



Heaps of us, whether young or old, don't have a clue what to do with our lives.

Worried parents and worried young ones struggle with the question, 'Where am I going, I don't know what to do with my life?'

Some psychologists even get clients who at ages 40 and 50 still have not found their niche in life.

There seems to be an underlying question to all this - why am I here, what do I do with my life?

Look at this truth from the Bible - choose to believe it or not - but the Bible states clearly what our purpose in life is.

Solomon, the wisest man who lived, discovered that life was futile when lived only for this world.

He said that life is about honouring God, our maker because we will stand before Him one day.

In saying that, here are some tips to help you work out what is important to you; what can add meaning and purpose to your life.

Life is full of crossroads and choices, but not making any choices can leave you behind at the crossroads for a looong time.



So I've gone to great lengths to research 17 life-changing, sure-fire, proven-to-work things to do when you don't know what to do with your life.

So let's get started...

What Will I Learn?

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### **1) Talk to yourself**



## What Do I Do With My Life? Here's the Solution



If you want to figure out what makes you happy and where you intend to be in five or ten years, talk to yourself, truthfully, because all the time you are changing without even realizing it.

Ask yourself the big questions about the way forward; understanding what will bring contentment.

Contentment is actually what will make you happy in life and give you the kind of joy you've been yearning to have.

You see, life has its ups and downs and if you don't take time to really reflect, it's going to be challenging to know what to do in life.



## 2) Find out what you want



Everyone has needs and desires and its time to figure out yours.

When you genuinely want something, you can be sure you will figure out a way.

We're not talking possessions and money here - it's about your motivation and purpose in life, which goes beyond the superficial needs and desires.



Discover what you really want; inside and out.

It can be quite a difficult job to do especially when time becomes a significant constraint.

But it's essential to make out time for yourself and really search out what you want in this life.

Try this out, and you'll never say; I don't know what I want to do with my life.

### **3) Find out what you don't want to accept any longer**



What makes you sick and tired?



Then get rid of it.

We all become complacent, never taking action.

You might not know what you want to do with your life, but at least consider what you won't accept any longer.

Otherwise, you won't be able to move forward.

It's not an easy thing to do, and I'm not saying it is.

But it is the first step if you are trying to find out what you want to do with your life.

It could be toxic associations, material things, activities.

Whatever it is, make sure you find out and stop it before it prevents you from moving forward in life.

So stop asking 'what should I do with my life?' and start finding out what's it you no longer want to accept.

#### **4) The Happy Things**



Do you hate what you are doing, sitting at your desk dreaming?

It's time to figure out what your passions are.

Do you love music; flying; volunteering?

Then get out there and do it!

Put your heart into it.

It might start off as a hobby, but when you are engaged in what you love, you can be truly fulfilled.



Participating or doing something you love is the sweetest thing that can ever happen to you and I mean it!

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You Might Also Love:

How to Stand Up For Yourself

So many people in the world today are stuck in a dead-end job and are bitter about life.

And that is why you hear them say, 'My job sucks,' 'I'm tired of this life' 'I don't know what I want to do with my life.'

This is because they're not doing what makes them happy and you don't want to belong in the same shoes.

So if you hate your job, find a way to love it!

OR

Go seek out other activities that you really enjoy, and that would take your mind off your blistering job.

**5) Don't fear the unknown**





## What Do I Do With My Life? Here's the Solution



Modern life teaches us to be prepared for A, B, and C.

But the world's type of rushed preparedness for everything is making us feel fear about the unknown; it's making us afraid to make choices.

Accept that life is uncertain as it stands.

Once you accept that, you can go with the flow, even if you don't know what you will do with your life.

Why should you fear something that hasn't happened yet?



It doesn't make any sense at all.

Truth is, what we fear will happen doesn't always come to pass.

It has happened to you and me countless times.

So why be afraid about tomorrow when you have absolutely no control of what tomorrow brings.

## 6) Your Habits





Habits are a significant aspect when it comes to making changes to your life.

Once you figure out what you want in life, figure out if you have all the right habits to achieve it.

Ask yourself what you will do to help achieve the goals you want.

It's essential to ask questions that'll trigger a sense of action in your brain.

Instead of saying, ' I can't afford this,' instead, say this 'how can I afford this?'

What this statement does is bring you closer to the big picture fires you up to take actionable steps toward achieving your goals.

## **7) No One Knows The Future**



This is repetition for emphasis, but it's essential I go over this point again because it's incredibly important.

Many people in the world today don't know what to do with their lives, because they don't know how to create a future for themselves.

They are in the let's-see-what-tomorrow-brings [mindset](#), and that is what I want you to avoid.

You must guide your own ship and reach the destination you want.



And you or no one can predict your future, but you can do your best to build the future you want.

You have to create your future.

It's that simple!

No one on earth can create your future but you.

So get up and start thinking hard about what you really want in this life and start building on that foundation.

## **8) Live in the Present**



The present is what you have control over; so it's no use fretting over the past with regret.

Today is the day to change!

It won't be possible for you to create the life you live if you don't focus on your actions in this present moment which if you do, will guide you to a meaningful and purposeful life.

Here's a couple of tips:



- Start small, focusing on single tasks, not taking on a whole lot of things at once.
- Do your tasks mindfully, taking it all in and enjoying it, being aware of it.

## 9) Save Up



We all know how money is an undeniable part of society, and when you have it, you can pursue your dreams - this is absolutely necessary.



Whether you want to study abroad or travel, it takes money.

If you spend all your salary from month to month, you simply won't have the resources to pursue what you want.

Money can help us get on with our goals.

Some of the people who say they don't know what to do with their lives are probably money wasters.

Spending money on unnecessary things and expect life to treat them fairly.

It's never gonna happen!

So start saving up for your future goals and, you'd never have to say; 'I don't know what to do with my life.'

## **10) Don't Waste Time**





Every second of your time that is unproductive adds nothing to your value as a person, going down the drain in no time.

Every day you are getting older.

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You Might Also Love:  
What To Do When You're Bored

If you are young, start changing today.

And if you are old, don't make the same mistakes today.



Some heavy time-wasters might include;

- Toxic friends
- Watching too much of TV programs and movies
- Excessive Partying
- Over-intensive Gaming
- Social networks
- Etc

The list is just endless.

So stop immersing yourself in unproductive activities and get your life back on track.

## **11) Add Value to the World**



## What Do I Do With My Life? Here's the Solution



If you aren't thinking about how you can improve and add value to your world, you are not in the big picture.

Many people just want to take, without giving because they don't care about the long-term picture, only the short-term.

Truly fulfilled and successful people don't think like that.

They realize the world doesn't revolve around only them; they think about others, helping them to live good lives.



You find yourself when you give to others.

When you give to others, you give to yourself as well.

You become happy.

It's said that 'There is more happiness in giving than there is in receiving.'

Your life will take on a new leaf.

## **12) Discomfort will Come but Deal with it**



## What Do I Do With My Life? Here's the Solution



We spend a lot of time on things that need to be “just right” - the weather, the perfect drink, our home.

We never push ourselves because we are in a comfort zone.

If you want something, you have to move your butt and get it, doing whatever you can do to get it.

It might even mean be lowering your quality of life if not for a while, maybe permanently.



They say 'whatever doesn't kill you makes you stronger.'

So if you can get past those ordeals, then you're on your way to discovering what you really want to do with your life.

### **13) Follow in Someone's Footsteps**



Anything you want to do has probably been done already by someone else.

And whatever you want to do or be is available to you to pursue online.



But find your passion and read about others with similar passions that followed their dreams.

## 14) Trust Yourself



Sometimes we are hesitant to get started because we don't trust ourselves and sometimes we feel embarrassed at what people will say if we fail.

That can be hard, yeah, but you've got to [learn to rise above all that](#) and become better.

Change the negativity into positivity, and don't give up.



Because it takes time and effort to get your brain rewired to be more optimistic and confident.

If you can't trust yourself, then there is no point asking what to do with your life.

Trusting yourself involves more than just words.

You have to believe that you can be whatever you want to be in life and no one can stop you.

## **15) Take the Opportunity by Saying Yes**





## What Do I Do With My Life? Here's the Solution



Opportunities abound, and all it takes from you is to say yes, stacking up experience.

Never stop learning.

Remember at the end of the day, and you want to look back satisfied that you made choices and took them with both hands, instead of sitting at home, fearing them and also their outcomes.

Opportunity, they say, comes but once.



So grab the ones that present itself without somersaulting.

## 16) Unplug



We know what a beautiful place the internet is.

But it's also essential for you to know your role which means setting boundaries.

Set time aside every day to switch off the smartphones, the laptop,



and all the other high tech stuff and get out and about, meeting up with friends, volunteering, taking in nature, exercising; giving of yourself.

## 17) Find Joy in Life



Think about the times in your life when you found the most joy.

Was it that summer camp when you were a counsellor?

Was it when you were travelling?



We know that joy is part of your internal guidance system telling you that you are on course.

### **Be a voice and not an echo**

Remember, self-pity is a dead end road.

Make your own choice to travel that direction and stay parked there, or you can do a U-turn and drive out.

Go on, get up, get back on track and see the positive energies come flowing your way!