Purpose Pinpointer

"Few topics top what it takes to achieve one's purpose"

What's that 'sweet spot' at the intersection between what you care about, what you can contribute, and what you value most?

That brings us to the purpose, cause or belief that drives most everyone or what we affectionately call our "why." It provides us with clarity and infuses us with the focus and passion for our goals. It helps you develop resilience and allows you to live a life with integrity.

Knowing that – and keeping it front and center – makes it easier to focus on what truly matters as well as minimize distractions and detours involving anything that does not. If you are clear on what your purpose is, you won't waste time by pursuing pointless goals.

Have you ever wondered aloud what your reason is for getting up every day? Some of us are still searching. Others have successfully identified their purpose but still veer onto different paths, diverted by other pursuits.

Some people go their whole lives without questioning who they are, whether they have a sense of purpose in life and how to fulfill it. Others become mired in codependency and never individualize their perspective and effort. It's essential to confront these barriers to success just the same.

What is it that you already love about your life? Are there aspects that you find incredibly fulfilling? Often, the more activities, people and time that are spent in alignment with your values, the more fulfilled you will be. As a result, ask yourself which achievements bring you the highest level of satisfaction.

This brings us to the point where all your self-discovery and reflection throughout your Life Upgrade journey can be purposed for a single, all-important purpose: to gain full clarity about your purpose. Below are a number of activities to bring you closer to your "why." Maybe you already know it. Maybe there's more to it to discover.

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You may find the Personal Values Assessor you completed about perception especially helpful. Hopefully you'll find that some of these exercises bring you closer to the answers.

Activity 1 – Self-Reunion (15-20 min)

1) What is your happiest memory of your childhood?

2) What did you like to do most as a child?

3) What did you want to be when you grew up?

4) If there was any defining moment in your life to date, what would that be and why?

5) If you didn't need a paycheck, what work do you love enough that you'd do it for free?

6) What are some things that you'd be willing to do even if you look foolish?

7) Let's say you were given the chance to teach others something, what subject would that be? Does this align with what people ask of you when they come to you for help?

8) What's usually the reason why people thank you?

9) If you could go back and change one thing, what would it be? What would you do differently? **Note:** This isn't about rehashing regret as much as it is to see whether the answer can have a positive impact now.

10) How does it feel not to accomplish what you now aspire to do? In optimistic contrast, what's the best that can happen and how does that feel?

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Activity 2 – Legacy Achievement (5 min)

What 3 or more accomplishments are you most proud of? If applicable, is there anything among them that you regard as incomplete?

1)

2)

3)

Activity 3 – Prevent Regrets (5 min)

It's a pointed question to help pinpoint your purpose. What 3 or more things would you regret not doing [or finishing what you started]? Note: this has less to do with your "bucket list" as what you might consider to be "legacy achievements."

1)

2)

3)

- Is preventing that regret enough to become your *why?*
- Are the things you identify still achievable?

Activity 4 – Established Personal Goals (5 min)

In much the same way, if you were to jump to the end of your life, what are the three most important lessons you will have wanted to learn? Why are they so critical?

1)

2)

3)

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Activity 5 – Pinpoint Your Purpose(s) (15 min)

The activities above and throughout your Life Upgrade have been leading up to this point. Can you define your "why?" Is it powerful enough to fuel your energy, will, tenacity, grit, belief and faith in yourself to see it through? What does your passion fuel?

Your Purpose(s):

Even after working your way through those many probing questions, you might also be coming up blank. Or maybe you're trying to set your sights on desired inevitabilities that seem too big. That's okay, too. It's also okay to have more than one purpose, such as shorter-term versus the furthest one possible.

It also makes sense to start small and remain present by identifying 3 to 5 values and then, 1 to 3 ways you can honor each value every week or every day.

You'll find some activities can honor many of your values simultaneously. Integrate these activities into your life. Make room for new activities by eliminating less-fulfilling ones and energy drains. As discussed, this may include spending less time with certain people. Start there and keep it simple. Again, experience such things in real-time to create momentum and bring more fulfillment into your life.

That said, once you find a purpose worthy of Inevitability, there's a delicate balance to align living in the moment and visualizing that future.

Finding your "why" is important not only for success in your professional and personal life, but also for your well-being and longevity.

We all want to make a difference and feel like we matter. You do.

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