What is my purpose?  

Know it, live it
Introduction

You have a purpose.

You were born for a reason.

Until you know your purpose; until you can articulate it in an easy sentence it is not useful in helping focus your efforts and direction.

Your life purpose defines you. It helps you know who you truly are.

For most of us there is a gap between the life we are leading and who we truly are.

We experience this gap as stress.

The bigger the gap, the greater the stress.

Once we know our purpose we can release the tensions holding us back.

We can make adjustments that close the gap between who we are and what we do.

We can find fulfilment and peace.
Energetic Compass

We all have a built in energetic compass (also known as ‘gut feeling’). When we listen to it, it tells us the best way to go. It tells us whether we are going towards peace or tension.

Our life purpose shows us the work we love to do. We also need to be guided by love in our relationships (with ourself and others), lifestyle and spirituality.

Love and our own authentic path will guide us to inner peace.

When we spend too much time doing what we ‘should’ over what we love, in work, relationships, lifestyle or spirituality, we only generate tension.

We also need to be conscious of the temptation towards distraction or addiction, as a false route to peace.
Three Questions

To articulate your life purpose answer these three questions with a list of 5 to 8 words or short phrases. Use your energetic compass to make sure that the words you use are truly yours.

1 - What angers you about the way our society operates? What would you like to see change? Think about the things that get you shouting at the TV or thumping the table after a couple of glasses of wine.

2 - What are you passionate about? What do you love to experience, that you would miss if you were unable to?

3 - What are you talented at, what are your gifts? One rule - modesty is completely banned - it is dishonest. Think about things that just come easily to you, the kind of things that your friends ask you to help them with.
Summarise

You will now have three lists of 5 to 8 words or phrases under the titles; anger, passion and talent.

The next step is to summarise each list.

For example if your “anger” is about; war, poverty, injustice, unrealised potential and prejudice you might summarise that as ‘bad education.’

Bad education can be seen as a common causal factor in all of the things that create this anger.

The crucial thing about anger is that it has energy in it, energy for change.

The question might be - what do you have energy to change in our society?

Do the same with your “passion” and “talent”.

Anger
- bad education

Passion
- future

Talent
- inspiration
Positive Purpose

You now have three words or phrases that summarise your anger, passion and talent.

Next you need to ensure that the ‘anger’ is expressed in a positive way. Your purpose must be about creation not destruction. It is not about ‘ending bad education’, it is about ‘spreading good education’.

Anger and Passion are two sides of motivation. If you can then add your innate “Talent” into the mix you will identify a space where you are both at your most motivated and at your most capable.

In this place where you are both at your most motivated and your most able, you will find your highest levels of success AND fulfillment.
State Your Purpose

Having done this we can create a clunky first sentence like this:

My life’s purpose is to use my (talent) and (passion) to (suitable verb) (anger).

For example - My life’s purpose is to use my talent for inspiration and my passion for the future to transform education.

Now sit with this for a few days, try it out on some trusted friends and evolve it to a more elegant level. For example:

“To inspire the transformation of education.”
Tensions

Your purpose has a gravitational pull for you. It will happen if you let it.

What holds us back from allowing it to happen are what I call tensions.

It may have happened already, but if you sit quietly and just imagine your purpose happening, imagine that you are really doing it full time, imagine the way you would do it and what it would feel like.

When you do this you may find a whole bunch of negative thoughts in your head, telling you why you can’t achieve your purpose.

These are your tensions - write them down in a diagram like the one to the right, which shows some typical kinds of tension that people feel.
Releasing Tensions

Look at each tension in turn, starting with the one that feels easiest (it is important to have some early success).

Some tensions you will want to align, others you will want to let go.

For example it would be great to have all of your important relationships supporting your purpose.

But beliefs about your unworthiness you might just let go.

For each tension ask yourself why you believe it exists and what you can do to release it.

Some tensions will go easily others will need more work or perhaps you will need some help to release them.

Once you feel a tension has gone, put a line through it.
Spirals and loops

To release a tension we must look for a more positive way to interpret it.

The diagram on the right shows how conditioning and intuition influence how we interpret things.

It is difficult to change our conditioning or intuition, but it is very possible to change the way we interpret things.

Changing the way we interpret experiences flows through our feelings and beliefs into our behaviour, to our life, work and relationships and then to the peace or stress we experience.

This works as a positive or negative spiral. Positive interpretations lead to peace, negative ones to stress. (on an individual as well as societal level)

To break a negative spiral we must change our interpretation of events.
Learning PIE

To truly learn a different way of being we have to approach it in three ways.

Physical (behaviour)
Intellectual (understanding)
Emotional (feeling)

Physical learning comes through doing and movement to retrain muscle memory. Practice new behaviours until they become easy and even automatic.

Intellectual learning comes through creating (or recreating) neural pathways by changing understanding and practicing new ways of thinking.

Emotional learning comes through taking the role of observer in our own life and learning to recognise, interpret and trust our feelings.

To transform tensions apply PIE.
Ten Questions each week

1. Name 3 ways to release the tension you are focussed on.
2. Specify 2 things you are doing differently in relation to that tension.
3. Specify 2 learnings that help you think differently about that tension.
4. Specify 2 feelings about that tension that you have recognised and trust.
5. Name 3 changes in behaviour, thinking or attitude that result.
6. Name at least one challenge you still face.
7. Specify one learning that stretched you outside your comfort zone.
8. Make a mental picture of yourself. Are you where you want to be?
9. What would you try, if you knew you could not fail?
10. How committed are you to transformation?
Help - if you need it

Neil Crofts is a highly authentic, experienced and original coach, author and facilitator of learning events.

His style is to inspire, equip, motivate and energise people to make breakthroughs and transformations in their own lives and relationships.

He has helped thousands of people to articulate their life purpose using the method in this book.

He has helped hundreds to take the next steps of releasing the tensions and finding their authentic selves and true happiness.

For more details of books and courses or to arrange a chat to see what might work best for you please see: www.authentictransformation.co.uk or e-mail neil@authentictransformation.co.uk