



My Time to Shine!

**Find Greater Meaning and Purpose
Through Stress Management and
Mindfulness**





Do you ever feel like your days all blend together? Like you're going and going without feeling much fulfillment or sense of meaning? Maybe your basic needs (like food and shelter) are taken care of but you still feel like something deeper is missing?

Imagine doing what you love each day and living a longer life because of it. You can achieve this by designing a life that follows your sense of purpose, this is more than possible! A recent study from the National Institute of Aging shows that people who have clear goals in life tend to live longer and be mentally sharper than those who don't.¹





Finding a sense of meaning and purpose is a common struggle for many. The global workplace is shifting rapidly, but the good news is that the opportunities are greater than ever before!

Maybe you're reconsidering your own job or career path to gain a deeper sense of meaning and fulfillment in your life. If that's the case, this will be a helpful guide to understanding how practicing stress management or mindfulness can bring you a step closer to waking up excited each morning as you live out your unique calling.

"The two most important days in your life are the day you are born and the day you find out why."

- Mark Twain



Connect with Your Big Vision in Stillness

The first step in finding greater meaning and purpose in life is getting in touch with your true desires. It's about really taking the time to uncover what makes your heart sing with joy.

Now is the time to sit back and reflect on the most important person there is here -

YOU!

Grab your favorite pen and journal or a piece of paper. Allow your thoughts or writings to flow through the forefront of your mind, through your arm and hand, then into the paper keyboard. Don't worry about grammar, spelling or punctuation. If judgment or the need to correct yourself comes up, be curious about why that thought or emotion is here.

Read through the following questions and pick one or two that resonate.

Which activities or topics light you up on days when you're feeling down?

What's something you could see yourself doing every day without getting tired of it?

What brings a smile to your face while making you feel like you're growing as a person?



Mindfulness allows you to still your mind for long enough to listen to the guidance of your heart. You may recognize that much of the mental chatter in your mind comes from others' judgments of how you should or shouldn't live.

When you can sit still long enough, you start to see the space within that's unclouded by others' opinions or judgements. When you discover that inner space, your body relaxes. As the stress melts away, you gain more clarity and a greater sense of connection to your heart. This allows you to connect with your intuition so you can get in touch with that big vision for your life.

In turn, this practice is effective stress management. You will begin to recognize that stress is an everyday fact of life. You cannot avoid it. Practicing these skills will ensure that you begin to react to stress in more healthy and wholesome ways.



Turn Your Pain into Meaning

You may have heard inspirational speakers talk about turning mistakes or times of pain into a mission. The idea behind this is that instead of lamenting the trials in your life, you consider how you can use the lessons learned to help others in similar situations.

The more people you help by sharing the lessons you've learned, the more fulfilled you'll feel. If you want some inspiration to fuel your quest for finding that sense of purpose, try a meditation with a visualization that connects you to the impact you want to have.



"The purpose of life is not to be happy. It is to be useful, to be honorable, to be compassionate, to have it make some difference that you have lived and lived well."
- Ralph Waldo Emerson





If you are new to meditation, it may seem daunting. It is important to understand that the heart of meditation lies in the ability to have an awareness of when the mind is distracted, gently smile at yourself for discovering the distraction and then to bring the focus back to the topic.

Here are some tips for creating a safe and effective experience:

- **Set yourself up so that you are comfortable and warm.**
- **Surround yourself with minimal distractions.**
- **You can change posture if you are struggling with sleepiness, try sitting, laying down, standing or even gently and slowly moving.**
- **If you find the mind wandering, gently smile at yourself and direct your attention back to the meditation. (This right here is the whole practice! Our minds are made to wander, to meditate is to always bring the attention back to the topic.)**



Reflective Meditation

Set the intention to discover your purpose and then reflect on these questions as you sit quietly for 15-20 minutes. Simply sit, breath and allow the answers to arise.

What are some of the most difficult obstacles you've gone through in life? How have they changed the way you see the world or live? Are there others who are struggling with something similar? If so, would you enjoy sharing your lessons to help them overcome their problems too?

How do you want others to feel as a result of you working with them?

Who are the people that you most enjoy helping? What do they have in common?

How exactly are you changing their lives?

As answers come to you, don't judge them. Simply notice and make a mental note of them. After the meditation, journal about them. Give your mind a few days to sit with the answers. See if additional information or inspiration comes up to guide you to the next steps... they may often be right in front of you!



Release Limiting Beliefs That Hold You Back

Here's the problem that most of us unconsciously face when it comes to finding a deeper sense of meaning and purpose. We're unaware of how our mind repeats certain limiting beliefs over and over again. These can include thoughts like:

"I don't have the skills or talents to do what (your role model) is doing... they were born with a gift I don't have."

"I don't have enough money to start a business that would fulfill me and impact others at the same time."

"There's no way I could make a living doing what I love...that's too good to be true. Only those who are lucky can do that."

"Pursuing my dreams is outrageous, what if I fail? Everyone will know I am a failure and they will ostracize me!"



"The mind is everything. What
you think you become."
- Buddha

These and lots of other limiting beliefs are often picked up from society. But while many people doubt their own ability to create a magical life for themselves, it doesn't mean you have to take their doubts and fears on as your own!



As you practice stress management and mindfulness, you see these beliefs as simply mental patterns that come and go. You, as the awareness beyond them, get to choose whether to direct your attention to these beliefs or not. So instead of paying attention to perceived limitations, look for inspiration instead.

Train your mind to look for inspiration of what you CAN do. Sometimes we don't go after our biggest dreams because we can't find evidence that living that kind of life is really possible. We may wish to do great things in the world. But if we don't know anyone in our circle who's done something similar, we may not believe it's possible.





Feeling inspired is essential in living a life of greater meaning and purpose. That's why it's key to train your mind to look for the positive. If you don't consciously make an effort to refuel your mind with positive inspiration, it will naturally keep going back to its habits of negative rumination.

So each day, make it a habit to think of, listen to, or read about people who are already doing what you want to achieve in life. Perhaps they're authors, speakers, influencers, business owners, or even friends or relatives who did something you admire.



Expose yourself to these people more often. Read or watch what they've shared to help people accomplish big things. Ask them for advice if you can. Anything that helps your mind see that creating a life of purpose is a very real possibility!



Recognize Your Strengths and Share Them with Others

Mindfulness helps you see how your mind tends to point out the negative traits within yourself and others. This includes the inner critic that prevents you from seeing all the talents you already have. The voice of the mind often stops you from believing that you can turn those talents and passions into something that can bring you meaning.

You have unique talents and skills that nobody else has. When you express them by sharing them with others, you feel whole.

Let's say you enjoy cooking. If you cook for yourself, you probably don't enjoy it nearly as much as cooking for others. It's in sharing your talents and gifts in a way that brings value to others' lives that you feel fulfilled.

An essential part of living mindfully is having more self-compassion and seeing your own strengths more often. The more often you recognize these strengths, the more opportunities you'll see to express them through doing work that fulfills you.





“Remember, you’ve been criticizing yourself for years, and it hasn’t worked. Try approving of yourself and see what happens.”

—Louise L. Hay

Having more self-compassion for yourself can be hard if you have a harsh inner critic. It takes practice to learn how to become your own best friend, cheerleader, mentor and boss. Having a teacher or a mentor to guide you through these practices is an investment into your health, wealth and happiness.

At Pure Life Therapy, we believe in the Mind - Body connection. Our thoughts, feelings, beliefs, emotions, and attitudes can positively or negatively affect our physical health. Conversely, what we eat, how tense we might be, or how much exercise we get can affect our emotional and mental health.

That’s why we provide you with world-class Massage Therapy, Mindfulness, & Stress Management programs. Work with us today to feel a renewed zest for life, boost your immune system, PLUS find more happiness and compassion to improve your overall quality of life!



STRESS MANAGEMENT PROGRAM

Want 1:1 guidance in training your mind to feel less stressed and more calm, intentional, and energized?



Choose a stress management package that works for you! Use code **LESSSTRESS** to save 10%!

[www.purelifetherapy.com/
stress-management](http://www.purelifetherapy.com/stress-management)



MINDFULNESS-BASED STRESS REDUCTION

Want to join the world's leading stress-management program proven to reduce stress and pain, and increase resilience and focus?

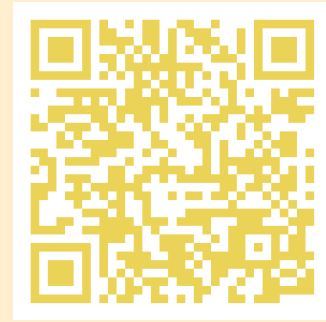
[www.purelifetherapy.com/
mindfulnessprogram](http://www.purelifetherapy.com/mindfulnessprogram)

Sign up for the Mindfulness-Based Stress Reduction course, Enter the code **MINDFUL** to save 10%!



ONLINE MERCH STORE

Home spa candles, apparel, tote bags
and mugs that help you with stress
management, healthy living, and
rock and roll.



Use code WELCOME to save 10% and
show off your health and wellness
journey with the world!

[www.purelifetherapy.com/
merch-store](http://www.purelifetherapy.com/merch-store)



MASSAGE THERAPY IN SAN DIEGO

Are you in the San Diego area?
Nourish your body and release
tension with a relaxing session of
massage therapy.

[www.purelifetherapy.com/
massagetherapy](http://www.purelifetherapy.com/massagetherapy)

To become an exclusive client,
contact Jessica@purelifetherapy.com



Jessica Chranowski is founder and CEO of Pure Life Therapy. She is a Holistic Health Practitioner, and International Stress Management and Mindfulness Based Stress Reduction Teacher.

Since 1999, she has been providing massage therapy and holistic health at her office, homes, concerts, and festivals in San Diego, CA.

Her nurturing approach to healing is to consider the client's physical body and emotional patterns as a whole in order to bring calm, relief, and balance. You can get in touch by emailing Jessica@purelifetherapy.com



Index:

1. <https://www.bluezones.com/2019/05/news-huge-study-confirms-purpose-and-meaning-add-years-to-life/>