How to Find Your Soul Purpose with Lisa Haisha

with Lisa Haisha · Hosted by Kathi Burns, CPO®, Business FLOW Strategist

Lisa Haisha grew up in San Diego in a strict family with Iraqi roots and has since traveled to more than 60 countries, staying with the Dalai Lama, the Bedouin at Petra and the Maasai in Tanzania.

- [ ] Notice the story you tell yourself about your past, and remember that your thoughts create your reality.
- [ ] Ask whether your daily work lines up with your soul's purpose or fights against it.
- [ ] When an obstacle shows up, treat it as part of what helps you grow instead of wishing it away.
- [ ] Before going all in on a business, check whether you have the strong, almost life-or-death desire Lisa says it takes.
- [ ] If you're working around the clock, stop and find the 20 percent of work that matters most, and give the rest good structure.
- [ ] Sit in silence at sunrise or sunset, even for a few minutes, and quiet your mind.
- [ ] Read one paragraph of something inspirational each morning.
- [ ] Do three stretches and take a short walk, even if it's only across your yard.
- [ ] Send one person a message every morning telling them you love them.
- [ ] Invest time in a couple of people you love who love you back.

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