

Purpose-

Many of us feel we're meant to find or look for our purpose. I explain that our very existence is purpose enough. I cover what we can do with this gift called life, and how we can move from "existing" to "thriving." - creating the truest essence of the self. I guide a discussion on how to find this essence in three layers of deep, deeper, and deepest.

Ceara is a Life Coach, Master Resiliency Trainer, Public Speaker, Blogger, and Author. In her free time, you can find Ceara hiking, dabbling in photography, on her Yoga mat, reading, or journaling. Find her on Instagram and facebook, at her blog cearainjoy.com, at her website thejoyperspective.org, or take a glance at her kindle eBook: "You're Worth This: The Abrupt Guide to Becoming Your Own Damn Hero."