

Finding Your Purpose

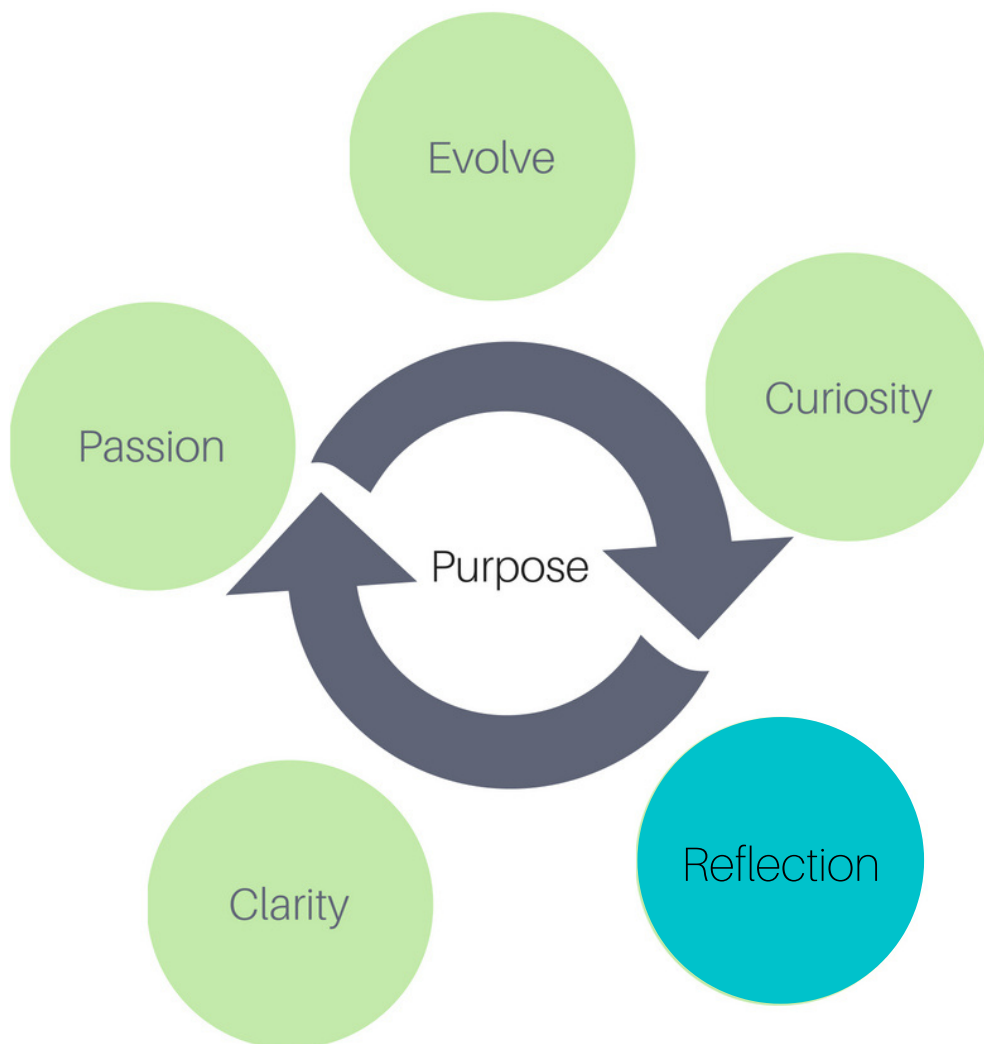
A photograph of a wooden boardwalk winding through a field of tall, dry grasses. The scene is captured during sunset or sunrise, with a warm, golden light illuminating the path and the surrounding vegetation. The boardwalk is made of wooden planks and has a low wooden railing on both sides. The path curves gently through the field, leading the eye towards the horizon where a line of trees is visible against the bright sky.

You
find
your way,
on the way

What's Your Purpose



Your purpose is your ultimate target to living an inspired life. Your life purpose is the fastest and easiest way to achieve the most amount of your highest values.





Reflection Time

What would you love to be remembered for when you are not here?

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Future pace your life. Stop and think, you are now 80 years old. You've taken the safe, comfortable road and not taken the risk you wanted to. What's your biggest regret? The thing you always wanted to do, but you haven't?

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Think of a day at work when, as you headed home, you might have said to yourself, "I would have done that for free." What happened to make you say that?

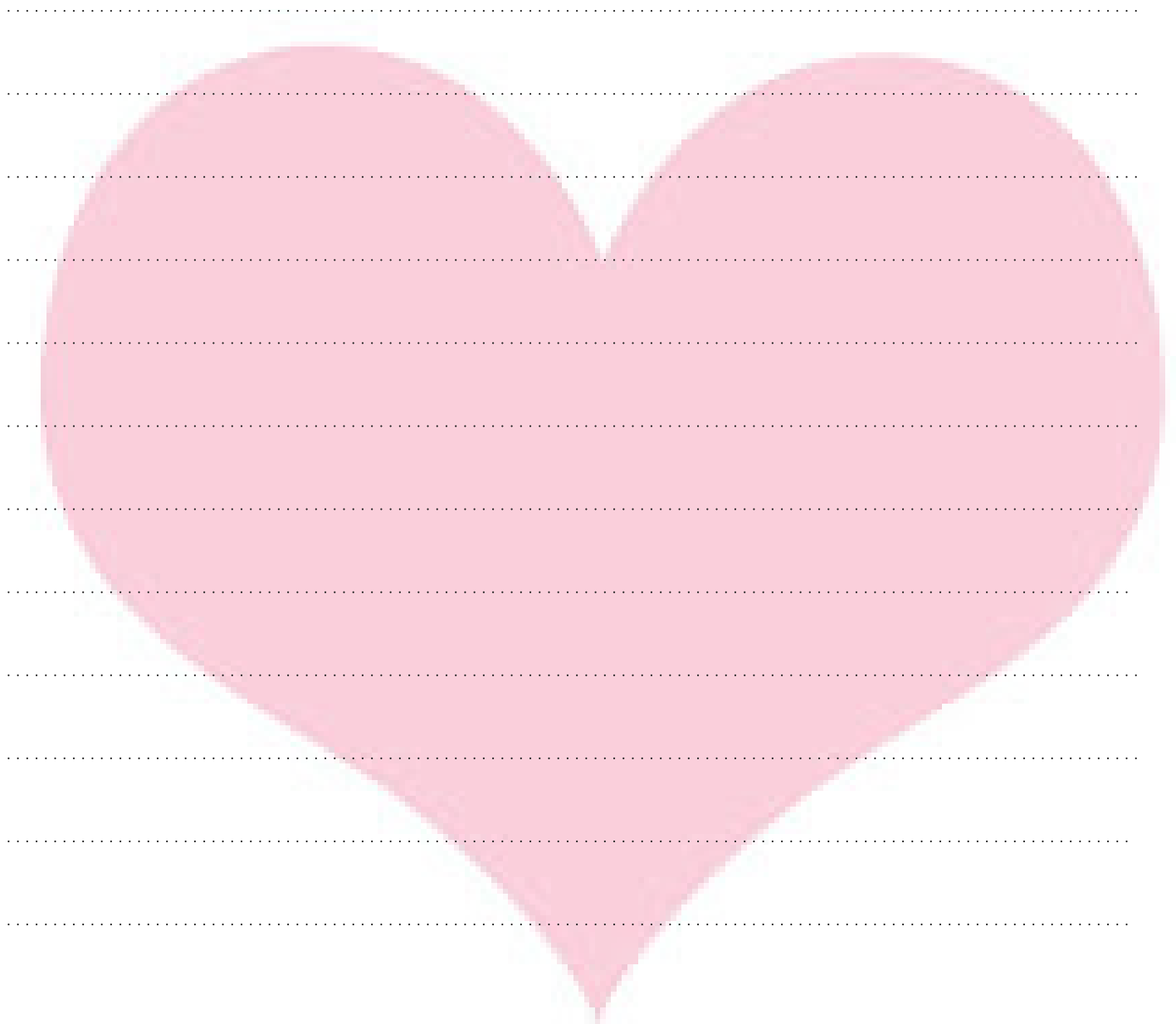
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If it was your last day on earth and before you departed you were given a second chance BUT only if you would commit to doing that thing in your heart that you feel the most passionate about but haven't had the courage to pursue, what would it be?



My Purpose is

Keep writing and let the answer come to you. Just make a start and then keep tweaking each time you write it. Keep writing versions of your purpose statement until it feels right to you. You'll know it's right for you when you feel an emotional reaction.

My purpose is to *(contribution & impact)*

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My purpose is to *(contribution & impact)*

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My purpose is to *(contribution & impact)*

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My purpose is to (*contribution & impact*)

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My purpose is to (contribution & impact)

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My purpose is to (contribution & impact)

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My purpose is to (contribution & impact)

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If You're Still Unclear

Friends Exercise - Simon Sinek

1. Make a list of 3-5 of your closest friends.

These are the people you trust & love unconditionally; the people you could call at 3 AM with a dilemma. Even if you don't talk to them a lot, they are the friends that will always be there for you, and you them.

2. Ask them "Why are you friends with me?"

At first they may not understand the question. With a very perplexed look on their face, they might say, "What do you mean? We've been great friends forever. That's a strange question."

Next, give them some context. Tell them it's an exercise that you're doing to learn more about yourself and it would be very helpful if they could work with you to answer the question. Again, ask the question, "Why are you my friend?" This time they'll give you answers like "you're smart, loyal, kind, funny". All of those things will be true. Tell them, "Good! You've successfully defined the word 'friend', but why are you friends with ME." This may be a little uncomfortable for both of you because few people really sit down and talk about the deep tenets of their friendship.

3. Listen

They will keep saying things like, "I don't know. This is a really hard question." Just let them keep talking. Keep quiet, keep listening, and most of all, let them keep struggling to find the right words. It may feel that they are going in circles, but just keep LISTENING. Eventually they will make a shift and start talking about themselves. They will start saying things like

"I feel . . ."

"You make me feel . . ."

"When I'm around you, I feel . . ."

You will likely feel an emotional connection with this person when they describe themselves and the way they FEEL when they are with you. You may find yourself getting goose bumps on your arm or even a tear in your eye. This often happens when something feels right.

4. Clarity

Since you've likely never had this conversation with your friend before, use your curiosity about the things they've shared to ask more questions to clarify what they mean. Here's an example:

Friend: "I feel good when you're around. I feel like no matter what I do, you'll accept me."

You: "What do you mean when you say "feel good"?"

Silence is key here. Try not to interrupt or "fill in the blanks" in awkward feeling of this conversation. Let them sit with the question in silence for as long as they need to.

Friend: "I don't know. I guess I feel calm. I feel like no matter how stressed I am when I sit down with you, I just feel more relaxed."

You: "So no matter how stressed you are, when you and I get together, you forget your worries?"

Friend: "Not exactly. I feel like my worries aren't as big a deal as I thought they were when we start talking about them."

You: "So I help you put things in perspective."

"Exactly! Then I feel much more calm."

Once you have a clear understanding of what your friend means, take good clear notes.

5. Compare

As you compare notes from the conversations you've had with different friends, you will start to notice that your friends are saying the same things about you. Take those key words or phrases and list them below.

For example: My best friends say I . . .

1. Put things in perspective
2. Help make things more clear
3. Help them see the big picture

Once you've discovered what you have that your friends don't get from anyone else, you're one step closer to articulating your Why and what it is that you naturally do to make your mark in the world.

Key words and phrases my friends use to describe me...

(Based on the work of Simon Sinek)