

Session 3:

Discovering &

Living Your Purpose



LIFE PURPOSE

We each have a unique purpose to fulfill here on Earth. Identifying, acknowledging and honoring this purpose is perhaps the most important action successful people take.

Without a purpose in life, it's easy to get sidetracked and end up accomplishing very little. But with a purpose, everything seems to fall into place. The people, resources and opportunities you need naturally gravitate toward you. The world benefits, too, because when you act in alignment with your true life purpose, all of your actions automatically serve others.

Many people subscribe to the Protestant work ethic, which says you must work hard to prosper. But success does not require struggle and suffering. It can be effortless, meaning that you are having fun while pursuing your goals, even when you're working incredibly hard.

Conveniently, human beings are equipped with an inner guidance system that tells us when we are on or off purpose based on the amount of joy we are experiencing. When you feel like you are in "flow," you are on purpose. When working toward your goals is a chore or success is extremely difficult, stop and evaluate whether your goal is aligned with your purpose.

If you're still unsure of what your life purpose might be, or perhaps you feel you've lost your purpose somewhere along the way, I'd like to invite you to listen to my Life Purpose Meditation here: <https://www.jackcanfield.com/pages/tspw-resources-lifepurpose/>



IKIGAI

(Life Purpose Venn Diagram)



JOY REVIEW

Those things that bring you the greatest joy are in alignment with your purpose. When you experience joy, it indicates that what you're doing and how you're being are on purpose. It's like the GPS for your car or on your phone letting you know that you're on the correct route. Otherwise, it tells you to make a U-turn. When you go back and review the experiences of your life, and look for what brought you the greatest joy, you begin to get a sense of what your purpose is.

To begin to hone in on your life purpose, make a list of five moments when you were doing something that brought you joy. To be most useful, you can state these activities in the present tense by completing the phrase, *I feel the most joy when...*

Examples:

I feel the most joy when I'm *spending time with my children.*

I feel the most joy when I'm *creating a plan to expand my business.*

I feel the most joy when I'm *teaching others new leadership skills.*

Your turn:

I feel the most joy when I'm _____

I feel the most joy when I'm _____

I feel the most joy when I'm _____

I feel the most joy when I'm _____

I feel the most joy when I'm _____



LIFE PURPOSE EXERCISE

The Life Purpose Exercise is designed to help you formulate your Life Purpose Statement. Think about your answers to the questions above, and complete the following:

1. List two of your unique personal qualities, such as enthusiasm and creativity.

2. List one or two ways you enjoy expressing those qualities when interacting with others, such as to support and inspire.

3. Assume the world is perfect right now. What does this world look like? How is everyone interacting? What does it feel like? This is a statement, in present tense, describing an ultimate condition, the perfect world as you see and feel it. Remember a perfect world is a fun place to be.

4. Combine the three prior subdivisions of this paragraph into a single statement. Example: *My purpose is using my creativity and enthusiasm to support and inspire others as we all freely express our talents in joyfulness, harmony and love.*



ALIGNMENT

On a scale of 1-10, based on the activity review above, how fully are you living your Life Purpose right now?

1 2 3 4 5 6 7 8 9 10

If you're not at a 10, what would you have to do to move toward a 10?

If joy is your inner guidance system as to whether or not you're living your purpose, what do you need to be doing more of? What are the things that you know help you feel closer to your purpose?



What activities do you need to eliminate or do less of because you feel they pull you away from living your purpose? Do you recognize patterns of numbing out with distractions, tv, alcohol, etc.?

Over the next two weeks what can you commit to do to bring yourself more in alignment with your life purpose?

What will you do today to live out your life purpose?

