

FINDING YOUR PURPOSE



Perhaps you don't need **a**
purpose as much as you
need to be **on purpose.**

If I were told that I would die in 5 years, and that I would be healthy and active until that moment, I would...

If I had no possibility of failing
and were therefore guaranteed
of success I would...

If I had to give three messages to the people of the world which for me were the most important guidelines for them to live by, they would be...

What talents, abilities or character traits would you like to develop further at this point in your life?

If I had nothing to prove,
nothing to achieve, if I had
all that I needed, what would
I love doing?

Looking Within

Given your talents, passions and values...

How could you use these resources to
serve, to help, to contribute?

(to people, causes, organisations, environment, planet etc)

Looking Within

What do you want your eulogy to consist of?

What do you want your achievements to be?

What difference do you want to have made?

How many of these things are you doing now
and which do you want to start doing now?

Shit Sandwich

Nothing is pleasurable or uplifting all of the time.

So the question becomes:

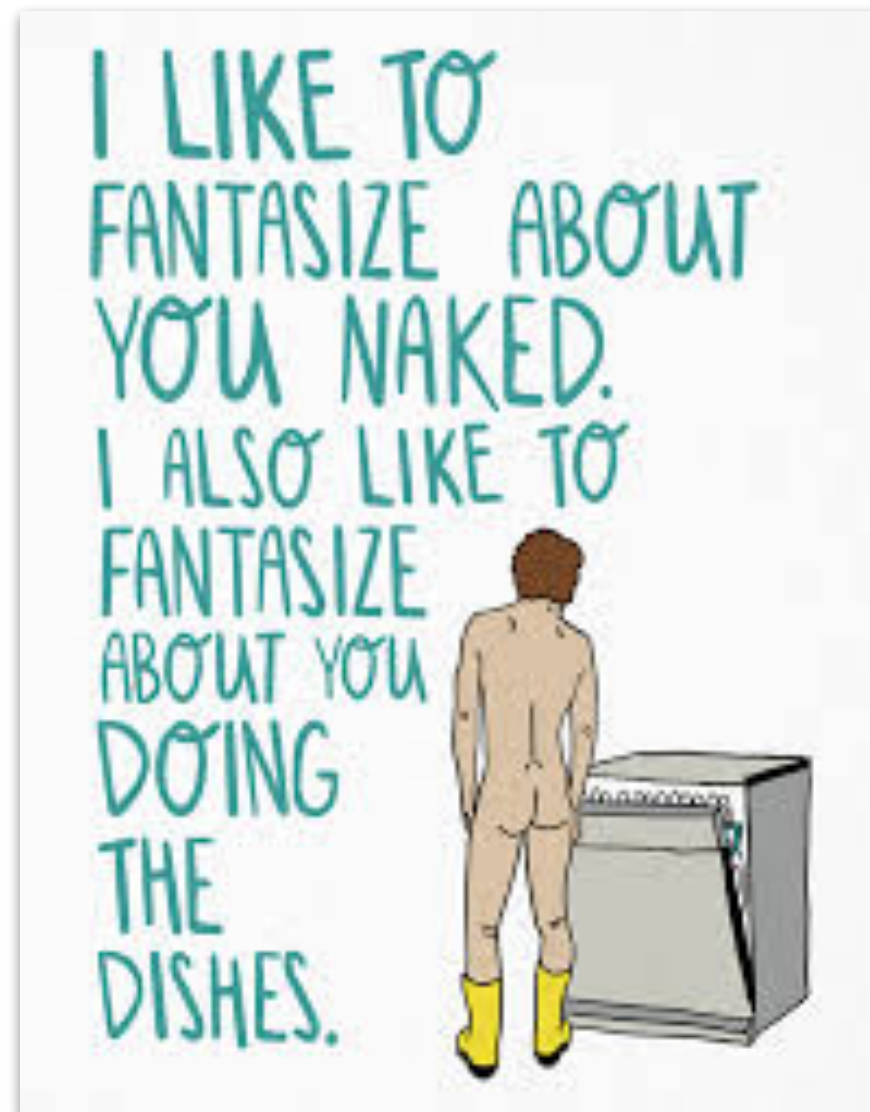
What struggle or sacrifice are you willing to tolerate?



Ultimately, what determines our ability to stick with something we care about is our ability to handle the rough patches and ride out the inevitable rotten days.

Fantasy

Right now, there's something you want to do. Something you think about doing, something you fantasise about doing, yet you don't do it.



You have your reasons, no doubt.
And you repeat these reasons to
yourself ad infinitum.

ACTION

What most people don't understand is that **passion is the result of action,**
not the cause of it.

Discovering what you're passionate about in life and what matters to you is a full-contact sport, a trial-and-error process.

None of us know exactly how we feel about an activity until we actually do the activity.



ACTION
CHANGES THINGS!

Assignments

1	Complete the exercises from this presentation.
2	Practice being purposeful.
3	Set an intention to 'know' your purpose by a particular date.