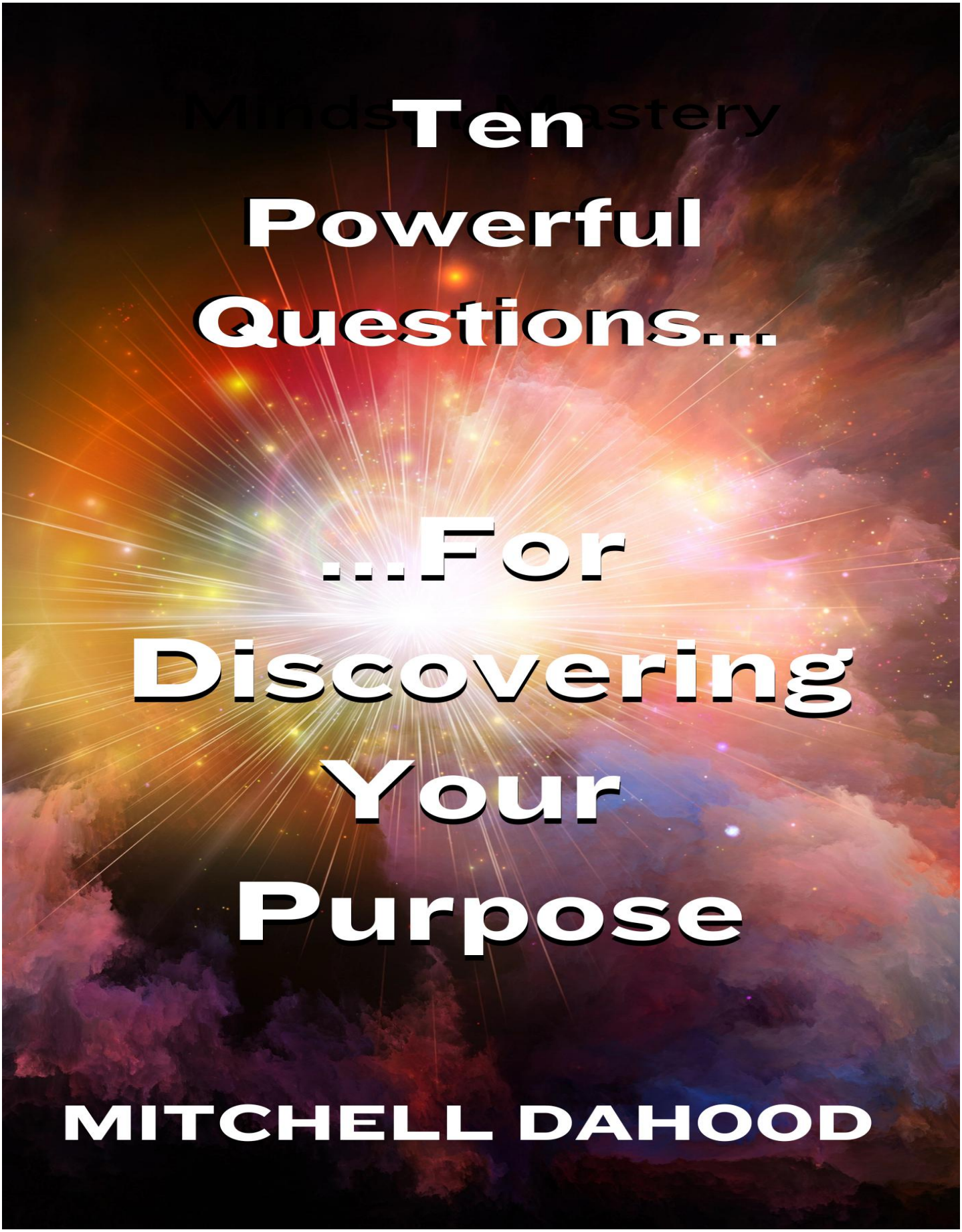
Ten
Powerful
Questions...
...For
Discovering
Your
Purpose
MITCHELL DAHOOD

Ten Powerful Questions For Discovering Your Life Purpose

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Written By
Mitchell Dahood

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Introduction

It was almost 30 years ago now when I was beginning to become aware that far too many people were experiencing far too much unnecessary pain. It was during my internship in Clinical Hypnotherapy at the Hypnosis Motivation Institute.

Clients would come in and express to me the change or transformation they wanted to experience and even though after working with them and assisting them in experiencing what they said they wanted, a significant number of them didn't experience the fulfillment they expected.

This caused me to become curious and wonder why? I began to become clear about the "why" while pursuing my master's degree in Spiritual Psychology at the University of Santa Monica. Prior to attending the University, I had become very good at empowering people to use the power of their mind to experience what they (thought they) wanted.

By the end of my first year at the University of Santa Monica it had become clear to me that there is a place within each of us that knows the truth about who we really are and the Purpose, Path and Mission we are meant to follow and fulfill.

I began to understand why many people, even Millionaires and Billionaires I had met, felt their lives were lacking in meaning in purpose. Their bank accounts may have been overflowing but their Soul was bankrupt.

To the outside world they appeared to have it all. The truth was they were experiencing a great deal of necessary pain. They were spending too much of their time and energy pursuing things that were in direct opposition to their true purpose. At the end of the day, they were left wondering "is this really all there is?"

I believe we all come into this world with a specific Purpose(s) we are meant to fulfill during our lifetime. Unfortunately for too many, they get knocked off this path toward fulfilling their purpose either by well-meaning parents, culture, educational systems, society and friends.

They lose the connection with their true purpose and pursue the things they have come to believe are the "right" things. They come to believe in their mind that this is their destiny, when it is not.

That fact that you are reading this means it is quite likely that you feel your life is lacking in meaning and purpose. I know from personal experience the pain that this can cause. I want to assist you in eliminating this unnecessary pain.

This short book and the accompanying guided meditation are a powerful first step in opening yourself up to your true Purpose and begin to imagine how your life can be much different and more meaningful than it has been so far.

As the title implies, this book contains 10 powerful questions to assist you in discovering your life's purpose. These questions are meant to be asked of that place inside of you

that knows the truth about who you really are and the purpose, path and mission you are meant to follow and fulfill.

To assist you in connecting to that place inside of yourself, I have outlined a simple process for you on the next page. If you find you have difficulty in connecting to that place, you may want to listen to the guided meditation first and then follow the outline I provide on the next page.

I am truly honored by your presence here and I am very excited about the journey upon which you are about to embark. Let's begin.



Connecting to the Place Inside of You…

Below is the outline of a simple yet powerful process to assist you in connecting deeply to that place inside of you that knows your purpose. As I mentioned earlier, if you find you have difficulty in connecting deeply, you may want to listen to the guided meditation I recorded for you before trying the process again.

Also, I just want to say that it is not necessary to go through all ten questions in one sitting. You may choose to do five in one sitting and then five in another. You may want to do 3,3 and 4. Or even one a day for the next 10 days. This process is flexible. Make it work for you.

Step 1.

Sitting in a comfortable position with one or both of your hands on your heart, simply close your eyes and allow yourself to begin to breathe deeply, gently and rhythmically.

Step 2.

After about a minute shift your focus to the center of your chest and imagine you are breathing in and out from that place for a minute or two.

Step 3

Visualize or imagine someone or something you love unconditionally and allow that image and feeling to become fully present.

Step 4

Notice how the energy is changing in the center of your chest and allow that energy to flow throughout your entire body. After a minute or two, proceed to step five.

Step 5

One at a time, ask the question of that place inside of you that knows the answer. Allow the answer to come forward without force. The answer may come in the form of a word or phrase. It may come forward in the form of an image. It may come forward in the form of a “nudge” to go in a particular direction or take a particular action.

After receiving your answer, take a moment to write down the answer you receive. Then, place one or both of your hands on your heart, take a deep breath and exhale before asking your next question.





What activities make you lose track of time because you're so engaged and energized?

- *Reflect on moments in your life when you felt fully absorbed and alive.*





2. **What strengths, talents, or skills come naturally to you, and how do you feel when you use them?**
    - Consider what others often compliment you on or seek your advice about.





3. **What challenges or struggles have you overcome, and how could your experience help others?**
    - Consider how has your journey prepared you to support or inspire others?





4. **What topics, causes, or issues ignite a deep passion or emotional response in you?**
    - Explore what drives you to act or feel strongly about making a difference.





5. **If money and time were no object, what would you dedicate your life to doing?**
    - Imagine a life without limitations—what would you choose to pursue?



Are You Finding Value From What You Are Reading?

I would greatly appreciate your review on Amazon if that's where you received this book. Otherwise please send me your review by email to Mitchell@MitchellDahood.com



As a reminder, you are also able to access a free copy of the Guided Meditation I recorded for you by going to InnerVistaCoaching.com/Life-Purpose-MP3



6. **What legacy do you want to leave behind, and how do you want to be remembered?**
    - Reflect on the impact you want to have and the values you want to pass on.





7. **What brings you a deep sense of joy or fulfillment, even in small moments?**
    - Identify activities or interactions that fill your heart with happiness.





8. **Who inspires you, and what qualities or actions about them resonate with you?**
    - Look at role models to uncover values or aspirations you admire.





9. **What problems or needs in the world do you feel uniquely equipped or motivated to address?**
    - Consider where your skills, passions, and empathy intersect.





10. **What would you regret not doing or pursuing if you looked back on your life 20 years from now?**
    - Think about what feels urgent or important to prioritize while you have the chance.



Final Thoughts...

It is my sincere hope that through this book and the guided meditation I recorded for you, you are gaining clarity and opening to your true purpose and the possibilities that lie in front of you.

In those moments when your conscious mind causes you to doubt yourself and your purpose, I want you to remember and refer to the following words that came to me over 20 years ago...

Listen to your heart, it will tell you everything

All you need to know to live and love and grow

Listen to your heart and follow where it leads

Listen to your heart, follow and believe

For when you listen to your heart, you are never far apart

From the dreams you dream, or the love you seek

And as I listen to your heart, I hear your song of love

Seeking to be heard, seeking love returned

And as we listen to our hearts, they seem to beat as one

Each showering love upon the other one

And so begin to trust that your heart knows what's right

For you today and the rest of your life

And know that as you carry on through this journey called life

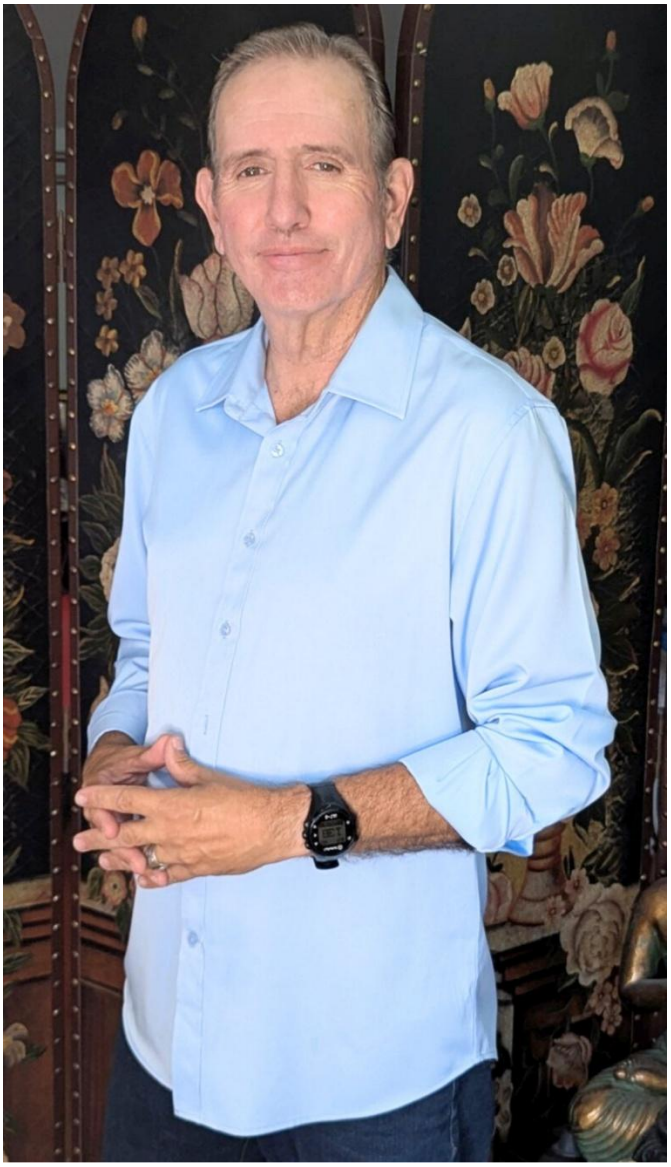
You are making your way home, one step at a time

One step at a time you'r making your way home

One step at a time and you are never alone

As you make your way home.

About Mitchell Dahood



Mitchell Dahood is a Master Hypnotherapist, Mindset Coach, and Personal Development Expert dedicated to helping individuals discover and fulfill their Life Purpose. With over 40 years of experience in Spiritual Psychology and Mindset Transformation, Mitchell combines his expertise with a passion for guiding people toward clarity, empowerment, and self-actualization.

As a Certified Clinical Hypnotherapist and graduate of the University of Santa Monica with a Master's Degree in Spiritual Psychology, Mitchell has delved deeply into the workings of the subconscious mind, mastering techniques to break through mental barriers and rewire limiting beliefs to empower individuals to follow and fulfill the desires of their heart. His innovative methods are designed to help individuals align their actions with their authentic purpose, fostering Personal and Spiritual growth.

Living in Los Angeles, Mitchell has spent decades studying the intersection of mindset, subconscious programming, and purpose driven living. His commitment to understanding how mental clarity fuels meaningful action has empowered countless clients to overcome self-doubt, rediscover their passions, and achieve sustainable success.

Mitchell is currently putting the final touches on his new book, ***Unleashing the Power of Your Purpose*: *Living the Life You Were Born to Live***, in which he distills his lifelong journey of personal development and coaching into actionable steps that enable readers to connect with their deeper calling by integrating powerful tools such as guided

meditation, proper and powerful use of affirmations, as well as proprietary purpose-driven strategies.

In the book Mitchell offers a comprehensive guide for unlocking your full potential and creating a life of deep meaning, fulfillment and impact. Whether you're seeking to redefine your goals, strengthen your confidence, or align with your unique purpose, Mitchell is ready to be your guide on the road to your Personal Transformation.

You are welcome to reach out to Mitchell directly at Mitchell@MitchellDahood.com. Or visit his website at InnerVistaCoaching.com Also, if you have not already done so you can download the special Guided Meditation Mitchell has recorded for you to assist you in discovering your Life Purpose at…

InnerVistaCoaching.com/Life-Purpose-MP3

