

Why Get Up In The Morning?

How to Demystify Your Life Purpose

Tools to Help You Define and Articulate

Chapter 1

Definition of Life Purpose

“ The meaning of life is to find your gift. The purpose of life is to give it away.”

*William Shakespeare**

** This quote has also been attributed to Pablo Picasso and others.*

How To Demystify Life Purpose

ABOUT ME: I'm a writer, coach, and public speaker who is passionate about helping people live a life they adore. My joy comes from my work, my friends and family, my animals, and way too many activities to list on one page. I'm crazy about this life we have to live and am excited every day to see what potential we as humans can uncover. Yep, I'm a little quirky -- but always sincere.

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Definition of Life Purpose



We all react to wanting to understand our life purpose. Whether we say we know what our life purpose is or not, we respond to the topic. We have an instinctive urge to seek our purpose.

Purpose: *reason we exist*

Mission: *work we do*

Vision: *view of our place in the world*

Very simply, *life purpose is the reason we exist*. Life purpose propels us to want to take action rather than stay static. It is what motivates us to go beyond to the next step in life, or risk a goal. Purpose is how we make our contribution to society. It gives us the *why* behind getting up in the morning and an enthusiastic answer to “what difference does it make?”

We all have a purpose in life to live. We make a difference -- each and every one of us, individually and collectively. Until we fulfill our unique purpose we aren't taking advantage of the greatest happiness available to us. Our purpose is our reason for being.

Each one of us was born with a particular set of abilities, talents, strengths and idiosyncrasies. As we age, we accumulate experiences and knowledge, further detailing us and equipping us to fulfill our purpose *like nobody else can*.

Nobody has the same purpose we do because we are each made of our particular set of combinations. Unlocking your personal equation is how you can discover your purpose.

It isn't necessary to uncover every last detail to know your purpose. We are each full of layers of information that can take a lifetime to discover. Learning all that we are within ourselves is a phenomenal exploration that will bring tremendous satisfaction.... You can live your purpose *while* you continue to discover the many layers of aptitude within you.

Although many individuals will say they don't know what their life purpose is, most people are already living theirs. They just haven't articulated it.

Because the definition of life purpose is literally attached to our existence it can seem ominous and foreboding. Remove the intimidation factor by observing that

- 1) Each one of us has a life purpose
- 2) Whether we are able to state our life purpose or not, we are all still living our lives
- 3) Some people who claim they don't know their life purpose are making huge contributions in life

So I contend that you do know your life purpose, you just may not have put it in words yet. Chances are you are already living it -- to full glory! This book will help you articulate it.

Chapter 2

Why bother?

*“Does it really matter if I figure this out?
Seems like a lot of effort.”*

*Yes, it matters. Keep reading. (Answer:
because YOU'RE worth it.)*



Why Bother?

Knowing that you are living your purpose is reassuring. Being able to articulate and recall it is a powerful tool and a compelling motivator.

Why? Because being able to articulate our life purpose:

- Provides peace of mind
- Smooths out the rough edges in life
- Brings us happiness
- Imparts a sense of ease (more of the everyday pieces of life fall into place)

Articulating your life purpose is a compelling motivator.

Remember, you're already living your purpose by making a contribution in your unique way. To other people, whether it is your family, friends, co-workers or your community, you are probably fabulously successful at whatever you're doing. But-- are you completely satisfied within yourself?

If you aren't blissed out--at least in a quiet internal way -- it can be a sign that you haven't put words to your purpose. It can also signal that you're not in complete alignment with it.

So let's figure this out and get it in writing. If you want to delay a bit and read some more on the stages of life and how purpose evolves, read on through the end of this chapter. Otherwise, go to Chapter 3 to get started articulating your purpose.

How did it get so complicated?!

Things were straightforward when we were infants. We had needs, they got responses (or didn't). From the reaction we received, we made deductions and learned, progressing through life.

As expectations were made of us, we had our individual responses based on our unique characteristics plus our experiences. There are three age categories when life purpose particularly evolves. These can be seen as opportunities for clarification.

During the stage of young adulthood, approximately our late 20's, we balance our emerging values with full integrity and living in the outside world. Up until this point, our world is typically limited to that of some type of learning, whether through home, school or society. At this stage, we have our first opportunity to exercise our purpose and mission

outwards. A lot of effort here is spent on various attempts and trying out ideas, following through on trial and error.

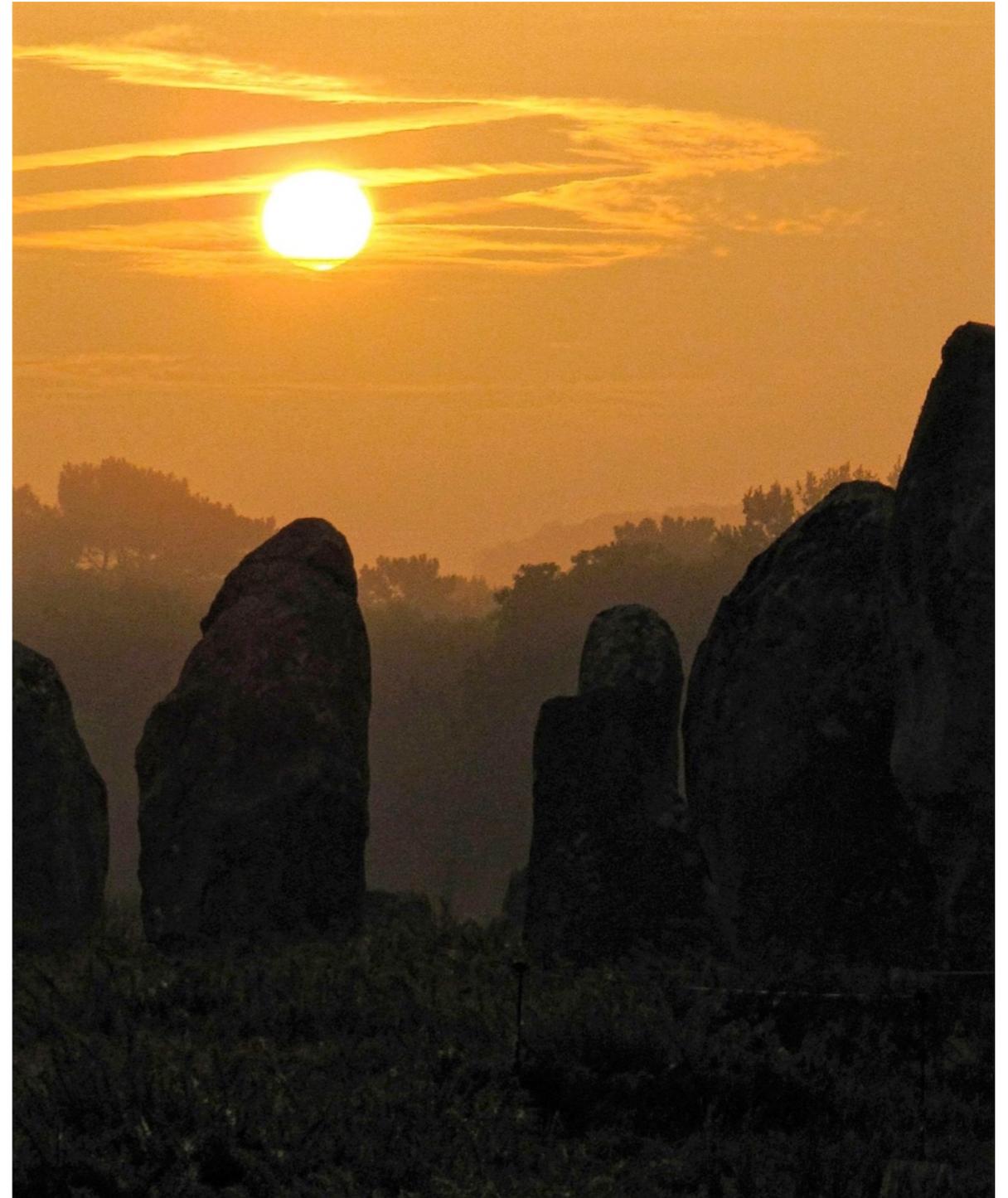
The next stage is often reached in the late 30's or early 40's, typically a time of maximum financial opportunity. After experimenting in the prior years with what might work best, these years are ideally spent living that purpose and benefitting from the rewards.

When we reach the latter years, from late 50's on, depending on what the financial security is, life purpose is often the foremost concern. This is a stage of true integration where we discard what didn't work, fine-tune what will, and take the best from each of the earlier phases. As physical capability fades, the spiritual capacity often grows, and this stage sees purpose experienced through community and social service as frequently as in a workplace.

Of course, there are exceptions to these phases. For example, extraordinary teenagers do life changing work while still in school. But in general, the sequence is consistent. Our first efforts with our purpose and mission are focused on primarily articulating them for external world, then maximizing the benefits of the work that can result from our vision, and lastly, living our purpose often for the satisfaction of giving in and of itself.

These stages don't exist in vacuums. Ideas and visions will overlap because they are true to each person's values, purpose, mission, and vision. To integrate them into action means overcoming fears to self growth, and to fully accept your purpose in this life. If you don't know your purpose at any age, it's never too late. It just means that everything you did along the way so far will contribute to figuring out what it is.

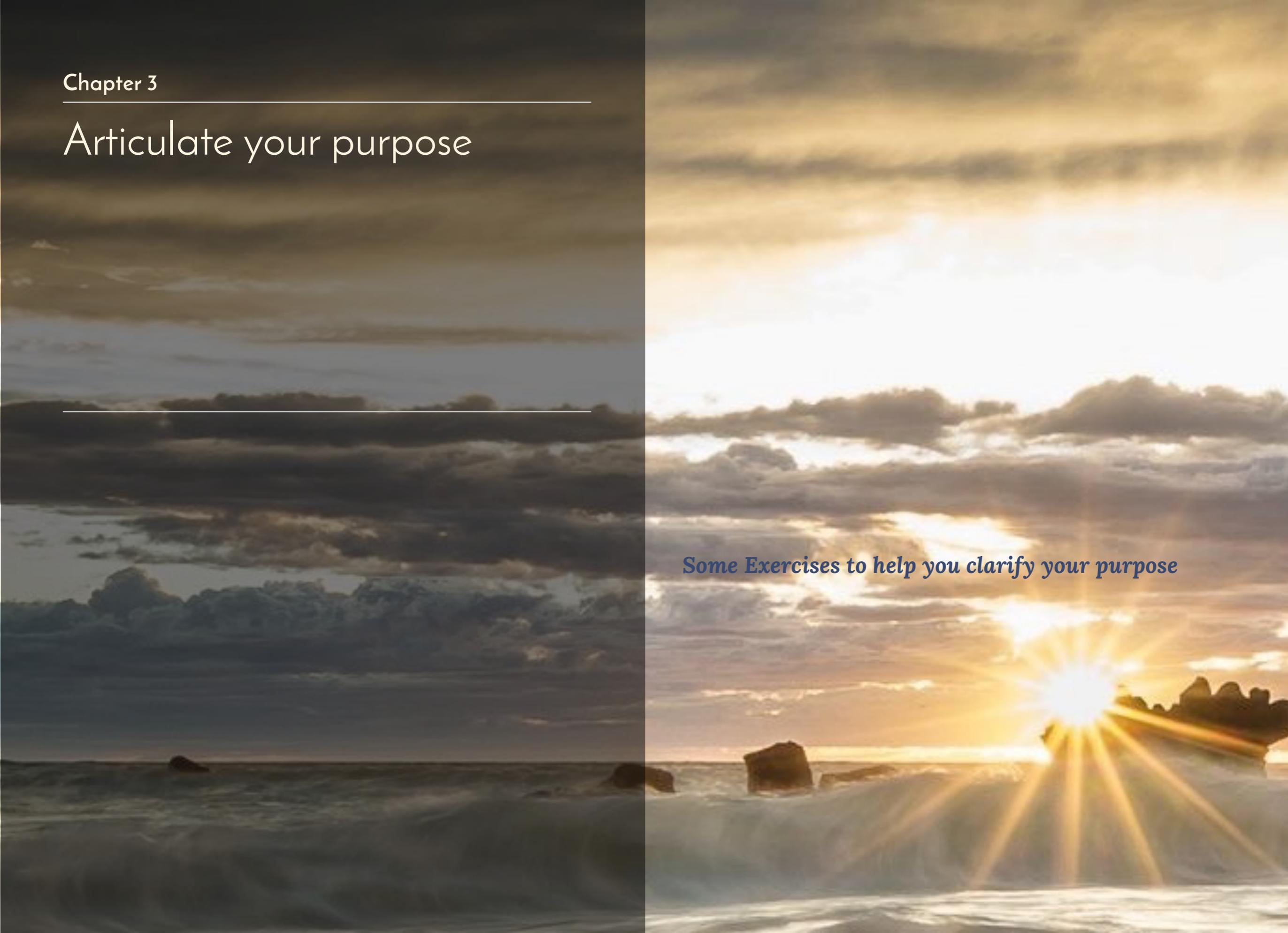
Now that you've seen that you do know it, let's decipher and articulate it! Let's push away the extraneous until it's crystal clear.



Chapter 3

Articulate your purpose

Some Exercises to help you clarify your purpose





Clarify & Articulate: Some Exercises to Help

Take some time with the following worksheets. Your replies to the questions are only part of the answer. Pay attention to the response you get after spending time in reflection as well as to your reaction.

Exercises:

- 1. *What Lights You UP?***
- 2. *Back to the Beginning***
- 3. *The Sweet Spot***

Want to get started? Great! Go straight to the Worksheets!

Prefer to read for a bit more background and encouragement? Here it is:

Brain research conducted in the past 30 years can substantiate much of what was intuitively sensed previously. We now have empirical evidence for linear thinkers, and analytic exercises to assist us in obtaining measurable results on subjects that were previously considered unsourced.

We have ways to measure human intelligence and creativity. We can see how the brain generates ideas from the incubation stage through to production.

Why does this matter? It can serve as encouragement.

What many people have done before the research existed, myself included, was to start with the intuitive inclinations, and then look for evidence to back it up. We can now see it doesn't matter whether you start with science or intuition. Just start in the way that feels most natural to you.

Thoughts to remember:

- Purpose is not always the same as passion.

Knowing your life passions can help you decipher your purpose, but they are not automatically equal.

- Purpose is about *being* more than doing.

-It is easy to confuse purpose with the work that we do. Sometimes they are the same, but most often they aren't

- Biggest clues: *your words* and *your thoughts*.

Words are powerful – and intentional, either through our conscious or subconscious.

Some examples of purpose:

“My purpose is to teach.”

The work that fulfills that purpose (my mission) could be a filmmaker who illuminates, inspires, and educates viewers through their films, a radio host who opens their listeners' opinions through their programming, a school teacher, many other avenues who teach through their actions.

“My purpose is to create harmony.”

A few ways to show how this purpose can be achieved is through creating conflict resolution models in a corporation, developing systems in a scattered family to keep them united through life with love, going into public service as an aid worker or a diplomat.

“My purpose is to promote social change.”

This purpose can be attained through nonprofit fundraising, writing for a cause, public speaking, living a life of perceived example.

As you begin to craft your personal statement you will discover that the power is in the detail of the chosen words. There is a subtle but distinct difference between someone who *promotes* rather than *creates* social change. When you reflect on your activities through the following worksheets, narrow the details so they are meaningful to you. This isn't the time for generalizations.

In the examples of the missions (the work done) above, notice how it is possible for one person to evolve through various activities and jobs throughout their lifetime, while still remaining true to their purpose. Keep that in mind as you reflect on the chronology and patterns in your life.

All the examples shown are evidence of the point that purpose is more about *being* ourselves. The work that we do is our mission. It is how we fulfill our purpose.

Let's get started on those worksheets!

Worksheets

A sunset over a body of water with a winding path. The sun is low on the horizon, casting a golden glow across the sky and water. The water is dark, and the path is a light, winding line that leads from the foreground towards the horizon. The sky is filled with soft, golden clouds.

What Lights You UP?
Back to the Beginning
The Sweet Spot

Your Guiding Light

What lights you up? What makes your heart sing? List the activities and everything you can think of that fills you with delight here. About what are you passionate? What gives you total fulfillment, to

include an element of challenge, yet still equal total fulfillment to the person who has a passion for those activities.

the point you lose track of time? Notice I didn't say "fun". There can be a component of effort here -- ex., painting, dancing, running, all

Back to the beginning

Think back to your childhood. What were you doing then that you are still doing in some way? Look for the behaviors that are uniquely yours. Although they will have morphed through the years and look slightly different, they will be the same.

For example, were you always showing everyone around you how things worked? Did you know how to operate equipment without being told, or as you got older, reading the manual?

List as many as you think of in the area following.



1

2

3

4

5

6

7

8

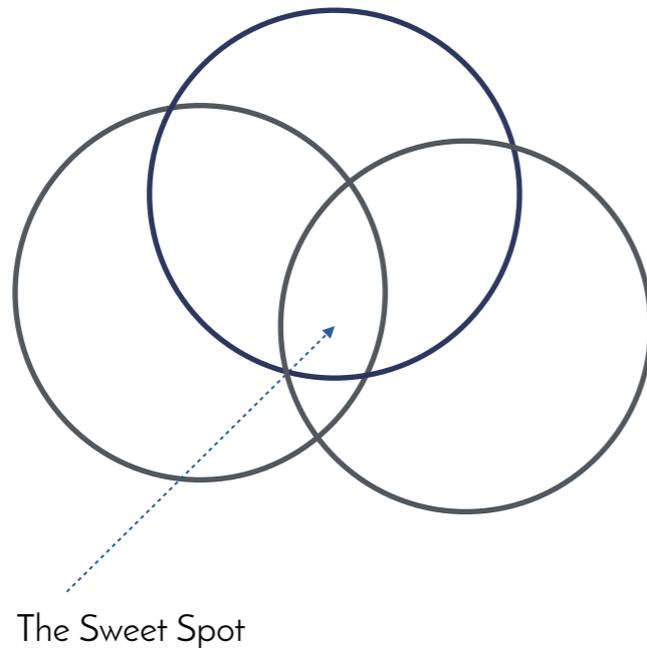
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The Sweet Spot

- 1 Draw three intersecting circles, as illustrated below. Each circle represents one of the following:
 - Circle (a) what you're good at
 - Circle (b) what you love doing
 - Circle (c) what others ask you to do
- 2 For each circle's topic, list all the things that come to mind for each category. Have fun, and be CREATIVE with this! Write fast and write often. Make a list and put it down, then pick it up later when more ideas occur to you. Write in the morning or late at night. Record ideas in your phone. Don't hold back! This is where your intuitive mind gives you information from which to build.
- 3 Once you've spent time on all three circles, consider asking other people their thoughts. Ask a friend or coworker what they consider your greatest strength and the answer might surprise you. Rather than hearing "determination" as you anticipate, you might hear "sense of humor". Record it all and judge nothing.

The intersection of the circles is known as the "sweet spot". Consider whether what shows up there sounds and feels like your life purpose.



The irony of our unique traits is that our own skills are so crystal clear and natural precisely because they are ours! They are in fact our second nature. They are so obvious to us we tend to overlook them. Yet others benefit from us using them and are drawn to us in order for us to use these skills specifically. That is one way in which we understand what our unique characteristics are and are often an excellent indication of our life purpose.

Chapter 4

The Pitfalls

Knowing all these great things, why don't we have greater clarity? If purpose is so powerful, and we kind of already know it, why are we keeping ourselves from it?



Pitfalls

The two things that keep us from moving forward:

Fear

Lack of action

Why does life remain murky if we know all that is waiting for us? The two missing pieces are *fear* and *lack of action*. We allow these two factors to prevent us from enjoying clarity.

Fear

We hold ourselves back, often instinctively, due to fear of something. Many people make an effort or two at their goals and give up.

It takes no small amount of bravery to determine what your fear is, tackle it, and then choose to move forward. If your aspiration is important enough to you and your purpose, you will find the necessary endurance to get past the fear.

Life purpose serves as the motivator to get you past fear. But if you're afraid to figure it out, the stumbling block can feel enormous. In the words of an author (Susan Jeffers) before me, "feel the fear.. and do it anyway" or as I like to say: just trust forward.

Once you are clear on your purpose, holding back is no longer an option. Success and any sense of perceived failure is automatically measured by an internal litmus test. Once you allow yourself to be seen as you are, living your

purpose, it becomes more uncomfortable to live falsely. It no longer feels like a viable option to hide behind false roles.

The next time you find yourself blocked by fear, stop and ask yourself:

- What am I afraid of?

Take the time to define it and then place it in a category so you can understand it.

- What information does this give me?

• What can I do about that? In other words, how can I take a powerful stand from that information?

Lack of Action

The other missing piece to finding your purpose is often a lack of action. We *have* to take action. After dreaming, following your passion, making your lists, you have to take steps forward.

Lack of action can connect back to fear if we don't do anything because we don't know what to do and are afraid of making a mistake. But action of any kind needs to be started. Take the steps you DO know how to take.

For example, if your purpose is bringing stories to life, the way you might do this is through filming. After thinking about it,

dream, then read, study, research. Learn how to film! Make contacts, investigate options, talk to other filmmakers, etc.

Dreaming is a huge part of the puzzle as we figure out our purpose but without putting action behind it, nothing is going to happen. If it does, you are one of the lucky ones that subconsciously acted without being aware of it.

Take accountability for your actions as an adult and be responsible for your life. It is yours and you have the honor of creating it!

Chapter 5

Move to Joy

How do we get past the pitfalls?



Move to Joy

Use joy as your signpost

Joy is a core principle of life and can be used as a signpost both in finding our purpose and in keeping us in alignment as we live. When we connect with joy we are able to release fear. The two emotions cannot be simultaneously experienced. If you choose joy, you will automatically overcome the pitfall of fear!

There's a difference between *happiness* and *joy*. Both give us clues when we are on track with our purpose.

What's the distinction? Happiness is the pleasure-based pursuit of happiness designed to *enjoy ourselves* and relieve stress. Joy, however, is *value-based* and concerned with the meaningful activities in all areas of life. Experiencing real joy is what gives life meaning.

Joy, in this sense, is found through a belief that there is something greater than just ourselves, and therefore we have a sense of living with purpose. The pursuit of happiness, while beneficial, doesn't have the deeper transformative effects of joy. The pursuit of meaning and intimacy results in lasting benefits of a healthier life and greater life satisfaction.

Both are essential for a full spectrum life, but joy, which is values-based, is what reminds us of our purpose and connects us back to our values.

List some strategies to fill your life with joy:

Joy is not a moral obligation. It's a choice, a mindset, and an action.

Chapter 6

Commit to Self

It's not that complicated but knowing your life purpose requires a commitment to spending time with yourself



Commit to Self

The answer is love -- love and commit to know and care for yourself.

It's not that complicated but understanding your life purpose requires a commitment to yourself. When life is in synch with who you are, you are able to meet all your responsibilities and not only excel at them, but enjoy them because you see they are part of your purpose. It becomes easier to find time for the things, people, animals, events, activities, and places in life that are important to you. Finding your purpose means knowing what those items of importance are.

Your purpose doesn't change through life but it does evolve and the mechanics of HOW you fulfill your mission will vary. For example, how you express yourself when you are young may look different than when you are an adult.

Some of the changes are building blocks to how we ultimately express our purpose. They all lead to a deeper expression or a greater understanding.

When we shine our light brightly, we can spotlight someone else. So don't you dare be tempted to dim your brilliance! Make a commitment and take care of yourself. If your purpose involves caring for others, you can best do that by starting with yourself. Only then will you have the strength and resources you need to care for another person.

If you won't take care of yourself, who will? If you won't care for yourself enough to put yourself first, can you expect anyone else to care that much?

Make yourself a priority. Give yourself permission to consider your thoughts, desires, and needs first. You have complete freedom. No one can see inside your mind as you envision your dreams.

Indulge in your world! Live your life and enjoy it! Through knowing yourself well, you will understand your purpose. By caring for yourself, you will have the strength to live it.

For clarity of your purpose:

- **Commit** to spend time in reflection
- Remember it's about **being** more than doing
- Use **joy** as your signpost
- Listen to your **passion**
- **Take action**

I hope you have enjoyed this book and your process through it! Please **send** me a note if you'd like more information on any of the topics included.

In joyful purpose,

Jan

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