

# WHY AM I HERE?



## 5 STEPS TO FINDING YOUR PURPOSE

AN E-BOOK

KRISTEN R. HARRIS

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## 5 Steps To Finding Your Purpose

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Distributed in the United States of America

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Homewood, IL 60430

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## Prologue

*"When purpose is not known, abuse is inevitable." ~Myles Munroe*

One of the most liberating things that you can find out in life is what you were created to do. Unfortunately, so many people walk around aimlessly for years without a clue as to why they are on earth and what they should be doing with the borrowed time they have here. This is a completely frustrating lifestyle. Imagine if someone gifts you a toaster. You have no idea what to use it for because you have never even seen one before. Instead of placing a slice of bread or bagel or even a "leggo my Eggo" into the toaster, you start placing foreign objects like paper inside. Next thing you know you have started a fire. It would be incredibly frustrating possessing a device that has so much functionality but is completely useless to you and everyone around you because you have no idea how to use it.

When you are unaware of your purpose in life, you essentially become useless. No, I am not trying to devalue you or call you worthless. What I am suggesting is that if you don't understand your purpose and live your life for that purpose, you will never fully allow God to use you to fulfill His purposes.

I was fortunate enough to stumble upon the purpose of my life a few years ago and I have tried to live a completely purpose-driven life since then. This book is designed to save you several years of aimlessly wandering, job hopping and time wasting. In just 5 simple steps, I am going to help you answer the question, "Why am I here?" If you are ready to find out that most exhilarating news, then join me on this quick, soul-searching journey!

## 1. Ask the Source

*For we are God's handiwork, created in Christ Jesus to do good works,  
which God prepared in advance for us to do. ~Ephesians 2:10 NIV*

Remember that toaster that we talked about just a page ago? Good. Now imagine if after several failed attempts at use, you discovered who the manufacturer of the toaster is. If you are truly clueless as to what you should be doing with the toaster, it would be ludicrous not to contact the company that actually made the device. If anyone knows what the purpose of the item is and how to use it, it would be the one who created it. The manufacturer will be able to explain the purpose, how to use it, how not to use it, and how to keep it functioning for the long haul.

Well my friend, the same is true with you! If you need to know what you were created to do, then you need to have a chat with the Creator! Only the One who designed you after His own image will be able to fully disclose what you are supposed to be doing in life.

The great thing about God is that He is anxiously waiting for the moment that you come to Him and ask what you should be doing with this life that He gifted you with. He is ready for you to truly understand who He has called you to be. He longs to see you fulfilling your purpose. He is anticipating that day when you finally realize what you should be doing to impact His people. That is how you bring Him glory. That is how you make Him smile!

## 2. Find Your Passion

*"You can only become truly accomplished at something you love. Don't make money your goal. Instead pursue the things you love doing and then do them so well that people can't take their eyes off of you."*

*~Maya Angelou*

Those words from Maya Angelou have resonated with me ever since I first read them on a card back in 2003. The day that I was graduating from college, my mother gave me a congratulatory card with those words of wisdom on the front. Ironically enough, it was the day that I was receiving my degree in Civil Engineering, a profession that I had selected solely on the premise of making money. I am inclined to say that that was probably one of the worst decisions of my life. Instead of pursuing a paycheck, I should have been pursuing my passion. The problem with that is that I had never even considered what my passions were.

When trying to find your purpose, it is almost always connected to your passion. What are the things that you care about so much that you would do even if you never received a paycheck? What causes do you passionately care about? Conversely, what do you passionately *not* care about? Those questions are a great place to start when trying to identify what you should be doing and not doing in life. If your heart strings are tugged to the point of action every time you see an animal being mistreated, then maybe you should be doing something centered on animal rights and activism. If your greatest joys come from seeing children thriving educationally, then your passion may be connected to educating children. And it doesn't have to mean that you operate in traditional roles either. Instead of being an elementary teacher, you could be purposed to create an after school mentoring program designed to train students on basic life skills. Think outside the box!

Personally, I am very passionate about seeing women succeed. Simply put, I love to see other women winning! It makes me smile so hard. My soul leaps. I seriously feel a rush overtake me when something positive happens for another sister. In the recent years, I have come to realize that I am even more excited about women entrepreneurs. But that shouldn't come as a surprise to either of us. After all, I am passionate about *this* woman entrepreneur!

I truly wished that I had stumbled upon Maya Angelou's quote earlier in life because it possibly could have saved me some wasted time and money. But I didn't. So I had to make a conscious choice to either wallow in what could have been or simply put in the work to change the trajectory of my life. I implore you to follow your passions because they lead to your purpose. Pursue purpose and paychecks and profits will follow!

### 3. Follow Your Pain

*"Your story is the key to unlock someone else's prison." ~Pastor John Hagee*

This part of the purpose pursuit is usually the step that many have the most disdain for. No one *wants* to be pained. I don't know anyone signing up for troubling situations. But unfortunately (or fortunately, depending on how you view it), your purpose is directly connected to your deepest points of pain. Those mountains that you have already overcome were designed to empower you to help someone else.

As a recovered drug addict, you have the experience and empathy to minister to someone else who is currently working through that ordeal. Your past point of pain is connected to your purpose! Having a baby as a teenager was extremely tough, but you overcame the challenges of being a young mother. Guess what? Your purpose is locked up in that journey too!

For me, there were a few different pressure points but they each embodied the essence of my purpose -- empowering women. Juggling a husband, kids, career, business, and myself is a chore and has sometimes created conflict and discord in my home but the lessons learned along the way have equipped me with the knowledge to inspire and uplift other women. Building an empire with no money was definitely a struggle and a point of pain; however, I have now channeled that energy into helping other aspiring fempreneurs with my "Work Broke" initiatives. I chose to use my pain as a catalyst into pursuing my purpose.

I know that pain you experienced didn't feel good, but it was good for you and even better for the people who are attached to your destiny. I am encouraging you to follow your pain because it will lead you right to your purpose.

## 4. Go For the Great!

*"Don't be afraid to give up the good to go for the great." ~ John D. Rockefeller*

When trying to find your purpose, one of the most important things to do is identify the things that you do great. The tasks that you can almost do effortlessly and do them amazingly well are directly connected to your purpose. If you are super organized to the point that it is almost obsessive, you do organization great! Have you considered starting a company where you travel to other businesses and homes and help people get all of their paperwork, wares and other clutter organized and manageable?

Often the things that we do great go unrecognized because they come so easy to us. My friends call me all the time asking for advice or encouragement to help them get moving. It is natural for me to share because all I do is tell my story. It's great simply because it's real.

I think the problem that so many women encounter on their quest to find their purpose is that they end up settling for the counterfeit of great. I can't speak for you, but when I was working my job in the engineering field, I was distracted by my counterfeit. I did my job for the 8 years that I worked in that industry but I can honestly say that I only did a good job at best. There was no way that I could go for the great. You can only be good at something that you are not passionate about. Greatness only comes when you are walking in passion and purpose! So go for the great!

## 5. Write Your Epitaph

*"Carve your name on hearts, not tombstones. A legacy is etched into the minds of others and the stories they share about you." ~Shannon L. Adler*

We start with the end in mind for most things that we are trying to accomplish. When we want to go to school, we consider what career we want so that determines what degree we want to obtain and that's how we choose classes and coursework to study. When we want to buy a house, we start saving money, getting our credit in order and shopping around for a house. When we think we are ready to get married, we start preparing for that too. In almost everything we do in life, we live by the slogan "the end justifies the means." So we do what we need to do now with the end in mind.

That usually applies to everything in life, but not specifically to life itself. How come we don't think ahead to the end of our life and then work backwards to make sure we do everything in our power to make that end goal our truth?

Today, I challenge you to think of only seven words that you want to sum up your life when you die. Imagine these seven words inscribed on your epitaph. After you come up with your words, I want you to spend every waking moment of your life making those words your reality. Work backwards, figuring out what you need to do to really live (and die) those 7 words.

I'll share mine for accountability purposes: "The lives she impacted only heaven knows."

I want my life to be an inspiration to so many people that we can no longer trace the number of people impacted. This book is working backwards to make my 7 words a reality.

## Epilogue

It is time for you to get on your square and start pursuing your purpose. There are people waiting on you to get in place. They need you to live life on purpose so that they too can fulfill their life purpose. Enact these five steps immediately so that you can stop abusing your life and get to using yourself the way that God designed you to be used.

I found the following diagram one day while perusing Facebook. I loved this depiction of everything that pours into your purpose. Use this as a guide in addition to the 5 steps outlined in the book and I am certain that you will get to living life on purpose! There's only one catch though. Once you find out your purpose, I need you to live it!



I would love to see you working your steps in action! Please use hashtag #KRHInspires as you share your endeavors to live on purpose on your social platforms.

Come chat with me; I'm very social!

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