



7 Steps to Your Right Livelihood

© By Harmony V. Laurence

What exactly does the term right livelihood mean? Essentially, it means choosing work you enjoy doing that utilizes your natural skills and abilities and that honours your personal values and belief system. Let's explore together some ways you can use to determine your right livelihood by doing a life review:

1. Natural Talents

First, take an inventory of your natural skills and abilities. A great way to start is by making a list of things that you do effortlessly and with great enjoyment. People may often compliment you on these skills. Some examples are, "You are so - organized, handy around the house, or great with children, pets or plants!"

2. Things You Enjoy Doing

"Now that I have my list", you ask, "what's next?" Go back as far as you can remember in your childhood and ask yourself, "What are some of the things I have enjoyed doing most in my life?" They need not be job- or education-related. Break your life down into 5-year blocks and pick the one thing from each timeframe that you truly enjoyed doing most and did very well. Next, ponder the following questions and write down your thoughts and ideas as they will give you important clues to the livelihood that is right for you:

- a. What am I most enthusiastic about in my life right now?
- b. What am I doing when I completely lose track of time?
- c. What type of career/job do I most identify with?

Harmony Laurence ♥ 604-538-8387 ♥ harmony888@gmail.com

♥ infinitepotentialcreations.com

My daily intention is to radiate Truth, Peace, Joy & Love around the world. – Harmony © Infinite Potential Creations



- d. Who are my role models, heroes/heroines?
- e. What are some of my unfulfilled aspirations?

3. Values & Beliefs

After you have determined your natural talents and your passions in life, reflect upon and take some time to write down your deepest values and beliefs. These are usually related to important areas of life such as relationships, finances, security, spirituality, health, etc. Your values will guide you in choosing a livelihood that will give you the deep fulfillment for which your soul truly longs. Some common examples are honesty, integrity, generosity, freedom and discipline.

4. Mission & Vision

Now here's where things really start to get exciting! Based on what you have gleaned from the previous exercises, you have begun to create an answer to the very vital question, "What is my mission or purpose in life?" This may take more thought over time as you gain more insight, however, the answer will undoubtedly help you to tap into the true nature of your right livelihood that, I believe, forms a very important part of your overall mission. In conjunction with this, you can create a vision statement to help you realize your dream in which you actually see yourself having already fulfilled your mission.

5. Working Relationships

Once you have developed a greater perspective of the overall picture, it is absolutely key that you set up the right kind of circumstances in order to achieve your goals and objectives. Ask yourself these questions:

- Am I a self-starter or do you require encouragement and support from others?
- Do I enjoy working with a partner or team or do you prefer working alone?

Harmony Laurence ♥ 604-538-8387 ♥ harmony888@gmail.com

♥ infinitepotentialcreations.com

My daily intention is to radiate Truth, Peace, Joy & Love around the world. – Harmony © Infinite Potential Creations



What motivates me to tackle your work with enthusiasm?

6. Environment

Our surroundings also play a significant role in our efficiency and effectiveness. Ask yourself where you would be most effective and happy working and then think outside the box in coming up with creative solutions to meet your needs.

7. Diversity

Are you the type of person who prefers to focus on one activity for an extended period of time or wants to have a wide variety of things to do throughout the day in order to keep your interest level high?

Once you have completed these exercises, you will have greater clarity of the work that you are meant to do because you will have affirmed what is really important to you in life.

What are you waiting for? Go for it! The investment of time you make now, to determine your right livelihood, will be small in comparison to the rewards you will reap in the future.

1 Credit goes to George Dutch, PhD, Career Consultant in Ottawa, Ontario and author of Job Joy and Job Joy for Young Adults, for his excellent coaching system to determine one's right livelihood.

Harmony Laurence ♥ 604-538-8387 ♥ harmony888@gmail.com

♥ infinitepotentialcreations.com

My daily intention is to radiate Truth, Peace, Joy & Love around the world. – Harmony © Infinite Potential Creations