



7 Steps to Living Your Passion & Purpose

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Hi there!

Congratulations on taking this important step to live with more passion and purpose in your life!

I feel like I know you...

You have many interests, passions, gifts and talents. You care deeply about things and want to make a difference in the world. You want to be authentically you and contribute in a big and meaningful way. You know deep inside that you are meant for something bigger and greater!

You just aren't really sure what that is. Or how to turn all of who you are into a life that works for you, provides for you financially and allows you to do what you were put on this Earth to do while having fulfilling relationships and time for you!

I know what it's like because I've been there and I'm here to tell you that what you dream of is not only possible but doable with some courage and action and the right tools and support.

I left a high-flying business career and all the trapping that came with it to create my dream life and since 2001, I have helped hundreds of multi-passionate, soulful go-getters start successful purpose driven businesses and careers, non-profits, creative projects - all while creating lives that they love!

And I can help you too...

It starts right here with this guide and workbook, my proven “**7 Steps to Living Your Passion & Purpose**”. I suggest that you read it and take the time to do the action steps. It can absolutely change your life if you let it!

And I would love, love, love to hear from you about what you discovered and changed in your life as a result of doing this work. Just drop me a line at natalie@nataliematushenko.com and I promise to get back to you personally.

xoxo,

Natalie

P.S. if you want to learn more about me or my work, check out my website, nataliematushenko.com



My Proven 7-Step Process to Live Your Purpose

1. DISCOVER WHO YOU ARE
2. CONNECT TO YOUR FEELINGS & INTUITION
3. ALIGN YOUR MINDSET WITH YOUR VISION
4. TAKE CONSISTENT & INSPIRED ACTION
5. SET EFFECTIVE BOUNDARIES
6. TAKE CARE OF YOUR BODY, MIND & SPIRIT
7. CREATE COMMUNITY/GET SUPPORT



Step 1: Discover Who You Are

So, first thing's first. To do what you were put on this Earth to do, you need to get to know yourself really well.

There are several highly effective ways to do this:

1. Reflect and Journal on These Questions:

There are many questions you can ask yourself to get clear on your passions and uncover your purpose. I have developed an inquiry system “The 25 Most Effective Questions to Uncover Your Purpose” which I used to uncover my own purpose and now use with clients to help them get clear on their path. I don't want to overwhelm you with all 25 at this point, but here's a sampling:

- What makes you come alive?
- What would you do even if you weren't getting paid for it?
- What's most important to you?

- What are your values? Your strengths? Your talents?
- What do friends and family always come to you for?
- What are your wounds that you have healed? *** BIG CLUE
- What do you want your eulogy to say?

2. Be an Investigator in Your Life

Most of us go through our days just running from one to-do item to the next, without stopping to pay attention to what's happening around us and most importantly, within us.

To live your purpose, it's crucial to start paying attention as you go through your day, what do you love to do? What gives you energy? What makes you feel like you could do it all day long?

And conversely, what activities and people drain you? What do you try to avoid doing? What do you procrastinate on?

3. Ask Those Who Know You Best

The people in your life who know you and love you are often an untapped resource. **Ask 3 to 5 people you know well what they see as your 3 biggest strengths and talents.**

The answers may surprise you or confirm what you already suspect. Either way, it will provide you with important information as to what you were put on this Earth to do.

CAUTION: Make sure you ask kind, supportive people who get you and that you're trying to find your purpose. Don't ask people who are likely to criticize, judge or belittle your efforts

4. Assessments

There are many good assessments out there that help you uncover your strengths and talents and personality type. My favorites are [Strengthfinder](#), [Myers Briggs Personality Assessment](#) and Sacred Money Archetypes.

ACTION #1: Answer these questions:

- What makes you come alive?

- What would you do even if you weren't getting paid for it?

- What's most important to you?

- What are your values?
- What are your strengths?
- What are your talents?
- What do friends and family always come to you for?
- What are your wounds that you have healed? *** BIG CLUE

- What do you want your eulogy to say?

 **ACTION #2: Think through yesterday and write down:**

- What did you really enjoy doing?

- What gave you energy?

- What made you feel like you could do it all day long?

- What activities and people drained you?

- What did you try to avoid doing?

- What do you procrastinate on?

 **ACTION #3: Ask 3 to 5 supportive people who know you well, what are your strengths and talents?**

- Person 1:

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-
-

- Person 2:

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-
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- Person 3:

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- Person 4:
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 -
 -
- Person 5:
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 -

 **ACTION #4: Take the Strengthfinder test online.**

My top 5 strengths are:

- 1.
- 2.
- 3.
- 4.
- 5.

Disclaimer: I don't get any commissions for recommending this test. I do it because I think it's worth the \$19.95 and gives you lots of info.





Step 2: Connect with Your Feelings & Intuition

A hugely important part of living your passion and purpose is to connect with your feelings and intuition. In fact, **THIS IS THE KEY TO ACCESSING YOUR DEEP WISDOM SO YOU CAN CLEARLY IDENTIFY YOUR PASSIONS, PURPOSE & DESTINY!**

As you know, living with passion and purpose takes courage. It requires taking risks, making changes and trying new things. Your mind's job is to protect you and keep you safe.

So, as you can imagine, your mind doesn't like change very much and it will try to dissuade you from taking risks and trying new things at every turn with thoughts like "What's the point? It will take too long. You will never be able to be successful. You can't have it all. This is just a pipe dream. It will take too much work and you won't have enough time for your family." The list goes on and on.

That's why connecting to your heart through your feelings and intuition is so important. Your heart always guides you in the direction of your soul's purpose.

YOUR FEELINGS

Think of your feelings as an emotional guidance system. If you're feeling good (happy, content, fulfilled, excited, etc.), chances are that all is good in your life and you're on the right path.

If you're not feeling good (sad, angry, upset, worried, anxious, etc.), your body is sending you a message that something isn't right in your world and it's time to do something about it.

By paying attention to your feelings and taking action to move you into alignment with the feelings that feel good, you will naturally start to take action that leads you to your passion and purpose.

Here are some ways to connect to your feelings:

1. Start paying attention

We ignore our feelings all of the time. How often do you feel sad or angry or impatient and just try your best to ignore it? Or find something to do that "makes you feel better" like having a glass of wine, eating a pint of ice cream or going shopping and spending money on yet another black top?

None of these behaviors are very helpful or gratifying. You may feel "better" in the moment but I guarantee that they will leave you feeling worse when you're done. You will be hung over or sleepy, less able to fit into your clothes or out of \$50 or \$250 for yet another top that you didn't need.

And nothing will actually be different in your life! Whatever issue or problem it was that was causing your emotional guidance system to send you the signals through your negative feelings will still be there.

Your feelings are trying to tell you something so pay attention!

2. Do some investigation

As you notice yourself feeling a “negative” feeling, resist the urge to make yourself “feel better” and get curious instead. Ask yourself:

- Why am I feeling this way?
- What’s happening right now?
- What are my feelings trying to tell me?
- What needs to happen for me to feel good, authentic and in integrity?

3. Take action

As you get clear on what your feelings are trying to tell you, it’s time to take some action. Perhaps you need more self-care. Or better financial management. Or to have a tough conversation and set a boundary. (See Step 5 on setting effective boundaries.)

YOUR INTUITION

Your intuition is like a muscle, the more you learn to listen to it, the more it speaks to you. The more you can hone your intuitive skills, the more easily you will be able to easily hear its quiet voice and take action based on its messages and guidance.

As you learn to do this, you start flowing with life. You notice how everything seems easier and simpler and you attract just the right people and circumstances into your life.

Here are some practices to help you connect to your intuition:

1. Pay attention

You may not know it but your intuition speaks to you all the time! The problem is that it often speaks in a quiet, subtle voice while your fears scream.

The #1 way to get your intuition to speak louder is to start paying attention. Do you keep having a repetitive thought? A vision? An idea? A suggestion for a book or an event that you keep hearing about from various sources? Chances are, it's your intuition speaking to you.

2. Do Morning Pages

One of the most effective ways to access your intuition is to write morning pages. These are best described by Julia Cameron in her book, [the Artists Way](#), but are basically 3 free flowing pages you write in your journal as soon as possible after waking up.

When you first wake up, your mind is in a state that's between fully awake and dreaming and is most open to receiving intuitive information and creative solutions.

It's simple – you just sit down and start writing whatever comes to mind. It could be “I hate these stupid morning pages and would rather be sleeping”. It really doesn't matter. The point is to fill up 3 pages with whatever comes up.

If you make it a regular practice to write every morning, you will soon notice that you get amazing and creative ideas and

solutions to whatever problems you are dealing with, directly from your intuition.

3. Journal

Journaling is like morning pages, except that you can do it any time of day. Just sit down and start writing. You may want to write about feelings you are experiencing or a problem that you're having and want to find a solution for or just write 3 pages of whatever comes to mind. It's basically like talking to a trusted friend, except that instead of hearing her/his opinion and advice, you will start hearing your own wise inner voice. Your intuition will start speaking to you and providing you with the answers that you need.

4. Meditate

Meditating is an excellent way to access your intuition. All you have to do is set a timer for 5, 10 or 20 minutes and focus your awareness on your breathing. Just pay attention to how it feels to breathe in and breathe out.

Your mind will wander. That's fine. You aren't doing anything wrong. It's perfectly normal.

Because here's the thing – if you meditate regularly, you will start to notice how your mind works. You will start to notice that most of your thoughts, fears and concerns are pretty repetitive. No matter what's going on in your life, the same tape is playing in your head.

As you become aware of these repetitive messages, you can do something about them and I will show you how in Step 3: Align Your Mindset with Your Vision.

The other really neat thing that will start to happen as you meditate is that you will find yourself having inspired ideas or thoughts that provide creative solutions to your problems. As you quiet the mind, the answers come!

5. Visualize

Guided visualizations are a great way to access your intuition and let it speak to you. You can find many guided visualizations online and I can also recommend working with healing professionals on this journey. Many courses, coaches and healers of all kinds incorporate guided visualizations into their work. It's one of the most effective ways I have found to help my clients access their intuitions!

6. Honor it!

As I already mentioned, intuition is like a muscle. The more you use it, the stronger it grows. The more you start paying attention to your intuition and acting on its advice, the more it speaks to you.

ACTION STEP #1: Answer the following questions:

- What practices help you connect to your intuition?


- How can you add more of these practices into your life?

- Is there a new practice to access your intuition that your gut is telling you to try?

- How will you incorporate it into your life?

 **ACTION #2: DO IT! Commit to a regular practice (ideally daily!) to access your intuition and do it!**


Schedule it and get it into your planner to make sure that it happens.

 **ACTION #3: Think of a negative feeling you experienced in the past 24 hours and answer the following questions:**

- Why am I feeling this way?

- What's happening right now?

- What are my feeling trying to tell me?
- What needs to happen for me to feel good, authentic and in integrity?
- What action steps do I need to take?
- By when will I do these?

 **ACTION #4: DO IT! Take the action steps that you need to take. This is how you create your amazing life and live from passion and Purpose!**



Step 3: Align Your Mindset with Your Vision

“I can’t do this. I am too _____ (fill in the blank – dumb, poor, old, untalented, etc.)

“This will never work.”

“I won’t have any friends if I _____ (fill in the blank).”

Whenever you seek your passion and purpose, fears and old belief systems that no longer serve you always show up! It’s normal. You’re stretching past your comfort zone and your mind pulls out all the stops to make sure that you abort whatever you’re doing and go back to living your safe existence.

Whatever you do, **DON’T LISTEN!**

Living your purpose requires you to clean up your baggage. It asks you to heal whatever wounds you have from the past, look at your mindset and transform your negative and disempowering beliefs into positive, empowering ones.

That's actually how you create the life you want. As you learn to quickly and effectively transform the negativity, you not only feel so much better, but you start noticing how creative ideas just pop into your mind and amazing opportunities and ideas come your way in the form of "coincidences".

I have tried almost every healing modality under the sun and I know what works. I can absolutely guarantee that as you transform your mindset, magic starts to happen!

Here are some very effective tools to work with mindset:

1. Emotional Freedom Technique (EFT)/ Tapping

EFT is my #1 absolute favorite technique which I use on myself and with my clients to transform deeply ingrained negative patterns in as little as 5 to 10 minutes. It's magic!

EFT is a form of psychological acupressure, based on both positive psychology and the same energy meridians used in traditional acupuncture to treat physical and emotional ailments. It's a technique you can easily learn to do on yourself although I find it most effective when an experienced EFT practitioner leads you through the process.

There many resources online to quickly learn EFT. My personal favorite is thetappingsolution.com, Nick Ortner's site. I find his videos and books very easy to understand and follow.

2. Byron Katie's "The Work"

Another great tool is called The Work, created by Byron Katie. The Work is a simple yet powerful process of asking yourself 4 questions so you can identify, question and transform the thoughts that cause your suffering. You can learn more about The Work [here](#).

3. The Healing Codes

The Healing Codes are a simple and powerful self-healing system and a form of energy medicine. They were discovered in 2001 by Alex Loyd, PhD, ND and reduce stress, the #1 cause of disease in the body. I have personally used the Healing Codes to heal a serious heart condition and you can read about my experience [here](#). To learn more about the healing codes, go to the [website](#) or get [the book](#).

4. Inner Child Work

Inner child work is the process of contacting, understanding, embracing and healing your inner child – the part of you that may have been traumatized or hurt or simply didn't get all your needs met as a child. While inner child work is best initiated with a therapist, healer or coach who is experienced in this type of work, you can effectively use this technique on yourself once you become familiar with it. I have used it effectively on myself and with many clients over the years and have had great results.

5. Shamanic Journeys

Shamanic journeys are the art of using rhythm and intention to enter an altered state of consciousness in order to connect with the spiritual dimension of reality. These can be very healing but are best done with an experienced shaman. I can highly recommend Julie Hannon, a highly-experienced shaman and teacher, who works with clients by phone or in person in the Boston, MA area. Read more about Julie's work [here](#).



ACTION #1: Answer these questions:

- What's the #1 belief or fear that's holding you back from living your passion & purpose?

- What has worked for you in the past to transform fears or disempowering beliefs that you can apply now?



ACTION #2: Choose one of the tools that I mentioned above to explore and try out. Write about your experience here.



Step 4: Take Consistent & Inspired Action

The #1 way that people sabotage themselves from living their passion & purpose is by waiting to have it all figured out before taking action! This is a HUGE mistake!

Only by taking action do you figure out if you're on the right path or need to course correct. As you start taking action, you attract the people and circumstances and ideas that get you to the next step on your journey.

Plus, from a spiritual perspective, as you take action and move energy, you start putting it out there into the Universe that you're serious about your intention to live your purpose. The Universe gets the message and starts supporting your dreams as if by magic.

(And yes, that's me in the photo jumping out of a plane from 15,000 feet. I took some serious action to overcome my fear of heights.)

The keys to taking effective action are:

1. Identify the next action steps

One of the biggest reasons we don't take action is because we get overwhelmed by the big project (starting a business, getting a new job, planning an around-the-world trip, etc.) and become paralyzed. We don't know how to begin or how to keep going.

The answer is actually really simple: identify the first or next step you have to take and do it!

It's really that simple and not only keeps you out of overwhelm, but it also keeps you moving forward towards your goals. As Thich Nat Hahn said, "a journey of a thousand miles begins with a single step."

2. Schedule it

For most busy people, what doesn't get scheduled, doesn't get done. This is why it's imperative to block off time in your schedule to do your action items. It's that simple and greatly increases your chances of getting it done!

3. Hold yourself accountable


The easiest way to make sure that you do something is to figure out a way to hold yourself accountable ahead of time. Some great ways to do this are:


- Tell a friend or your partner/spouse what you plan to do and ask them to ask you about it.
- Write about what you plan to do on Facebook.
- Find an accountability buddy and hold each other accountable for doing what you both say you will do.

- How will you feel after you take this step?

- By when will you do it?

- How will you hold yourself accountable?

 **ACTION #2: Schedule the action item and do it!
Go ahead, schedule it right now!**

 **ACTION #3: Celebrate or reward yourself for
having done your action items! You have taken a
huge step towards living your passion & purpose!
Yay!!!**



Step 5: Set Effective Boundaries

If you have a hard time setting boundaries, you're not alone. Because here's the truth – unless you grew up in a household where people really listened to you, validated your feelings and allowed you to express your desires and needs and then honored these, you're going to experience some difficulty with setting boundaries.

And how many of us grew up in these “perfect” households?

I am not blaming anybody because often our parents or those taking care of us were just doing the best they could with the knowledge and skills they had. Now, however, it's your job to learn how to do this for yourself.

You have to listen to yourself, validate your own feelings, express your desires and needs, honor them and make sure that the people you choose to have in your life honor them too.

What are boundaries?

Here's how Wikipedia defines boundaries:

Personal boundaries are guidelines, rules or limits that a person creates to identify reasonable, safe and permissible ways for other people to behave towards them and how they will respond when someone passes those limits.

The truth is that boundaries come into play with everyone and everything is life: with other people in every relationship that you have, work, self-care, personal responsibility (yep, you even have to set boundaries with yourself to be truly effective in life!)

Why are boundaries so important?

I can write an entire book about boundaries and their importance for self-esteem, fulfilling relationships, happy families, etc. However, to really keep it succinct for our purposes of living with passion and purpose, boundaries are crucial because in any given moment, our resources of time, energy, and money are usually not unlimited.

Due to the “limited reality” of your life in the material world, when you say yes to something, you say no to something else.

If you're saying yes to people, events and circumstances that suck your energy, waste your time and generally aren't congruent with who you really are and how you want to live, you create a life that feels unfulfilling and not quite right. You feel like you're not living our own life, but someone else's.

As you do steps 1 to 4 of this process of uncovering your purpose – discover who you are, listen to your feelings and intuition, work

on your mindset and take inspired and empowered action based on your desires, values and needs – and set the necessary boundaries to have the time, energy and resources you want and need, you create your passionate and purposeful life!

Simply put, setting boundaries = saying NO to what you don't want/doesn't resonate with your true self and values so that you can have what you do want/resonates with your authentic self.

How to lovingly set boundaries:

1. Recognize and acknowledge your feelings - anger, frustration, resentment, etc. Your negative feelings let you know that a boundary has been trespassed.
2. Understand how your boundaries have been crossed - somebody saying critical things, asking to borrow money, expecting to be invited to events, asking you to do what they could do for themselves, etc.
3. Identify how to set the boundary - what do you need to do or say in this situation to be empowered and take care of yourself and your inner child?
4. Get grounded and centered so you can feel your best. What helps you feel grounded/centered? Meditate, walk outside, talk to a trusted friend or advisor, do EFT.
5. Voice it! Speak your boundary.
6. Take care of yourself - People often push back as you set boundaries and this may bring up guilt or uncomfortable feelings. How can you handle them?

Some questions to think about to get clarity around boundaries:

- When do you say yes to something you don't want to do?
- With whom?
- What do you feel that causes you to say yes?
- How do you feel after you say yes?
- Time - When do you say yes to spending your time on activities that you don't really want to be doing? That drain your energy? That keep you from doing what you really want to do and from self-care?
- Energy – When do you say yes to people and activities that you don't want to be doing and use up your energy?
- Money – Under what circumstances do you spend your money in ways that you don't feel good about? In a way that doesn't empower you? In a way that doesn't match your values?
- People/relationships - Who are the energy vampires in your life? Are you spending time with people your inner child doesn't love being around? Or just feels drained by? Or bad around?
- Where do you need to strengthen your boundaries? Finances? Relationships? Work? Health? Self-care?



Step 6: Take Care of Your Body, Mind & Spirit

I know that you know that it's important to take care of your body, mind and spirit to look and feel your best, so why do I mention it as a crucial ingredient in living your passions and purpose?

Simply put, self-care gives you more energy, more inspiration and more access to your creativity – all necessary ingredients for figuring out what you were put on this Earth to do and doing it.

On a deeper level, uncovering your purpose is always from the inside out. You create your ideal life by connecting to who you are at your core and taking actions that are congruent with what your soul is calling you to do.

There's simply no way to truly hear the calling of your soul unless you're clear of energetic and mental blocks. As you pay attention and care for your body, you hear its wisdom and messages. As you care for your mind, it starts calming down and supporting what you want to create in your life. As you take care of your spirit, you hear the voice of your intuition and deeper knowing loud and clear.

You create a life that feels authentic and congruent with who you are. You start living your purpose.

Let's break it down. Here are some ideas to take care of:

Your Body

- Any exercise or movement that you enjoy – going for walks, dancing, exercise classes, hiking, swimming, running, yoga – whatever gets you moving
- Eating clean – more vegetables and fruits, less sugar, processed carbs and fried foods.
- Massage
- Acupuncture
- Energy work
- Regular medical check-ups
- Supplements
- Healing Codes (see Step 3)
- Listening to your body – give it time to rest when it's tired, feed it what it wants to eat, allow it to move when it wants to move
- Drink plenty of water

Your Mind

- Meditation (see step 3)
- EFT (see step 3)
- Healing Codes (see step 3)
- Any mindset work that turns negative thought patterns into positive ones
- Learning a new skill
- Reading
- Creative projects
- Affirmations
- Gratitude practice
- Acknowledgement of your strengths practice

Your Soul:

- Meditation
- Prayer
- Spending time in nature
- Gratitude Practice
- Visualization
- Reading inspirational writing
- Tarot and angel cards
- Anything that makes you laugh
- Time with family or friends
- Giving to those who are less fortunate than you
- Creative projects

These are all ideas and as you can see, they often overlap. What's good for your body is often good for your mind and spirit and vice versa.

How to Find the Motivation for Self-Care

The best way to find the motivation for self-care practices is to pay attention to how you feel and how effective you are when you do them. Conversely, pay attention to how you feel when you don't.

Chances are, you will notice that you feel better, have more energy, enjoy better relationships, get more work done and come up with more effective and creative solutions when you do the practices.

On the other hand, you will also notice that on the days that you skip the self-care, you feel tired, sluggish and grumpy. You may notice that it takes you longer to get your work done and inspiration is hard to come by.

Or perhaps you will notice that you can get away with putting self-care on the back burner for a day or two but after that, you're just not at your best.

Everybody is different but generally, most people can't afford to skimp on self-care for more than a couple of days without paying a high price in the way they feel, their levels of inner peace and centeredness, and work productivity and creativity.

How to Find Time for Self-Care

I know you're busy. As a working mom of 3 girls, a wife, a friend, a daughter and an active community member, I get it!

So how do you find the time to do all that you have to do and still take care of yourself?

You just have to make it a priority and find ways to work it into your schedule. For instance, I have long ago realized that I need to do my most important self-care practices first thing in the morning or they don't happen. Basically, as soon as I get the kids off to school, I exercise, meditate, do my intention setting for the day and my healing codes.

I then eat healthy throughout the day and drink plenty of water. I also remember to stop and breathe deeply and act mindfully at every opportunity.

Before going to bed at night, I do another round of healing codes and write down 3 things I acknowledge myself for and 10 things I am grateful for.

Likewise, when I work with clients, we find the practices that are most effective, most fun and the easiest for them to do given their

lifestyle and commitments. The idea is to choose a few, keep it simple and find ways to fit them in!



ACTION #1: Answer the following questions:

- What one thing can you do to take better care of your body?
 - How can you fit it into your day?

- What one thing can you do to take better care of your mind?
 - How can you fit it into your day?

- What one thing can you do to take better care of your soul?
 - How can you fit it into your day?



ACTION #2: Create simple self-care practices for your day.

- In the morning at _____ am, I will:
 -
 -
 -

- At midday/during the day, I will:
 -
 -
 -

- In the evening/before bed, I will
 -
 -
 -



ACTION #3: Schedule it in and do it!



ACTION #4: Create an accountability structure.





Step 7: Create Community & Get Support

It has been said that your life and results (happiness, income, satisfaction, level of adventure) will be similar to those of the 5 people you spend the most time with. Sobering, isn't it?

As you surround yourself with people who inspire you, support you and pull you forth into your greatness, you start to notice that you are naturally uncovering your passions and living your purpose.

Your life will change and you will love being part of a tribe of positive go-getters who are doing what they love and making a difference!

So how do you create a supportive and inspiring community?

Here are some ideas:

- Join groups or take classes that focus on the activities that you enjoy and excite you (cooking, meditation, outdoor activities, yoga, activism, etc.)

- Figure out where the kind of people you want to be surrounded by hang out and join these groups. For instance, [Live Your Legend](#) has meet-ups all over the world for people looking to do what they love and make a difference in the world.
- Make an effort to talk to people wherever you go. If you're more introverted and chatting with strangers isn't your thing, just smile and say "hello". People appreciate warmth.
- Invite people that you find interesting or feel a connection with for coffee or to get together and do something. We all get shy at times but most people crave connection. They're thrilled when you show an interest in them and extend an invitation.
- If you have young kids, get involved in their schools and invite other parents to get together so the kids can play and you can chat over a cup of coffee.
- Make it a point to check in with friends and acquaintances to follow up about what's going in their lives. Check in regularly just to see what's new and make sure to check in if something big is happening in their lives (a big career move, relationship change, health issue, etc.)
- Make professional connections by going to networking or professional meetings and conferences and again, make an effort to smile and talk to people.
- Join a mastermind group or better yet, create one. Just reach out to 4 or 5 people you know who have a positive mindset and are professionally aligned, yet not in direct competition with you, and ask them to be in a

brainstorming/support group together. You will help each other grow professionally and make deep connections.

- Get real. Don't be afraid to look for deeper connections and share openly about your life (within the limits of good boundaries, of course).
- Get curious and interested about people and ask them about their lives.
- Get involved in leadership positions in the organizations you belong to.
- Volunteer for causes you believe in.
- Volunteer to host the social events of the groups or organizations that you are a part of. This is a great way to meet everybody!

Getting Support

While this may seem self-serving, I'm also a huge believer in the power of professional support to reach your goals and dreams quicker and more effectively. I have created my dream life and uncovered my purpose with the support of healers, life coaches, business coaches, and therapists. It's just too hard and takes too long if you do it on your own!

I am also a wholehearted believer in group programs and classes where all of the participants are working towards the same goal, such as uncovering your passion and purpose. There's nothing like the power of surrounding yourself with like-minded, determined people to help you learn and reach your goals faster. It's also a great way to create community and make meaningful connections!



ACTION #1: Answer the questions:

- Who are the 5 people you spend the most time with?
 - 1.
 - 2.
 - 3.
 - 4.
 - 5.

- Do these people have the life you want?

- If the answer is no, how can you create a community that will support you in creating the purpose driven business or career you want?

 **ACTION #2: Try a new idea from the list above and journal about your experience here:**



Want More? A Special Gift for You...

I really hope that reading this guide, answering the questions and taking the actions steps has given you the tools to start living your passion and purpose and to create an amazing life for yourself!

To take this important (and hopefully, fun!) work further, I have a **special gift for you – an opportunity to apply for a 45-minute Complimentary Passion & Purpose Call with me** to explore your biggest challenge in living your passions and life purpose and come up with a personalized plan of action to move you forward.

This call can be life changing and will help you:

- Get clear on what you need to do to uncover your passion & purpose
- Determine what's getting in your way and come up with a plan to overcome it
- Move forward feeling inspired and motivated with clear action steps to reach your goals.

Don't miss this opportunity!

To apply, [just click here](#).

And as always, I absolutely love connecting with fellow multi-passionate go-getters who want to live amazing lives while making a difference in the world, so if you have any questions or want to share how this guide has made a difference, feel free to reach out to me at natalie@nataliematushenko.com.

I would love to hear from you!

It has been an honor and privilege to share my passion and purpose with you!

In love and gratitude,

Natalie





About Natalie

Natalie Matushenko is a certified multi-cultural leadership coach, writer and speaker who since 2001 has worked with passionate, soulful go-getters to uncover their purpose and start successful purpose driven businesses, non-profits, and creative projects, while creating extraordinary lives for themselves.

Natalie has studied nearly every psychological, emotional and healing modality under the sun with healers and shamans all over the world. She also has a degree in business and finance from the University of Pennsylvania's Wharton School of Business.

She has created her dream life and believes that anybody can do it! Natalie has lived in the US, Colombia, Ukraine, Spain and Italy and has traveled extensively to over 50 countries.

Natalie is passionate about learning from different cultures, creating community, being in nature and creative expression. She volunteers with several organizations that focus on the empowerment of women.

Natalie currently splits her time between Colombia, South America and the United States and spends a couple months a year traveling the world with her husband and three daughters. Read more about Natalie and her work [here](#).