

Living a Life of Purpose

Dean Griffiths

www.deangriffiths.co.uk

What would you like to achieve over the next 12 months. If there were no restrictions, no limits, how different would your life be, compared to how it currently is?


I believe that we are all here for a purpose and when we are living a life of purpose. So are you currently living a life of purpose?

If not, then I want to take you on a journey, because there is a reason that you are reading this e-book and I have some information that I think you're going to LOVE!

Living a life of purpose is a very unique and personal experience, a phenomenon that's so individual that I believe only you can actually know it or can figure it out and what it means to you. So the aim of this e-book is to provide some guidance, plus I want to share 5 powerful tools that will help you transform yourself from a caterpillar into a butterfly.

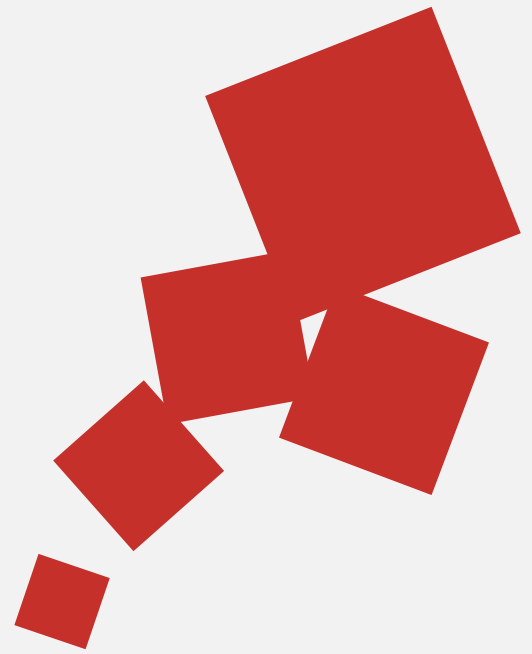
Connecting with and living your purpose is a beautiful journey that typically unfolds in mysterious and surprising ways. It's not something to be forced, or something to actively worry about "having to" find. I like to think of it as a game, an adventure to be experienced with your eyes and heart wide open.

All you have to do is decide to be open to this, and be willing to take whatever steps or inspiration calls to you. I'm convinced that if you do that, you can't go wrong, and you won't "miss it".

An open notebook with lined pages is shown from a top-down perspective, resting on a dark wooden surface. The notebook is open to two blank pages. To the right of the notebook, a portion of a dark-colored cup is visible. The lighting is warm, creating soft shadows and highlights on the wood and paper.

Are you ready?

You need to understand that there has been a theme to your life, which you may be partly aware, though haven't quite connected the dots yet, so be curious, enjoy the process and allow life and its richness to reveal itself to you as you go along this journey.

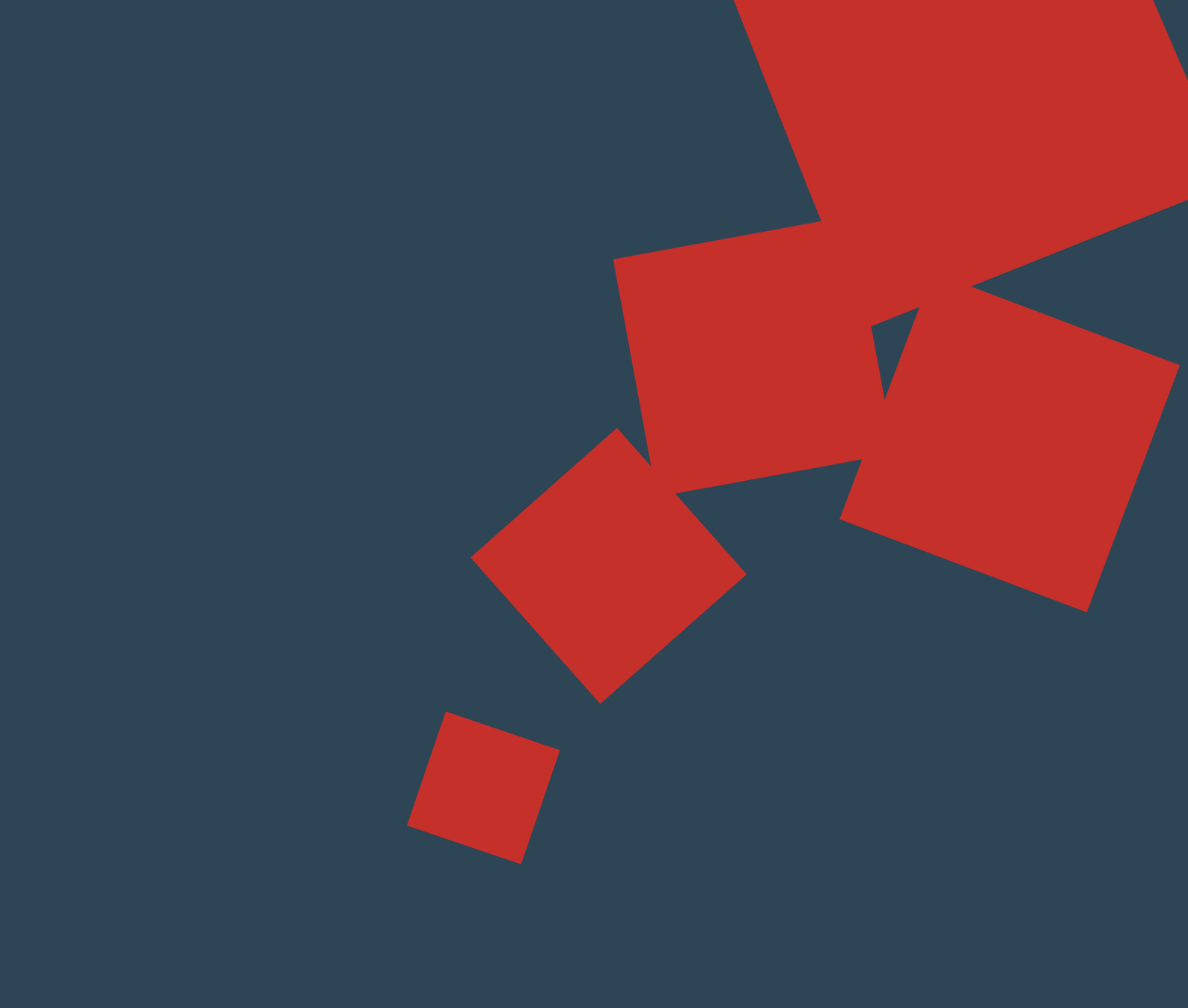


Let me ask you a question?

Have you ever noticed that children of lawyers and doctors often go on to become lawyers and doctors? We often follow similar life paths as our parents and this is based on a theory that science has been telling us for over 50 years. Our lives are controlled by our genes.

This is partly true as our personality traits, physical attributes, intelligence levels, and outlook on life — are somewhat inherited through our genes. If our genes control our life function then it must mean that our lives are being controlled by things outside of our ability to change them. Though this leads to false victimization and gives the impression that we are destined only to achieve a certain level of wealth or success in our



An abstract graphic consisting of several overlapping red squares of various sizes and orientations, set against a dark blue background. The squares are scattered across the upper half of the image, creating a dynamic and layered composition.

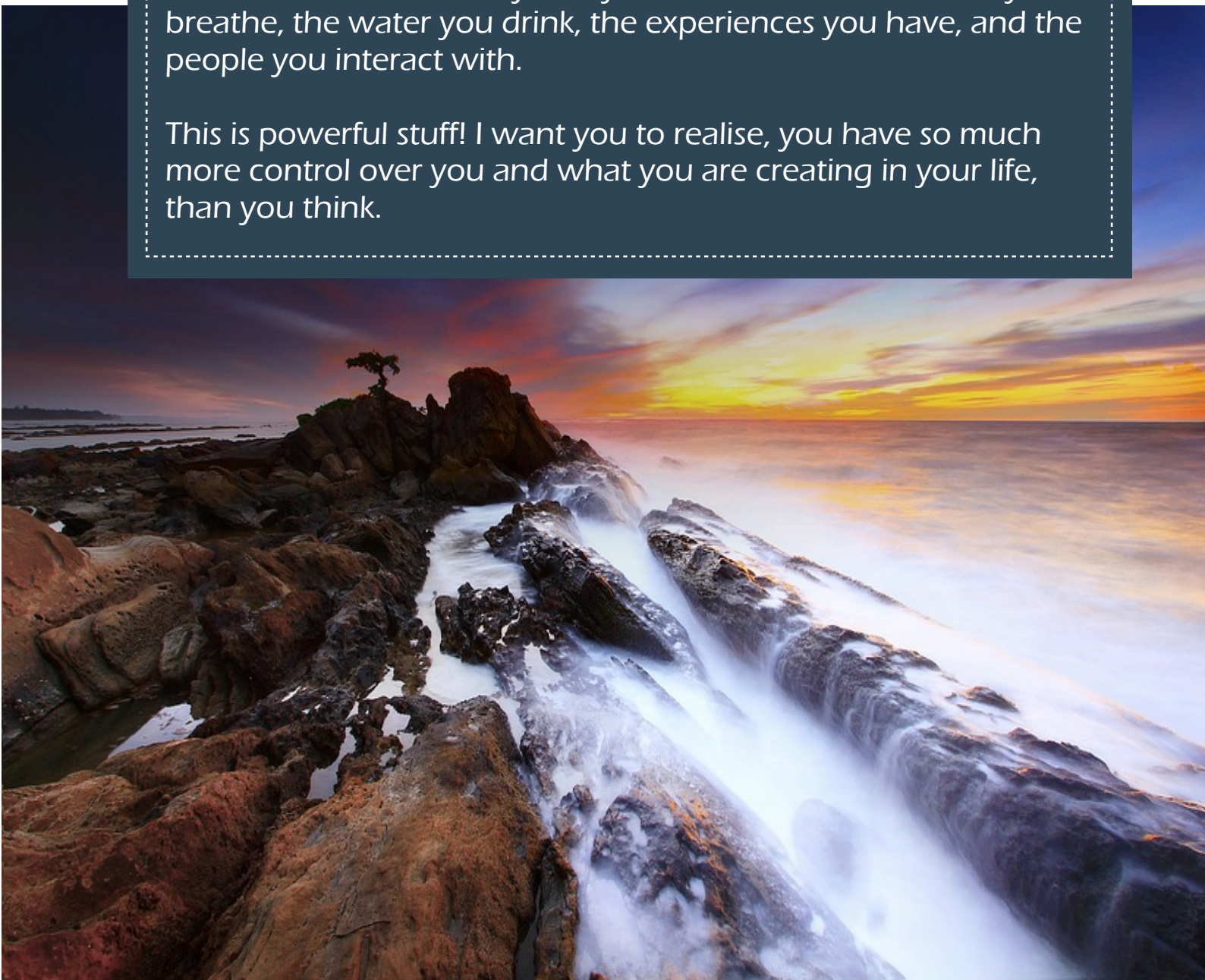
“ We are conscious co-creators in the evolution of life. We have free will. And we have choices. Consequently our success is based on our choices, which are, in turn, totally dependent on our awareness.” - Bruce H. Lipton

Yes we are more likely to choose certain career paths than others — due to our genes, though what has been discovered and known since the 1970's is that external factors in our lives have a major effect on how our genes express themselves. The study of this is called *epigenetics*. "Epi" means above, so the literal translation of epigenetic control reads, "Controlled above the genes."

Before these discoveries, epigenetic changes were believed to occur only during development while in the womb.

With the breakthroughs in Epigenetics it shows that everything in your life can affect your genes – this includes where you live, the foods you eat or don't eat, the climate you live in, your mental state and the way that your brain functions, the air you breathe, the water you drink, the experiences you have, and the people you interact with.

This is powerful stuff! I want you to realise, you have so much more control over you and what you are creating in your life, than you think.



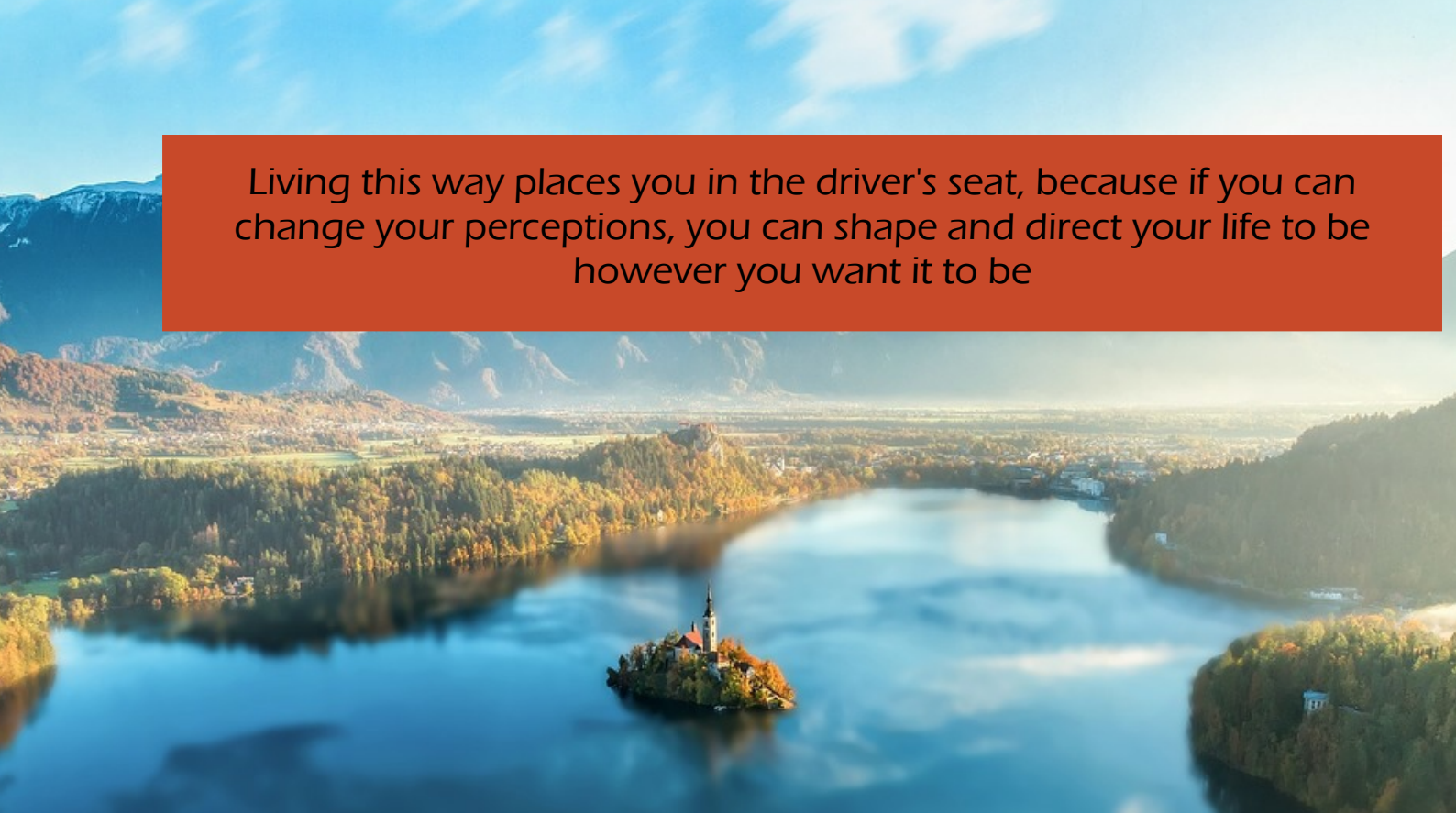


Imagine your brain like an antenna, it's constantly receiving information from the environment around you. This information is then interpreted by the mind, which is critical because the brain receives the environmental images but has no opinion as to what those images mean. The mind's job is to interpret the environmental signals.

Though what you have to remember, is that this is generally based upon your past experiences. For example, if as child you learned that dogs are threatening, whenever you see a dog in the future, the mind's interpretation will stimulate the brain to release Neurochemicals that controls gene activity to coordinate a fear response each time.

So your response to what is happening in your life now, is based on how your mind reacts to your environment, which is based on how you responded to the same or similar scenarios in the past.

Epigenetics encourages the belief that problems caused by the mind can be fixed by the mind. In order for you to respond differently to what is happening in your life, you need to learn to change how you perceive yourself and the world around you. And we do this through our conscious thoughts, beliefs and emotions.



Living this way places you in the driver's seat, because if you can change your perceptions, you can shape and direct your life to be however you want it to be

Purpose Tool 1

With all my coaching clients my aim is to help them understand why they are here and what gift they have to offer the world. One of the tools I use to do this is Numerology.

The art of Numerology has existed since the ancient discovery of mathematics. To this day, most cultures attach special meaning to certain numbers and their position in a sequence.

Numerology is the study of numbers, and the manner in which they reflect certain aptitudes and character tendencies.

The most important number in your Numerology chart is your Life Path number, based on your date of your birth. Your Life Path number reveals a broad outline of the opportunities, challenges and lessons you will encounter during this lifetime.

Email me at dean@deangriffiths.co.uk
with your date of birth to find out your
life path number



So what was your life path number was you? Did the description resonate with you?

There's something really important that you need to remember along this journey if things are going to change. 90% of what you'll think about today is the same as what you thought about yesterday and an estimated 70% of all those continuous-loop thoughts running through your mind are negative ones.

See 95% of your life activity originates in the subconscious mind, which was conditioned by observing and mimicking others during the first few years of your life. Nowadays those programs may be thought of as everyday responses we don't pay attention to anymore, the reactions and actions that just happen automatically.

In order to change our thought patterns, and improve gene responses, we need to think of our sub-conscious thoughts as not "good" or "bad": just an accumulation of life snapshots that became established as stories in our mind that we now choose to live by.



“If you always do what you've always done, you'll always get what you've always got.” - Henry Ford



Episodic Memory

See what happens with each experience we have in life, is our eyes are like the lenses of a camera and they takes “snapshots” of the different aspects that we are drawn to and focus on. This is known as episodic memory and is a person’s unique memory of a specific event, so it will be different from someone else’s recollection of the same experience. What the brain then does is it takes each of those snapshots and blends them together to make the “movie” of the experience, which then becomes your memory of it and your version of the story.

Science does not completely understand why we remember certain instances in our life while others go unrecorded in our episodic memories. Though the key aspect is that our emotions play a key role in our formation of these memories. The takeaway point from this is that we live

So if you don’t like a story, guess what!?

You can change it. You’re the only one living a life based on it!



Now, in that beautiful brain of yours, there's a part that I need to introduce you to that can hinder or help you when living a life of purpose, called *The Amygdala*

The Amygdala is a region of the brain that functions in the formation and storage of memories associated with emotional events, and is part of our limbic system, which is highly involved with our emotions, feelings of pleasure, and memories. The Amygdala is involved with the processing of the emotions, memories, and motivation.

“Yesterday is but today's memory, and tomorrow is today's dream.”
- Khalil Gibran

The Amygdala gets messages from all over the body and outside of the body through our senses. It takes the information and processes it to create an appropriate response to the messages it receives. So in a nutshell, the Amygdala is our 24/7 fear-alarm control centre.

Think of the Amygdala as your black box, which stores everything about your life in its memory. It begins to store when you are born and does not miss anything from that moment, even though you may not remember or have limited memory of it.

It can sift through experiences at lightning fast speeds, mere milliseconds; it never stops, not even in our sleep, and it operates completely unconsciously, outside of our awareness.

This early warning system is designed to keep us out of danger and keep us alive, and it has a fast track mechanism that for example will make us jump out of the way of a speeding car ten times quicker than our “higher” brain can register anything has even happened.

The Amygdala responses relies entirely on unconscious memories of past experiences, so If you’ve been resourceful in coping in the past, and are accessing the more positive explicit memories, then your body’s alarm response system works well to avoid stress.

However most of the time our past experiences biased toward the negative meaning of an event, resulting in the brain assessing, interpreting, and then coming up with an action plan to respond to the stress, So if you witness a car crash, argue with your partner or get yelled at by your boss, it’s your Amygdala’s job to set off a cascade of stress-related reactions, which is nothing more than a perceived danger rather than any real threat.



“The mind is everything; what you think you become” - Socrates

See, our brains are made up of billions of neurons. Neurons connect to one another, forming pathways that relay information. We learn things by forming neural connections in response to associations in our everyday experiences.

Take for example learning to drive a car, we experience the connection between red traffic lights and pressing the brake. We form a neural pathway for this association. Each time we brake at a red light, we reinforce and strengthen the neural pathway. As the saying goes, "Neurons that fire together, wire together." The more we practice something, the more we strengthen the pathway, and the easier the skill becomes, so that eventually our response can become almost automatic.



This old thinking led us to believe that the generation of these pathways dropped off sharply around the age of 20, and then became permanently fixed around the age of 40, suggesting our brains are static, except during some critical developmental periods.

Though with breakthroughs in science, what we now know is that our brain development is far from that. In fact the human brain is continually changing in response to our lifestyle, physiology, and environment, just like our genes.

This concept is called Neuroplasticity – meaning, you are literally reforming your brain to change and adapt in response to each experience you have. This means that your brain possesses the remarkable ability to reorganize pathways, create new connections and, in some cases, even create new neurons throughout your entire lifetime.

Your brain's plasticity is also controlled by your diet and lifestyle choices, including exercise. Despite what the media tells you, your brain is not "programmed" to shrink and fail as you age. The foods you eat, exercise, emotional states, sleep patterns, and your level of stress—all of these factors influence your brain from one moment to the next.

So hopefully what you have now realised is that you're not at the mercy of your genes or the dysfunctional neural pathways you might have developed in childhood. Your brain can literally be rewired, and you are doing so already—every day of your life! You are in the driver's seat, so pay attention to the choices you make today, as they are forming the brain you'll have tomorrow.



Purpose Tool 2

This is a simple and powerful technique that you can use to interrupt your behavioural patterns.

It's called Reframing, which means changing how you see a situation by putting a different spin on it.

For example, suppose you have a child that is very opinionated. You might be tempted to consider this a problem thinking that your child is just too argumentative and doesn't respect you. If you were to reframe the situation, however, you might consider how wonderful it is that your child can speak up his or her own mind and is capable of thinking for themselves too. You'll never have to worry about anyone bullying them or leading them astray.

So find a situation that has a strong emotional impact on you, then follow the following steps.

Step 1: Identify the unwanted behaviour (e.g procrastination, comfort eating, or bad time keeping)

Step 2: Communicate with the part of you that's creating the unwanted behaviour. Ask it to communicate consciously to you. You'll feel a sensation in your body when it's in agreement. Thank it.

Step 3: Find the positive intention. Ask it what it wants and what positive outcome it is trying to achieve with the behaviour. For example, if you have a tendency to assume whenever a friend seems distant that they're about to cut you out, the positive intention might be that it wants you to be prepared, to lessen the pain if it happens.

Step 4: Ask for any other ways you could achieve the same result.

Step 5: Ask the unconscious part of you to evaluate these ways and see if it's prepared to accept them.

You'll feel it in your body when it's accepted. If not, repeat Step 4 until you find a way that is accepted.

Step 6: Check the new behaviour for how it will work in harmony with other areas of your life such as your relationships or work.





I want you to take responsibility for everything and I mean everything in your life!

This is one of the most powerful tools you can apply when living a life of purpose, because what you need to realise is it's only you that is the one standing in your way and in the way of your success. It's only you that can sabotage or hold yourself back.

If you think things happen to you that you have no control over, then to be honest you are at the mercy of those things. While you may not be able to control everything that happens to you, you are responsible for how you think, act, feel and most importantly how you react to things in life.

When you admit to yourself that you are solely responsible for your life, then any goal that you want to achieve is within your control, and external circumstances don't influence and control your fate as much.

When something goes wrong, even if you can justify why it was not your fault, then you give up control of the situation. At the end of the day, it doesn't really matter whose fault it is. What happened, happened. The question now is: how are you going to react to it?

Complaining is simply a focus on what is wrong. This will make things seem worse than they are, and can easily distract you from all the good things going on in your life. It's about taking conscious control of your reactions to the events and circumstances in your life.

Responsibility cannot be split either. If you "give" someone else any of the responsibility, you take it off yourself and it can then become an excuse to blame or complain about.

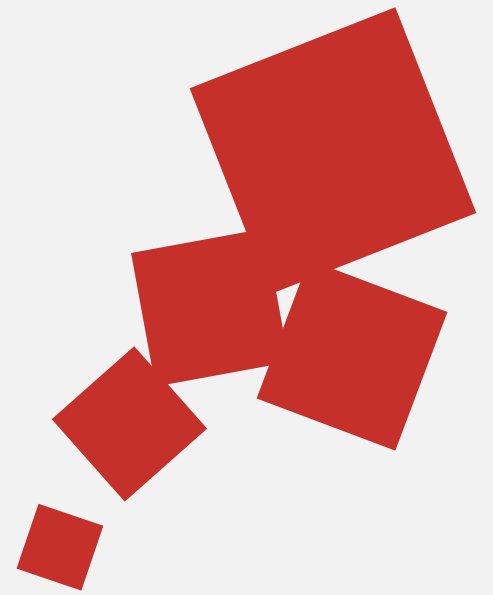
So focus on something positive, no matter how negative a situation you are in. From now on, look at the choices you have available to you instead of feeling you are restricted in some way.

Don't be afraid to take risks or make important decisions. Don't be afraid to mess up, even though it can be "scary" to take responsibility for your actions.

“Opportunity is missed by most people because it is dressed in overalls and looks like work.” - Thomas A. Edison



An important part of taking responsibility for what you are creating in your life, is learning to become an observer. This means being aware enough of yourself so that you can step outside of an emotional upset or heated situation to observe how you are reacting to it. It means having a level of self-awareness that even when you're in the middle of a conflict you are aware of how you are in the situation.



Observing a situation seems easier when we're doing it for someone else. We've all experienced this. A friend comes to you and is upset about something that is happening in their life. You remind them to take a deep breath, and you start to calmly ask questions about their situation. You don't react or, start crying, and join them in their meltdown; because in this situation you are the observer. You are not emotionally triggered therefore you are able to see the situation with clarity. Your friend is too emotionally heated to observe rather than react.

Much like your friend, when you react to intense emotions, there is no space between your thoughts for you to problem solve in a productive and skilled way. When you're not acting as the Observer, it feels as though things are happening to you as opposed to you being a part of what it happening. Now imagine being calm enough to connect with your problem-solving mind while experiencing a challenging situation?



In taking on the role of the observer you can actually start seeing and noticing some incredibly things about yourself and the life you are creating.

You gain a deeper understanding of what drives you, and what distracts your awareness and draws you to respond in a different way. With this clarity you'll find expansion and space. When you become the observer you increase your understanding of your reactions and eventually you will no longer be at the mercy of old ways of thinking or reacting.

The more you observe yourself and those around you without judgment the more self-awareness you create. Once you understand why you respond a certain way, you are now in a position to make a different choice. I find that if you can exercise this ability, it will lead to some of the most important information that you will learn about why you are the way you are and how you are being in the world. This knowledge creates the choice to change what you don't like and attract more of what you do like.

Never Stop
DREAMING



Purpose Tool 3

A simple tool to apply whenever life offers you an opportunity to observe yourself.

1. Ask yourself “is this emotion/thought/feeling/action serving me and worth holding on to?” Take a moment to be present, – this action of reflection will not only help you make better choices but, with time and repetition, you won’t react the same way to situations, which will have a knock on effect in what opportunities life offers you.
2. Silence your inner critic. When you begin to mentally detach from situations to observe, try to silence any negative thoughts, which will try to draw you back into the situation, which is very common when you first start working with this concept. When these thoughts come up, recognise them and just simply observe.
3. Don’t be too loud and proud. The same way you must silence your inner critic, you must also not let your ego get too inflated. The aim here isn’t to condemn or praise yourself, but to simply become quietly aware.

Regret is a key player in self-observation. We always wish we could have done, said or approached things differently. So learn to let go of feelings of regret and be grateful for any and all lessons learnt.



“If I speak of myself in different ways, that is because I look at myself in different ways.” - Michel de Montaigne

Now, one of the most powerful concepts to apply in living a life of Purpose, is **The Universal Law of Reflection**

It works on the basis that every person in your life, whether it is a relative, or a friend, is a mirror of an aspect of you. The same is true for every situation in your life as well.

What this means is that the world around you gives you the opportunity to always see yourself, from all angles. So let me ask you, do you like what you see? Do you like your life and what is in it?

Living a life of Purpose is about using this mirror to change yourself, to create the life you want. This does not mean changing the reflection in the mirror but changing you and then watching how the reflection changes. So the aim is to observe the outside but change on the inside to get the results you want. The best way to use the universal law of reflection is to look at anything and anyone in your life that can trigger you to react in an emotional way, because they are showing you aspects of yourself that you do not feel comfortable with or need to take notice of.



For example, if your mother's overly kind and giving nature frustrates you, it is showing you that you too want to become more kind and giving but are resisting doing so. Alternatively, your fathers' ability to forgive may make you uneasy. Instead of becoming frustrated, see it as an opportunity to learn forgiveness.

Have you ever found yourself meeting the same problem in more than one relationship? What you perhaps haven't noticed though, is that in all these repetitive relationships there has always only been one common denominator - YOU. So no matter how many times you change him or her, the fundamentals of your relationship will remain unchanged (albeit to varying degrees) because they are simply mirroring you. This realisation and the reflection concept may frustrate you and you may even reject the truth. However, by adopting this universal law, you will quickly come to see it as a good thing because it means that you can create more of what you want and less of what you don't, which previously may have seemed out of reach.

When you understand what it truly means to see yourself reflected back at you, then there is no room for blame, there is no room for judgement and there is no room to feel like a victim of another person's actions or words.

Now you can see your relationships with others are an opportunity to experience yourself and grow. They are a perfect mirror of your inner relationship with yourself and perspective of life.

Purpose Tool 4

A decorative graphic consisting of several red squares of various sizes and orientations, scattered across the upper right portion of the dark blue background.

Motivational speaker Jim Rohn famously said that we are the average of the five people we spend the most time with. So I have a little exercise that I want you to do.

Write down the name of the 5 people you spend the most time with in your life and these people may even be work colleagues or people outside of your close network of friends and family.

Next to each person, write down 3 things you admire in that person and 3 things that if you were to have an open and honest conversation with them, you would recommend them to change to improve who they are

Now the simplicity and beauty of this exercise is this - Everything you admire in those 5 people belongs to you and the same goes for all that you would recommend to change in those people.

Interesting, right?

ANY QUESTIONS ?

So I want to finish with the one tool that will compliment everything I have mentioned in this e-book and this is the power to **Ask Questions**.

When I say ask question I'm talking about the way in which we talk to ourselves. This is not only important in maintaining a positive attitude, when used correctly, can become a powerful tool to create what you want in your life.

Have you ever taken the time to think about all the questions you ask yourself on a daily basis? We internally ask ourselves questions all the time, but they usually arise based on our circumstances or what is going on in our life at the time.

See, the questions we ask ourselves on a daily basis could very well be the most critical and important factors that determine our ongoing success. In fact, the questions that we persistently dwell upon DO influence our thoughts, habits, decisions and actions in insurmountable ways that go beyond our conscious levels of understanding.

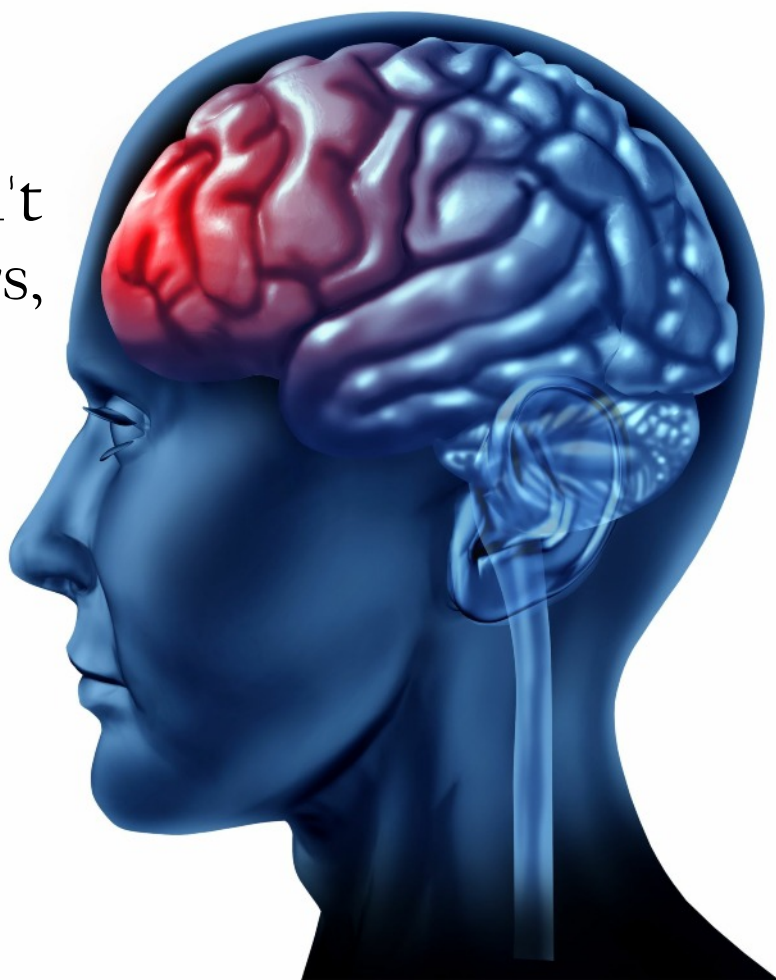
Though, when used in the right way, these questions essentially colour our view of ourselves, others, events and circumstances in ways that help us to see things in a new light and from a unique and different angle.

If you ask resourceful, optimistic and solution focused questions, they will expand your perspective and awareness of the possibilities that are available to you at any given moment in time. On the other hand, if you ask questions that are focused on problems and things that you do not want in your life, then they will likewise present you with more of what you are asking for: problems and ongoing stress.

On the other hand, questions that are angled towards solutions and potential opportunities will put your body into a resourceful state — providing you with the emotional strength you need to move through the obstacles and challenges currently standing in your way.

Your brain will naturally filter-out everything that does not correspond to your current beliefs, values, goals and objectives. And it is the questions you ask that determine what gets filtered-out or filtered-in to your perspective of reality.

“The wise man doesn't give the right answers, he poses the right questions.” - Claude Levi-Strauss





Asking *why* questions creates self-doubt about our ability, intelligence, creativity, skills, etc. And the more doubt we manifest, the more *why* questions we tend to ask in order to try and rationalize these feelings of uncertainty that live in the pit of our stomachs.

On the opposite end of the spectrum we have the *How* and *What* questioning process that will help us to overcome any obstacle and challenge that confronts us. These types of questions will bring forth a psychological perspective that will help you to break down the barriers that are standing between you and your objectives. They have the ability to expand your thinking, awareness and strength of character.

So remember, ask yourself 'How' and 'What' questions on a daily basis, because your mind loves to answer these questions and solve your problems and please keep me posted on how the journey continues by visiting me at one of the following.

FOLLOW ME

