html?s=pdf>