

The Purpose Project

Fearlessly Find and Foster Your Life's Purpose



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Introduction

“The purpose of life is to live it, to taste experience to the utmost, to reach out eagerly and without fear for newer and richer experience.”

— **Eleanor Roosevelt**

“The greatest tragedy in life is not death, but a life without a purpose.”

— **Myles Munroe**

What if you woke up every morning knowing that your life held meaning?

You knew that the things you were going to say and do that day would not only give value to those around you but also add value to you. What if you lived according to your life’s purpose?

- Would you leap out of bed in the morning?
- Would you be more interested in getting started?
- Would each day feel like an adventure and every moment be treasured?

Imagine if you could focus on your purpose, and you could feel that excitement in the core of your being *every day*. Isn’t that an exciting thought?

The problem is: most of us do not really know what our purpose is and when we do not know purpose abuse is inevitable.

There are as many definitions of what ‘purpose’ is, as there are people in the world. Some will define purpose spiritually, while others look at it more vocationally. I believe it is not either/or but that our purpose is rooted in our spirit and is lived out through our vocation. When you discover and understand what you were born to accomplish that is purpose.

The amazing thing about purpose though – is whether your focus is on your family, your career, or God - you are not wrong. Your purpose is what gives your life meaning. It is why you look forward to the day. And it is what makes your time lived on earth so much more than just ‘getting through it.’

In this book, you are going to discover how to do three things.

First and foremost, you will look at why finding your purpose is so important. From there you will discover what your purpose in life is – and then make an action plan that will not only enable you to explore that purpose but make it part of your life that reveals and compounds your potential.

A life of purpose is an exciting thing.

My academic mentor Dr. Myles Munroe taught me that the wealthiest places in the world are not gold mines, oil fields, diamond mines or banks. The wealthiest place is the cemetery. There lies companies that were never started, masterpieces that were never painted. In the cemetery there is buried the greatest treasure of untapped potential. There is a treasure within you that must come out. Don't go to the grave with your treasure still within YOU.



The Power of Finding Your Purpose

What is so important about finding your purpose in life?

Why go through all the time and effort not only to discover what that purpose is but then also living a life dedicated to it?

Isn't it enough just to get through the day?

The thing is - most people do not realize is how absolutely fulfilling and even powerful it is to have a meaningful life filled with purpose. Simon Sinek asserted "Working hard for something we don't care about is called stress: Working hard for something we love is called passion."

I can take you to the place and the day that I was confronted with the reality that I had lost sight of my purpose. With all my years of serving as a leader, pastor, chaplain, husband, and father I still lost my way and my focus when the structure of my vocation (my "what") changed. It was the day of my annual evaluation, my org-chart boss called me to the meeting.

There I sat as the VP of Life Connections/Spiritcare reviewed my performance. I listened and prepared for the professional corrections that I would have to make and it was then that he placed the evaluation papers back on his desk and said, Chuck, I have no improvements to note on this eval. The thing you need to work on isn't listed on this form. You have become disengaged and you are working through systems, not with your heart. It was that moment that Jeff Flinn, M.Div. set aside his title and took a towel to serve me as a friend. I knew I was in a crisis but had not said the words out loud. I looked at Jeff and said, *"I have served as a leader and chaplain to help broken people, now I am broken, and I can't fix me."* As he talked with me it was my wake-up call to re-discovering my purpose. Jeff said, "You have two weeks to give me your "Why" in writing." That was the push that I needed. Not only did I discover my purpose, but I also understood that my "Why" will work regardless of my "what". All my purpose needs are opportunities, and opportunity requires my preparation.

This is what I wrote back to Jeff:

I was placed on this earth by my God. To glorify Him in everything that I do and to deeply love, serve and value the people around me. With this purpose God has gifted me to minister, teach, speak, and coach. I am called to help people pursue their purpose and reveal their potential, by equipping them to become intentional about their own performance and development so they can become better leaders and live fuller more powerful lives. I want to Value People and add Value to people.

Below is a list of fifteen things I discovered that **purpose** gives me and will give you:

- 1. Focus** – Knowing what my purpose is means I know where I am going. That clarity of vision means I know where to put my energy. It's how we get things done. By clearing out the distractions and working on one thing, you are going to accomplish more than you would if your attention were divided. Someone once said, "If you chase two rabbits, both will escape". This focus is necessary to succeed in life! You were born to solve a problem on this earth, the moment you discover the problem that is when your true leadership is birthed.
- 2. Meaning** – By knowing what drives me, I know why I am here. This makes my life more worthwhile, and the things I do, more important. By focusing on our purpose, we find meaning in everything we do, and we began to reveal our potential. God did not design you to blend in, but to stand out.
- 3. Passion** – By focusing on my purpose, I find where my passion lies. This excitement is what drives me forward and keeps me going even when things around me might seem discouraging or difficult. More than that, passion is the excitement that makes things happen. You cannot have that without purpose first. Nelson Mandela asserted, "There is no passion to be found playing small--in settling for a life that is less than the one you are capable of living."

By focusing on my purpose, I find where my passion lies.

- 4. Clarity** – When you know your purpose you gain a noticeably clear view of what you want to accomplish – and how. This clarity enables you to focus on what you need to so that you get the important things done. Clarity helps to refine what your goals are, gives you a vision of the future, and a plan of how to get there.
- 5. Gratification** – With purpose - things happen. We start to accomplish more, and in so doing, wind up having more of a positive impact on those around us. There is nothing more gratifying than knowing you are making a difference.
- 6. Belonging** – When we know our purpose in life, we also know where we belong. Knowing our goals enables us to find or even build communities that matter. We reach out and discover like-minded individuals and are not so alone anymore. My purpose is what helps me to feel like I am at home.
- 7. Integrity** – We form our values when we discover what is right or wrong. By knowing my purpose, I also know my boundaries. We know what we are trying to accomplish and how. We know what is right or wrong for us to do in achieving that goal. It is that clarity of purpose that allows us to act with integrity. So long as we stay true to our purpose, then we are staying true to ourselves, and to our moral code. “Solid character will reflect itself in consistent behavior, while poor character will seek to hide behind deceptive words and actions.” ~ Dr. Munroe
- Those who have a solid sense of purpose report that they trust others more and that they feel themselves to be more trusted in their dealings.*
- 8. Trust** – Oddly enough, those who have a solid sense of purpose report that they trust others more and that they feel themselves to be more trusted in their dealings. This trust has a lot to do with these other aspects of acting with purpose – by having clarity, integrity, and everything else you find on this list, you will find that people know what to expect from you. When you convey your purpose to them in a way they can understand, they will also resonate with your motivation and goals. And you with theirs. That leads to trust all around.

- 9. Choice** – When you have a strong purpose it means you are the one making the choices. In determining what you want out of life, and where you want to go, you are also choosing how to get there. There is nothing so freeing as being the one in charge of your destiny. The amazing thing is this happens the moment you discover your purpose.
- 10. Grace** – There is a certain elegance to living your life with purpose. One who is resolved in their direction and has a clear plan on how to carry it out can do so with grace. Acting with purpose lends dignity to your life that others cannot help but notice.
- 11. Ease** – When you know where you are going, it is so much easier to see what you, or to DO in your life to get where you want to be. A purpose makes your decisions easier – everything boils down to whether a thing is in line with your purpose or not. Such simplicity means you are living your life with a certain ease that is missing from the lives of those without purpose. When you know your purpose, your decisions become responsive instead of reactive.
- 12. Flow** – From grace, we find our flow. Decisions become clear, and we can relax and move with the moment. Our lives gain a flow, as we come to embrace whatever comes next. This allows you to make decisions with a clarity and transparency that are otherwise clouded when purpose is not known.
- 13. Impact** – Purpose means we have a positive direction. Applying that purpose to the world around us means moving the world in that same direction. Purpose applied to your community then becomes impact. Whether you have a positive or negative impact is entirely up to you. It is an exciting idea to think that your purpose carries an inherent legacy. If you have ever wanted to leave your mark on the world, it all starts here.
- 14. Confidence** – The very act of having a clear purpose gives you confidence that the world cannot help but notice. When you realize what you are here for, you not only act differently (more in keeping with your purpose) but you even carry yourself differently. Living that purpose means that you are a force to be reckoned with. Embrace that bold new you!

15. Fun – Lastly, life is a whole lot more fun when you know your purpose. Rather than dragging yourself through the day only to do the same old things, you have something more significant in your life to work toward and embrace. This purpose means you are living in the moment – and getting things done. What’s more, just by throwing yourself into this, you are going to be having fun automatically. You, like me, can experience the excitement of doing what you love – every single day. What is more fun than that?

With so many great things happening when you find your purpose, you cannot help but realize that there is a lot of power in living for something bigger than just the mundane and ordinary life you’ve had until now.

Seizing your purpose means seizing your destiny. *You are* the one in charge; *you’re* the one who is acting. That makes you stronger and surer than you ever have been in your life.

Your purpose has power like you never believed possible! Next, let’s find out how to grasp hold of that power for ourselves!

The Purpose Project - Asking the Right Questions

Doesn't a purposeful life sound exciting? Here comes the fun part – figuring out what your purpose is, and then planning to follow that purpose.

The purpose project will help you develop your purpose with intentionality and embrace it with fearless enthusiasm. First, we start with some questions.

The Questions

If you do not spend time asking the questions, how can you possibly expect to find the answers? Knowing your purpose begins in knowing yourself.

To get the most benefit from the following exercise, you will need to do a few things first:

- Find a quiet place to work where you will not be interrupted or easily distracted.
- Grab paper and pencil or pen. Writing by hand will help you to solidify your goals.
- Read each question carefully. Then answer quickly as quickly as you can taking as little time as possible. You are looking for that gut response.

Now that you've got those things sorted let's begin! Remember that this is supposed to be fun too, so don't stress too much about your answers. Just relax and enjoy learning a little bit more about yourself. Keep in mind there are no wrong answers!

1. You have an afternoon free, and money is no object. What is the first thing you find that you want to do?
2. When is the last time you completely lost track of time? What were you doing?
3. Someone just asked you to be their mentor. What are they asking you to teach them?
4. What were you naturally good at the first time you tried it?
5. What kind of activity leaves you with a natural 'high'?
6. When you were a kid what would you spend hours doing?

7. Do you have a bucket list? What is on it? If you do not have one, what is the first thing you would put on it?

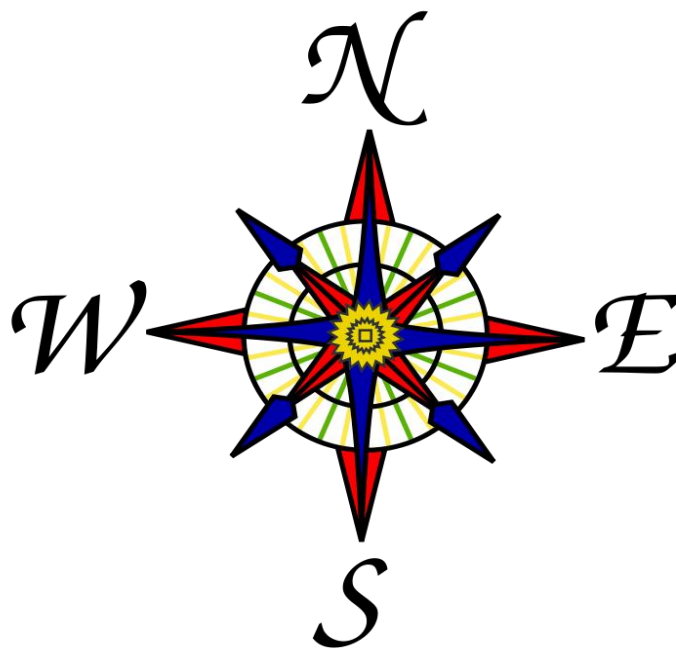
8. What are the things you talk about most?

9. You can change one thing about the world. What is it and why?

10. Who inspires you? Why?

Great job!

In the next section, we will do a deeper dive into your answers.



The Purpose Project - Finding Your Purpose

Learning your purpose involves a lot of analysis. Discovering the reasons why something is so appealing or important to you is key to finding your purpose.

Let's go back over the previous questions in more detail, this time looking at your answer with an eye toward discovery.

1. You have an afternoon free, and money is no object. What is the first thing you find that you want to do?

What you gravitate toward is significant. Many times, we ignore these indicators, telling ourselves that answers to questions like these make for fun fantasy, but do not have any reality in our lives. But what if they were? If the first thing you could think of was hiking the Alps, then it's time to follow up with several questions along the lines of "What do I need to accomplish this task? How much time would I need to prepare for this? What kind of money would I need to make this trip?"

By looking at a dream as a possibility, you are rewriting the dialogue and moving toward finding the purpose in your life. What seems impossible usually is not as difficult as you think. Skipping that fancy coffee and putting the money saved into your "Alpine Hiking Fund" will help you build much needed financial momentum. If the issue is physical, then what do you need to get fit? Maybe it is time to join the gym, hire a personal trainer, and work out a hiking regimen at home to prepare yourself for the journey. Dreams give purpose and allow ideas to become a reality.

2. When is the last time you completely lost track of time? What were you doing?

When the mind is engaged, we tend to quit noticing the little things – the need to eat or sleep or even use the bathroom. When you are that engaged, you are probably doing something pretty important. What is that task? Is there something here that might be a purpose waiting to happen? Ask yourself what is so riveting about this kind of task. How can that aspect be developed into a purpose?

3. Someone just asked you to be their mentor. What are they asking you to teach them?

When someone else asks you to teach them something, it is because they look at you as an authority or an expert on that subject. Chances are this has already happened in your life, so your answer might involve skills that you already have. Is it possible that these skills might hold purpose for you?

It might be you have a dream to be considered an authority in something else. What did you choose and why? What are the steps required to become an authority in that subject? Is there additional learning that needs to happen? New experiences? Could becoming this authority be your purpose in life?

4. What were you naturally good at the first time you tried it?

While you should not confuse 'talent' with 'purpose,' you might find that an innate skill might be the purpose you are seeking. Are there things that just came easily the first time you tried them? Are you an athlete? A linguist? A writer? A musician? Look at the things you are good at and see if there's inspiration that might lead you to your purpose. The good news? If you pick something that you have a skill in already, you have won half the battle. The only thing left to figure out is how to apply that skill to the world around you.

5. What kind of activity leaves you with a natural 'high'?

Have you ever finished a task or performance and felt that amazing, on top of the world, I can conquer anything kind of feeling? What caused that response? Was it in response to a new skill you had mastered? Or was it because you had completed something that was fiercely meaningful to you? What is it about that experience that gave you the feeling? Is this something you can duplicate? Imagine being able to couple this kind of energy with a life purpose!

6. When you were a kid what would you spend hours doing?

Were you an insect collector? Did you build things? Explore the wilderness (or your backyard?) Stay up all night in the summer to learn the constellations? For a purpose that is deeply meaningful, revisit your childhood and the things you loved best. Were there dreams you have

forgotten or put away because you felt like they were not possible? Is there a purpose there now?

7. Do you have a bucket list? What is on it? If you do not have one, what is the first thing you would put on it?

Bucket lists are all about regrets. The basic premise of a bucket list is that if you do not do the things on them, you will regret it when you die. That is a pretty weighty thought. That is what makes these lists so powerful. What will you regret when you are gone? What can you do now to change that? Is something on that bucket list a purpose only waiting to happen? Start with accomplishing the things on your list.

You will find that some are just ‘one-time’ things, that once accomplished you are good. But some will draw you back again and again. These are the items that hold purpose.

Also, you might want to try looking for the common denominators on your list. If all your bucket list items involve travel, for example, then maybe your purpose has more to do with a life on the road than having the experience of going someplace specific.

8. What are the things you talk about most?

The things we talk about tend to be the things that interest us most. To clarify this response, you might want to talk to your friends and family. You might think you are discussing politics or the weather, but it might be that in reality, you are talking about the environment, every single time. That might be a passion you can channel into a purpose. If you are still not sure – look at your social media. What are you posting about most frequently? Your purpose might already be spelled out for you on Facebook or Instagram.



9. You can change one thing about the world. What is it and why?

We all know everything is not perfect by a longshot. What bothers us most about our community, our country, or our society are those things we feel strongly about. In those thoughts, you will find a purpose lurking.

What is a wrong that you think you need to put right? Is there something you can do to make it a reality?

That's an easy question to get caught up in a whole lot of 'can't,' so you are going to need some time to sit and carefully think through your responses. Even the silly answers are going to count for something. Let's try a couple of examples:

You dislike the people in charge. You think the foreign policy is a mess, and the lawmakers at home that much more so. While you cannot remove that senator from his seat physically – what CAN you do? Politics starts on a small level – with letter writing campaigns and then escalate from there. Maybe you want to take part in a protest. Or volunteer with a political campaign. Or it could be that your answer involves seeking office yourself. What are your true goals – and how can you go about realizing them (legally!)? It could be the problem was not so much with the politician than the policy. That is where activism comes in, and it's a powerful tool.

But if your answer seems silly now – stop a moment and think about it. Maybe you wanted to get rid of all mosquitoes. Why? Because they spoil the camping? What is important about that? Maybe what you are passionate about is time spent with your family. Or in exploring the great outdoors. But maybe you are in the military somewhere (or someone you love is) and the bugs are a constant problem. What is your purpose then? In the case of the individual deployed, maybe your purpose is a campaign to make sure that soldiers have bug spray and other things from home that will make their service easier.

10. Who inspires you? Why?

The people that inspire us make us feel powerful. When we are near them, or reading about them, we tend to feel like we can be as capable as they are, that we too can-do mighty things. Look at the traits of the individuals that inspire you the most. It might be your purpose is right there in the biography of their lives. Maybe you cannot find National Parks like Teddy Roosevelt, but you can take an active part in taking care of them.

Action Steps

Now that you have taken a deeper dive into these questions, here are a few simple actions that you could take right now to help you clarify a potential purpose even more. These are simply starting thoughts.

1. Volunteer. Volunteering is a great way to get your feet wet in something that piques your interest – and has the added benefit of doing something deeply positive that impacts those around you.

2. Talk to others. Open a dialogue with friends and even strangers about how they fulfill their life's purpose. Discuss work in areas that interest you with people who already are doing what you are thinking about trying. Get feedback from co-workers and friends about what they see as your strengths. Conversations open your world to an infinite amount of possibilities. Then when someone says something that deeply resonates, take note, and come back to it later. It might be you just found your purpose.

3. Explore something that intrigues you. That might mean a little time surfing the net or visiting a library. Or it might be that you want to travel somewhere a little farther away to get a new perspective. Take a class, learn a language. That thing that resonated deeply with you. It might be your new favorite thing once you try it. You will not know until you give it a chance.

4. Explore what you already love. If you know you are passionate about certain things, then find new ways to experience them. You might further indulge your love of _____ by volunteering with a group or individual in that area. What if your purpose was right there in front of you all along?

A Personal Mission Statement

Now that you have started thinking about these questions, and your purpose in general, you probably have more information than you can handle. Even if you took a few of the actions recommended above, you might still need more clarity.

In that case, it's time to narrow down your thinking a little!

That starts with a second series of questions that will lead to you forming your personal mission statement.

What is a personal mission statement?

Your mission statement defines **who you are**, and **what you want to accomplish**.

It puts your purpose into words and sets the whole thing in motion. To get there, let's narrow things down a little.

1. What kinds of things do you want to do?
2. Is there someone you want to help? Who are they? How can you help them?
3. What are you looking to happen in the long run? What is the outcome of your actions?

This exercise is not quick, but it is one you are going to want to spend a little time over. It might be you want to go back over some of those questions again. Or you might want to explore those action steps again, but with a different purpose in mind.

Write down your Mission Statement. Then hang onto it because in the next chapter you are going to put it into action!

Just as a note: It might be that in trying all these different things that you are going to find more than one purpose that resonates with you. Or it might be that what you thought used to be your purpose is not your purpose anymore. Keep in mind, that a purpose is a fluid thing. Your purpose is going to change as you grow older and gain new life experiences.

The Purpose Project – Following Your Purpose

Now that you have gotten some ideas on what your purpose is, and then solidified those thoughts with your Personal Mission Statement, it is time to set the whole thing in motion.

Living your life with purpose means taking action. You will be moving forward and living your life in a way that is new and exciting – in short, in a way you haven't until now.

There are two main components to following your purpose, and it is highly likely that both involve some rather dramatic difference from the life you have lived until now. These can best be summed up as **Shifts in Attitude** and **Shifts in Action**.

A **Shift in Attitude** involves a change *inside* of you. This kind of shift looks at how you think, what kind of self-talk you give yourself, how you feel about the person you are right now, and the person that you are becoming. You must get past your own “B-S” ... (Belief System)

A **Shift in Action** looks at what you are physically *doing*. This kind of shift looks at the life you live externally – both on a small scale (at home or work) to the large (in your community or to better your world.)

Let's look at both of these a little closer.

Shifts in Attitude

- **Know yourself** – The work you have done in the previous chapters should have already set you on the path toward knowing yourself better. But self-knowledge is a constant process. Remember to check in with yourself. See how your goals and attitudes change and shift over time. It might be that your purpose now, might not be the same later.
- **Let go** – A lot of getting started involves letting go. Look honestly at your life and ask yourself what you need to release and move forward. Maybe you have old relationships or incidents of the past that are holding you back. It might be that you have old habits that do not work with your new purpose. Know what to release – and then let go of it.

- **Stay in the now** – One you have let go of the past, it's important not to get so caught up in the future that you fail to see what's right in front of you. Stay focused on what is going on right here, right now. The future will take care of itself.
- **Be your truest self** – Achieving your purpose becomes easier when you already know the choices that you are going to make will reinforce that purpose. How do you know that? By always staying true to yourself, and to your ideas. If this truly is your purpose in life, then every decision you make should support that. So, once you have set that purpose, hold to it. With integrity comes success!
- **Remember gratitude** – As you move forward do not forget to be grateful along the way. The discovery of your purpose is worth nothing if you continually take for granted those who help you along the path. Also, remember to be grateful for where you are. Every bit of progress is something to be thankful for, if only because it is pushed you further along on the path toward fulfilling your purpose.
- **Find meaning in the small things** – When you have large goals it is so easy to get discouraged, especially when the journey to reach them seems particularly long. By not only being grateful for the small steps but keeping in mind how many it takes to reach a big goal, you will find longer-lasting contentment, and fulfillment. Your purpose then becomes more rewarding.
- **Be happy with who you are in the here and now** – It is so easy to get caught up in seeing success only in reaching the big goals. Sometimes this means that we forget the most basic thing of all, namely that we are already a success. The very fact that we have set a purpose in our lives and are on the journey toward achieving that purpose every day makes you a wild success. Think about how many people do not set these kinds of goals at all, much less stick to them.
- **Follow your purpose every day** – Remember, having a life of purpose is about the journey, NOT the destination. Sure, goals are lovely things to have but don't get caught up in them. Seize the moment – enjoy the process and take pride in your purpose. Every day is full of possibilities. Once you believe that fact, you can't lose.

Shifts in Action

- **Look for opportunities** – The first step in any shift in action will be looking for opportunities to pursue your purpose. Only you can know how this looks. It might involve looking for classes, opportunities to volunteer, or even looking for a new job. Whatever you need to do, be open to the possibilities – and never be afraid of trying something new.
- **Volunteer** – Once you have your purpose, it might be that you have a truly clear idea about what you need to do to fulfill that purpose. Volunteering is an action that you can link with a new outlook and a new way of life – without all the commitment that would come from changing your job entirely. As mentioned before, not only can you try something new, but you wind up benefitting those around you in the process. It is a win-win!
- **Find inspiration** – When a purpose is brand new, or when you've been trying for a while but feel your energy flagging, the best thing to do to put energy back into your purpose is to find inspiration.
Inspiration comes in many forms – through mentors, and role models to start. But can also be found in biographies of people in situations similar to yours. Or find a blog/vlog that leaves you feeling passionate again about what you are doing. The options are endless. If you are unsure where to begin, then start by asking what you have found inspiring in the past. If it is pinning quotes on Pinterest or having a lunch date with the most inspiring person you know – then get to it! You will come away feeling ready to take on the world in no time!
- **Build new habits** – Sometimes you will find that the one thing holding you back is your old you. Now is the time to drop the habits that are not in keeping with your purpose – and form new habits to replace them. Remember, the key to forming good habits is repetition, so be patient. This one is not going to happen overnight.
- **Make choices that resonate** – Whatever your purpose, you are going to be faced with choices as you move forward in following it. The right choice is easier than you think – you only need to trust your gut. So long as you are clear in your purpose and know what

you want to accomplish, then all you need to do is make the choice that resonates with those goals. That choice will always turn out to be the right one.

- **Set daily goals** – A great big save-the-world purpose cannot happen in a day. But you can be an impetus for sweeping change if you give yourself time to do it. The problem is, it is easy to get discouraged when the goal is large, and the progress is not always easy to see. That is why it is better to break the big tasks down into lots of small ones – and then further break them down if you need, until you have daily goals. The beauty of the daily goal is that it is something you can easily measure whether you are succeeding or not. And because they are small goals, you can feel like you have accomplished something when you reach them. You will also be amazed to see how quickly these small goals add up into something huge!
- **Choose a project that inspires you** – The problem with following your purpose is that sometimes there are too many choices on how to proceed. In those situations, always choose the project which inspires you most. If you are not sure which that is, sit down and write out a list of pros and cons for each choice. You will see fairly quickly which one you gravitate towards, and that should be your option of choice.
- **Surround yourself with people that support you wholeheartedly** – There is nothing worse than having a lot of naysayers lurking in your life, ready to detail all the ways you are going to fail. Sadly, a lot of those people might be your friends who are either threatened by your newfound purpose or do not understand it. Either way, having an entire team of people forecasting doom and gloom, is sure to sink you.

While you cannot always erase the relationships with some people – like your boss or your family – you can counter the negative messages in two ways. One is to stack the deck – create a team of supporters who believe in you AND your purpose. These people will have your back and balance out the naysayers.

The other is harder but has such a strong payoff that it is worth mentioning. Assess the negative relationships and try to determine WHY that person is negative. If this is a personality thing or someone who maybe never had your best interest in mind, then it might be best to cut that relationship. Or in the case of difficult relatives, reduce your exposure to them.

If you feel that someone is negative because they truly do not understand what you are doing – then take the time to educate and explain. Chances are, not only will you win them to your side, but you might encourage them to embark on their purpose-filled journey as well!

If even after all this, they are still negative, then you need to ask yourself what purpose this person serves in your life. Whether or not you decide to keep them is up to you, but until you have adjusted to your purpose-filled journey, you might want to limit your exposure to them.

- **Find a job that fulfills your calling** – Eventually, you are going to find this purpose-filled journey so intoxicating that you are going to want to spend all your time doing it. Or, maybe you are finding so much success in what you are doing that you are already halfway to this step. Either way, making your purpose your job is an amazing and fulfilling experience.

Mark Twain said, “Find a job you enjoy doing, and you will never have to work a day in your life.”

While you might find this to be true – that does not mean that pursuing your purpose is not hard work. Chances are you will find that you are working harder than you ever worked in your life. But working toward a purpose you believe in with all your heart has a way of making that hard work not so grueling, and sometimes even downright fun.

- **Take time for yourself** – Above all, it is so easy to get caught up in following your purpose that you forget to take care of yourself. Remember to take time off. Eat well, exercise often. Make sure you get enough sleep. A body that is worn out cannot chase after anything. Take the time you need now so that you can succeed later.

Following your purpose is an exciting adventure. While there is a lot of different ways to do this, there is only one thing you need to remember:

***Live** – be an active participant in your life and the world around you. Following your passion is not for bystanders. You have got the direction already. The rest now is up to you.*

Conclusion

Finding your purpose and then living your life dedicated to it, is the most exciting thing you will ever do.

Purpose gives your life meaning and impacts not just you, but the world around you in exciting ways. You might not even be aware of the furthest ripples from your actions. That is extremely exciting when you stop to think about it.

The most important thing to remember is that purpose gives back so much more than it takes, even though there will be time and energy involved in living according to that purpose.

The new, more confident you will benefit from the peace and contentment that comes with knowing why you are here and knowing why you get up each day.

More than that, your life becomes a constant adventure as your purpose grows and changes with you.

Keep in mind that living according to your purpose is both an internal and external process. While there are clear actions that you will need to take to pursue your purpose, by taking the time to know yourself, and explore what your purpose means to you, that journey will take on an extra depth and meaning. Just knowing that gives you no reason to fear whatever comes next.

When you fearlessly find and foster your life's purpose, things around you change for the better, in amazing ways.

Welcome to the journey! The destination is entirely up to you.