



LENI SHARMA

Make your life more meaningful

in 5 easy Steps

LENISHARMA.COM

Welcome beautiful soul!

There are no coincidences in life! You received this eBook for a reason! The time for change has come.

This eBook will guide you towards more meaning in your life. Find out what fascinates you. What are you passionate about? How would you like to spend your days? Are you happy with the life you live right now?

These are bold questions. This eBook will not give you the answers, but it will guide you to find them within yourself.

At the end of the book, you find a worksheet. Print it before you start reading. You can also write the questions on a paper or in your journal if you don't have a printer. We will work with these questions along with the book, so keep it handy.

You can go through the whole eBook in one go, or you take it a chapter a time, totally up to you.

Gift yourself the time to work on yourself, your dreams and goals. Brew up a cup of tea, switch on your favourite music or light an incense stick. Set the mood for inner exploration and spiritual insight.

Let's dive in!

♥ Reflection 1

Before you go further, write down why you want to bring more meaning to your life?

How does your life look like now?

Use the Worksheet for this and all other reflections.

Why should you bring more meaning to your life?

Work on reflection number 1 before you read further. Like this, you will get the most out of this book.

We all want happiness. Whatever we do, we do it because we think it will bring us closer to happiness. - Buy a new shirt or that new phone. Change our looks. Search for our dream partner -

We do all that because we want fulfilment and happiness in our life.

Happiness is such a vague term. We all know it, we experience it a few times for a brief period. Still, it is so hard to hold on to it.

I have a better word for this state we all are striving for: Long-term life-satisfaction.

And the cornerstone to life-satisfaction is MEANING.

Adding meaning to your life will bring a lot of benefits with it:

- You are healthier
- You can cope better with the challenges in life
- You gain self-confidence
- You know better who you are and what you want in life
- You have more energy and feel more alive
- You are more satisfied
- You can „flow" (time seems to stand still and you at one with what you're doing)
- And fun fact: People, who believe their lives have meaning live longer

Sounds pretty great, doesn't it?

What is a meaningful life?

A meaningful life stands on three pillars: Purpose – Comprehension – Mattering.

Purpose means that you have life goals, and you are trying to achieve them. You consider these goals as important and of significance.

Comprehension means that you can make sense of the things which happen in your life. You see that everything is happening for a reason and that it helps you on your path. Life is your teacher.

Mattering means that you believe that you are unique and your existence is valuable.

So much for the theory. Let's now focus on how you can put all this into action. Make your life more meaningful in these 5 steps:

Step 1: Become aware of what you are grateful for

Do you find yourself in the downward spiral of negative thoughts? You have the power to change that now! You are the master over your thoughts, and you can decide if you choose misery or joy.

Joy does not depend on outer circumstances. You cannot always change the things happening around you or to you. But you can change the WAY YOU THINK ABOUT them.

There is always a positive side to EVERYTHING. Sometimes it is easy to see the bright side, other times it is more complicated. Here are some examples of how you can switch your thinking to see the silver line on the horizon:

- You got fired. → You got the chance to do what you always wanted.
- You are broke → You got the opportunity to learn how to ask for help.
- You are ill → You are invited to work on yourself and take time for yourself only.

We have all heard of the law of attraction, but hardly anyone uses it. It would be relatively easy. Whenever you realise that your thoughts turned negative, change them into the positive ones again. Our thoughts have a vibration. This vibration is sent out into the world and attracts the same vibration. You think negative – more negative will come. You think positive – more positive will come.

 Reflection 3

Think of those people in your life.
Who doesn't add value to your life?
What aspect of their personality
bothers you the most?

Step 2: Choose friends wisely

This may sound hard, but it is the purest form of self-love. The greatest gift in your life is TIME. Choose with whom you want to spend it. Do you want to be with people who add value, joy and inspiration to your life? Or do you want to spend your precious time with negative and frustrated people, who don't make you feel that you matter? This should be an easy one for you. But too often we endure negativity in our lives. Maybe one particular person already comes to your mind. We all have that friend, family member or colleague, who tests our patience.

The time will come when you want to free yourself from all the negativity and the downward pulling of those people.

Maybe it is time now? Choose to spend time with people who add value to your life and make you feel that you matter.

Step 3: Find purpose in your life

Whoa! That sounds enormous: Find your purpose...

But don't worry, it is not that difficult. Simply because it is not about WHAT you do, but what you SEE what you do.

There is this lovely story that president Kennedy visited NASA and met the janitor. He asked him: „What are you doing?" The janitor replied: „I am helping to put a man on the moon." Bam! That is a purpose! I think you get my point. It doesn't matter what you do as long as you see the value of your work.

Of course, we are not all work for NASA, so let's break it down into two points.

1. Your purpose should be a goal which you can reach and which motivates you. Something you can organise your actions around.
2. Involve a contribution to the world. A purposeful life doesn't just affect yourself. It makes a difference in somebody else's life.

And remember, your purpose can change or develop into something else over time. That is fine as well. You don't have to choose one goal now and then stick to it if you like it or not.

So, let's get down to work.

♥ Reflection 4

- What are your strengths?
- Think of the last weeks. What gave you energy? What activities gave you a sense of pleasure?
- Can you think of a way how to put your strengths to use? That doesn't necessarily have to be in the job. Can you use these as a volunteer or as a friend?
→ Set a reachable goal for yourself!

Step 4: Be authentic

You are as unique as your fingerprint. There is only one “me“ out there. We do get influenced by many people, but we should not try to copy our idols. Be yourself! Be your fullest self! Be authentic!

There is this great saying: Your vibe attracts your tribe.

Live your life the way you want. Be the way you want. Do the things you want. By being fully in your energy, you will also attract the right people, who inspire you and help you on your magical journey.

There is one more thing which comes along with Authenticity, and that is Integrity. Find out what is important to you, live the way you choose and stand by what you believe in.

♥ Reflection 5

Write down your life story in view keywords or phrases. See what makes you unique and special. This will help to make sense of yourself and your life.

Step 5: Realise that you are part of something greater.

Transcendence. Whoa! A big word again. We are not talking about a science-fiction novel nor about flying in the sky... well not literally at least. Transcendence describes one thing: **Nature is big. Your problems are small.**

There is this phenomena Astronauts experience when they are looking at the earth from the space. They suddenly realise how tiny the worldly problems are compared to the incredible creation in which we live. You call it the “overview-effect“. Sounds fascinating, but it is impossible to describe this feeling in words. That's why it is best if you experience it yourself. You don't have to book a ticket to the

moon for this (a little costly ... 35 Million Dollars). A trip to a canyon or climbing on a tree will give you a glimpse of that feeling. Seeing the world from above lets you realise how small your problems are. And the coolest thing: You are part of this amazingly beautiful creation! Let's do a reflection on this, shall we?

♥ Reflection 6

Take as much time as you want for this next journey. Sit comfortably and close your eyes.

Imagine you walk into a forest. There is a massive tree in front of you. It is so tall that you cannot even see the tip from where you stand. Now start climbing this tree, higher and higher till you reach the top. Just be there and look around you.

What do you see? How does it feel?

Write down your experience in the Worksheet.

A view wise words in the end

You see, it is not that difficult to add meaning to your life. Become aware of how you want to spend your life and work on your plans.

Remember: Rome was not built in one day. You don't have to change your whole life today - the little things matter. You can make significant differences in small ways. Start by changing your daily routine a little bit. Sit in silence for five minutes, before you get out of bed. Welcome the sun when you step out of the house. Smile at the stranger. Read an inspiring book instead of watching Netflix. It's the small things which will change your life.

Life is this beautiful, vast and incredible adventure. Don't let it happen to you. Start living your life by your design!

One person inspired me quite a bit in the last years, and I would like to end this little guide with one of his sayings:

This is not about being superhuman

– This is about realising that being human is super.

–SADHGURU

About the author:



Leni Sharma works as a Shamanic healer and Spiritual Coach. She offers Courses, Retreats and 1:1 session - offline and online. She helps people worldwide to deepen their spirituality and living the life they desire. Visit her website for more information: ***lenisharma.com***.



WORKSHEET

Make your life more meaningful

**Why do I want to bring more meaning to your life?
How does my life look like now?**

1

**For what am I grateful?
What do I want to attract into your life?**

2

**Who doesn't add value to my life?
What aspect of their personality bothers me the most?**

3



What are my strengths? What do I enjoy?

4

How can I use my strengths?

4

My Goal:

4

My life story in view words/phrases:

5

My experience in the Transcendence:

6

