

'The Five Lessons of Life'

By Carrie Kohan



Carrie Kohan's

The 5 Point Formula to Discovering YOUR Life Purpose!

Many of us are lost when it comes to discovering our life's purpose... But I have the answer that can help you almost immediately!

In a meditative state, this formula come through to me and I'd like to share it with you here today. It's quite simple really. It's...

Talent + Interest + Desires + Dreams + Whys = Your Life Purpose!

So, what does this formula mean?

Let me explain...

Life is like a Pot of Soup!



When you follow your recipe and add all the ingredients needed into a pot of water; while having your desired outcome in mind... you'll be able to create a tasty masterpiece, made with love!

Well, the same is true for your life's purpose!

Using the right plan (which is your recipe) combined with your body, mind and spirit (water and ingredients) add some heat and spices (action), and voilà! You'll have your Life's Direction! (aka Quantum Soup for Your Best Life!)

In search of my own life's purpose many years ago, I channeled this formula – and now I'm sharing it with you.

I personally went from being beaten down and lost emotionally, physically and spiritually, to feeling absolutely driven and unstoppable! Using this formula above, I was able to start two incredibly effective programs in an inner-city elementary school which was designed for the benefit of all 303 children attending! No one was left out!

First, I started with creating a large daily breakfast program to nourish the kids and give everyone an equal start to the day! Then I initiated the implementation of another program designed to build self-esteem and improve communication through a 7 Step Process.

The shift in the children's emotional and scholastic improvements was incredible! The detention rate went from being one of the worst in the City, to virtually being non-existent! And those who were skipping school could hardly wait to come have fun, while learning like never before! The school's level of joy and improved marks grew so quickly! So much so, that the Superintendent of the entire School Board came to our elementary school to see what it was we were doing to create such marked improvements! Yet amazingly, the breakfast program wasn't adopted district wide (out of fear of food poisoning and lawsuits).

If I could make a difference like this in so many kid's lives, imagine what you can do! This easy formula will allow you to discover what's your life-purpose; and how to live it, while being in service to others!

Let's Begin!

Step 1: Get out your Journal and answer the following questions, 'What are your Talents? Your Interests? Your Desires? What are Your Dreams? And Explain Your Why's? (see example below)

Step 2: When you've answered these questions, put your pen down. Close your eyes and take 3 deep breathes (in through your nose and out through your mouth) and relax... Just breathe.

Step 3: Open your eyes and review what you've written... Ask yourself while reviewing your answers, 'If money was no object, how could I use all these gifts to live my ideal life, while helping others?'

Step 4: Write down 1 – 3 sentences and this my dear will be your clear and precise purpose. Once you've completed these first few steps, you'll have a clear vision and feeling of what inspires you!

Step 5: Next, write down the actions you'll take in order to implement your mission. It can be 3 Steps, or 103 Steps – the more exact you become with your vision, the easier it'll come together.

Step 6: Put the steps in order as to the priority and take immediate action today!

Step 7:

Start living your new, clear, exciting, self-actualized life!

Here's an excerpt from my Journal when I first did this exercise back in 2008...

- **Talent:** *Painting and Creative Writing, political advocacy, organizing events*
- **Interest:** *Working with Learning Disabled kids – helping them read and learn to paint*
- **Desires:** *Change the School System – stop the 'Wait to Fail' and have early assessments of each child's Learning Modalities – VAKS (visual, auditory, kinesthetic and Sixth Sense / Spiritually)*
- **Dreams:** *My dream is to see a time where schools create programs focusing on each child's learning modality from the first day of entry – rather than the system I like to call, 'Wait to Fail'. Kids are fed, and are supported in all ways of their learning and growth.*
- **Why:** *My own past pain of being Learning Disabled in school and feeling like a dummy*
- **Therefore, Your Life Purpose is...**
- **I AM** *a National Child Advocate creating a new way of introducing children into the school system! With a new level of support and education for each child. No more wait to fail and instead early assessments for each child's benefit – with emphasis on the arts, creative thought, writing, nourishment, and physical activities as well. I create programs to build self-esteem and creative expressions for both children and adults. Online courses as well as something implemented into the regular school systems and in my own retreat centre for the benefit of all!*

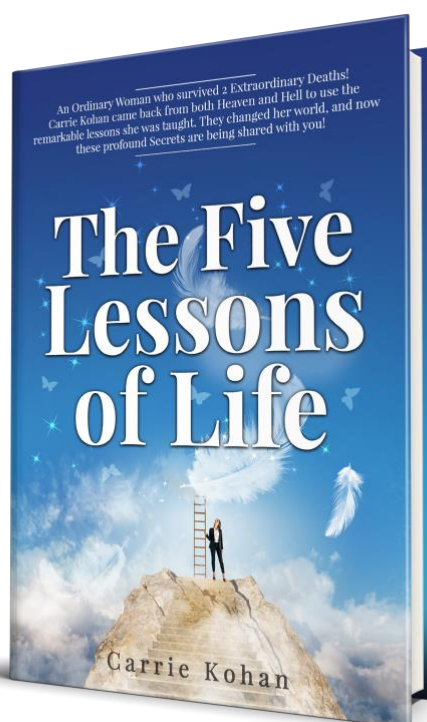
So, now it's up to you! Start today with these steps and see where it takes you!

Enjoy and Many Blessings!

Carrie Kohan xo

For further information on how to Discover Your Life Purpose

- Contact Carrie Kohan of Freedom Masters Academy at support@carriekohan.com for one-to-one Coaching Sessions, and information on how to be part of our Group Workshops and Web-Gatherings!
- Carrie Kohan's an International Best-Selling Author who died twice at the age of 27. She died as an illiterate, alcoholic bartender, and returned from death to become a North American National Child Advocate! Carrie has amended and written over 14 laws to date to protect children from predators! She's brought Amber Alert into Canada along with the Child Internet Protection Act, the Sex Offender Registries, and Raised the Age of Consent from 14 to 16 years of age, to name a few... What's extraordinary about all of this is that Kohan was learning disabled most of her life, yet she was the Pioneer in 1998 who changed society's way of thinking about CSA. The media coined Carrie as the 'Erin Brockovich of Canada'. She spent 17 years as a Volunteer - Federal Justice Committee Board Member and Expert Witness... Having worked with the past 5 Prime Ministers; dozens of Federal and Provincial Justice Ministers; Police Investigators Worldwide; and all forms of media internationally, in an advisory position.
- Carrie is available to work with you in person or via the net as a Speaker, Course Facilitator, VIP or Group Soul Coach.
- Kohan is currently living at her Retreat Centre in Southern Portugal and part time in the UK and Canada.
- For World-wide links to purchase 'The Five Lessons of Life' go to www.CarrieKohan.com



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