

# LIVE PURPOSELY NOW

## 19 Questions to Ask Yourself Before You Die



***“If  
you want  
the answer -  
ask the  
question.”***

1. What Things Do I Love to Do?
2. What Things Come Naturally or Easily To Me?
3. What Personal Qualities Do I Like To Show the World the Most?
4. What Is It That I Love to Do That Makes Me Feel Qualified to Teach Other People?
5. Who Do I Do It For?
6. What Do Those People (Who I Do it For) Need or Want that I Can Give to Them?
7. How Do They Change, Transform, or Live Better Lives as a Result of What I Can Give Them?
8. Who Are the People I Value Most in My Life and How Do I Show That I Value Them? Appreciate Them? How Often?
9. What Kind of Life Do I Want to Live? And What Kind of Changes Do I Need to Make to Live More of That Life?
10. How Do I Feel When I Wake Up and When I Go to Bed? What Do I Want to Feel?
11. Am I Showing Up as the Best Version of Myself?
12. How Well Am I Playing My Part? Rate Yourself on a Scale of 1-5. What Would It Look Like to Earn an Extra Point?
13. Who Could I Be and What Could I Be Doing If I Dropped My Self-Imposed Limitations?
14. Who and What Am I Responsible For? Is There Something I Haven't Taken Ownership For That I Need To Own?
15. Am I Making Things Better or Worse? Am I Living My Life to Be Part of the Solution?
16. Do I Have Healthy, Loving Relationships with Others and with Myself?
17. What Kind of Contribution Am I Making In the Lives of My Loved Ones, My Community, My Work, My Planet?
18. What Will Matter To Me Most Looking Back, While on My Deathbed? Who Will Matter To Me Most?
19. What Legacy Do I Want to Leave Behind? What Difference Do I Want to Make? How Do I Want to Be Remembered?

**References:**

Adam Leipzig TedTalk; 2013 Study: "Purpose In Life And Reduced Incidence Of Stroke In Older Adults: The Health And Retirement Study" and 50 Ways to Create Great Relationships by Steve Chandler, 2000

Liza F. Camba (Sat-Akal) is a Certified Neuroscience Coach and the creator of **THE PURPOSE**, Liza's signature mind-blowing program that helps creative professionals, entrepreneurs, and leaders upgrade their brains and their entire lives. For more info and to book your complimentary consultation, go to [TheSacredYes.com](https://TheSacredYes.com)



## LIVING WITH PURPOSE IS THE KEY TO TRUE & LONG-LASTING HAPPINESS

By Liza F. Camba, Nov 2022

So many people want to pursue happiness, but what exactly is happiness, and is that what we should be focusing on? Don't get me wrong, I love knowing when people are truly happy. I just wonder if happiness is enough or if there's something more fundamental to happiness that we're missing.

After teaching yoga and meditation and offering spiritual counseling for over 12 years, I've seen how challenging it can be for many to simply be happy at the snap of a finger, one downward dog, or 2 minutes of conscious breathing. If simply being happy was that easy, wouldn't the whole world be happy? The dilemma with simplifying happiness is that we can miss out on a deeper understanding of what it takes to be happy and how to sustain it.

In western society and especially in the US where I live, we're taught that being alive gives you the right to pursue happiness, which is the quintessential idea of the American Dream. At a young age, we're bombarded with the message that the pursuit of happiness is our destiny. All we have to do is look at the All-American lifestyle that influences our culture... it's plastered all over our social media feeds, in films, in magazines, in pop culture.. The idea of rags to riches, or riches to more riches, is another example. Talk to any business owner, white collar, blue collar worker, or TikTok creator, and ask them what they're working their butts off for. Throughout our schooling we're taught about the pursuit of happiness, with regular references to the country's founding documents, one being the Declaration of Independence, which lays out that the pursuit of happiness is our god-given birthright. The concept of pursuing happiness is everywhere and instilled at the earliest age, but too often there's a lot of work involved to make the pursuit of happiness our primary goal, so could it be that we're depriving ourselves of living a more meaningful life and long-lasting sense of fulfillment because of a missing ingredient?

Here's the thing: People have different understandings and references for happiness. Oftentimes happiness is conditional and tethered to something we don't have yet, for example you might only let yourself be happy after certain things have been acquired: attaining a certain type of car, being in a relationship, getting married, having 2.5 kids, getting a college degree, having a particular job title, looking a certain way, etc. You get the picture. In another context, someone else might derive their self-worth and purpose from doing good deeds or acts of service. Your social community and having a lifestyle that matches your values can certainly bring about a sense of happiness.

The need to fit in and liked because of one's social status and accruements or matching value system has a neurological explanation. From a neuroscience perspective, there are many benefits to pursue happiness for the sake of pleasure and fitting into a particular mold. The connection we feel with others activates mirror neurons for one, which releases happy hormones. By being happy and engaged in pleasure-seeking activities, you also instantly reduce stress and calm your mind. A relaxed limbic system (aka emotional brain center) gets flooded with endorphins all while suspending its natural instinct to be in survival mode. Case made: Just focusing on simply being happy brings about so many immediate benefits. It's instant gratification.

So what happens when life turns out differently than what you expected? When you've attached your happiness to certain people and outcomes that don't deliver? When beauty fades? When your relationship doesn't work out? When your dream life isn't so dreamy? When your happiness relies on things outside of yourself, beyond your control? When blunders happen and catastrophe hits? When grief and loss occur? The unexpected creeps up on all of us. This is life.

Having a purpose gives you a reason for existing that is connected to your core essence and that gives you a reason for living that's bigger than yourself and way bigger than any circumstance or situation.

A purpose will push you and pull you towards an ideal, a cause, something bigger than yourself to invest your time, your care, your life force. It will align you with a mission that can direct your focus and your attention. Even when life throws a curve ball at you and you must be present to the issue at hand, having a purpose grounds you to not lose sight of who you are and why you're here. Being aligned with a purpose helps you reflect on your life from a higher perspective. When you're engaged in a higher perspective that's expansive, it stimulates the prefrontal cortex of your brain, where your Higher Mind resides. By engaging this advanced portion of your brain, you can hover above the clouds of your mind. Here you can transcend any conditions that are limiting you, your mental state, your emotions, your reality.

During this post-pandemic era that we're living in, the world is rapidly and continuously changing and clarifying itself, so having a purpose can help ground you and take you out of survival, or fight-or-flight mode. A purpose will have you go above and beyond the bare minimum to get through life. To push through the obstacles. A purpose can help you thrive and to embrace the opportunity behind any challenge. With purpose, you'll turn your complaints into something worthy of showing up for and being proud of. A purpose can lift you and others up higher than the ground you're standing on. A purpose can even make you more empathic and altruistic or more open to trying new things that serve your mission. A purpose can nurture your self-love while making you wiser, solution-oriented and a better person.

Living with purpose takes the pursuit of happiness to another level. It just might be the key to a self-fulfilling life that can survive all of life's tests... how's that for true and long-lasting happiness!

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If living with **Purpose** and pursuing a deeper level of happiness is something you're interested in, you're in the right place. Feel free to book a free personal breakthrough session with Liza to learn more about yourself and how to align with your higher purpose. Text 323-828-4947 or email [lizacambaservices@gmail.com](mailto:lizacambaservices@gmail.com)