

FINDING YOUR PURPOSE WORKBOOK

THE NAVIGATIONAL GUIDE PROGRAM

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INTRODUCTION

What is purpose?

- PURPOSE is an **intention** to live a planned life. This means you sit down and **plan your life** just as you would draw a business plan. It increases an individual's **self-determination**. It is sometimes known as a **calling**, a **dream** or a **passion**.
- The Compact Oxford dictionary describes purpose as the **reason for which something is done** or for **which something exists**.
- Purpose is the answer to why. Why are you here on earth? Why do you even exist?

Discovering your purpose is not an easy journey. I discovered my purpose when I was about forty years old. Since purpose is hidden in the recesses of our heart, it is not easy to discover unless you have someone who knows you in and out to guide you. Even right now I can draw on my experiences so as to help you. You need the one who knows you best to say this is your calling. The only one who can do that is God because He created you.

However through God's guidance, wisdom, knowledge, commitment and diligence, you can discover your purpose in life.

The aim of this e-book is to:

- Expose the attitudes needed to find your purpose
- Know yourself deeply and very well
- Reveal the inclinations of the type of work you were created to do
- Develop the strengths that you already have
- Break the belief systems that hold you back

Is it really necessary to find my purpose?

Martin Luther once said, 'The human being is created to work as the bird is created to fly.' This resonates well with me. People who have found their work naturally excel. There is work that we were all born to do.

People who have found their purpose have:

- high motivation,
- happy
- Confident
- Good decision making abilities
- Focus and perseverance

Anything and everything is permissible in a purposeless existence. Just like if you do not have a plan, any road is good enough. George Burns once observed, 'Too bad the only people who

know how to run the country are busy driving cabs and cutting hair.’ There is truth in that. This is not to put down our leaders because some of them are fulfilling their calling.

However a purposeless existence may lead to:

- Overstress
- Aimless wandering leading to amusement with trash
- Hopelessness
- Lack of confidence
- Failure in life
- Qualities and attitudes similar to a mid-life crisis

There is a story we all know too well. It’s about this Persian farmer who left his family to travel around the world in search for wealth. He looked everywhere in search of the coveted diamonds. Finally, alone and in despair he committed suicide.

True wealth is not out there but it is right in our backyard, ourselves.

FINDING YOUR PURPOSE I

Aim: To raise your Self Awareness. This is to explore your experiences in order to see whether there are any that meaningful and very important in your life. The experiences that appeal most to you need to be revisited and used as launch pad of something new.

1. Experiences

Rummage through the backyard of your life.

- Up to now, how many jobs have you had?

- List them.

- Which of those of jobs did you like most?

- Which one/s did you dislike and why?

- What was your favourite subject at school?

- Do you remember what you liked about the subject?

- Did you choose the subjects you studied?

- What influenced you to study the subjects you studied at secondary school, college or university?

- If you had to rewind time, would you still pursue those same subjects and why?

- If not, which subjects would you pursue?

- Were there students you particularly like?

- Do you know what qualities made you like them?

- Who was your role model when you were growing up (teachers, relative, friends, or icon)?

- Any reason you liked them?

- Have you ever helped people in the past?

- What sort of people have you helped?

- In what areas have you helped them?

- What sort of problems have you solved in the past for family, friends, relatives, peers and strangers?

- Do you remember how you solved them?

- How did you feel?

- Would you still do that today?

- What sort of problems have you encountered (at school, at home, as a child, as a spouse, as a parent, as a friend)?

- Would you say you were a naughty child?

- Do you like authority?

- Was there ever a miscarriage of justice in your past?

- Was there ever something that made you very angry or very happy that you can still remember? If so, what was it?

- Would you consider revisiting the conditions that gave you that emotion?

- If you were to do it again, would you consider empowering yourself?

- How might you do that?

ACTION PLAN

These questions have been developed to assist you in identifying aspects of your life experiences that you may wish to explore further. Take time and review your responses.

Is there something that you can help somebody with?

Is there something in your past that somebody can use?

Is there some challenge or problem that you overcame and hence understood the recovery process that can empower someone?

Is there an experience which got you so mad that you vowed you would never allow somebody to go through?

2. Personality

- Are you naturally a curious person?

- Which films do you like watching: fiction or non-fiction?

- Which books do you like reading: fiction or non-fiction?

- If you were to spend a weekend away in a conference, would you prefer the topic to be logic or creative?

- Which subjects do you prefer: science or arts?

- When listening to news, which issues move you (hunger, injustice, social problems, crime, education, intimacy, morality, equality, respect, property, confidence or other)?

- Which topic about our society do you, your family and friends like talking about?

- If you were the Prime Minister/President of your country, what would you change?

- Looking at the condition of the world today, what difference would you like to make?

- Imagine you were to die one minute from now and your wish was to be fulfilled, what would you wish for?

- What activities do you currently enjoy doing (at home, at work and during spare time)?

- Right now, what makes you proud of yourself?

- Right now, which individual do you envy most, in a positive way?

- Would you say why you envy them most?

- What sort of people do you like around you?

- What is your view point about life, career and education?

ACTION PLAN

Imagine you are attending your own funeral and someone was reading your obituary, how would you like it to sound? That is, what would you want written about your life,

achievements and relationships (spouse, family, friends and colleagues)? This is the person you want to be.

FINDING YOUR PURPOSE II

Aim: To discover which of your skills and talents you might decide to use and follow.

ASSESSING YOUR CURRENT WORK

- What motivated you to do the type of work you are doing now?
- Did you get this job by chance or was it deliberately planned?
- On hindsight, would you choose this job once more given other options?
- What are the things you dislike most about this job?
- Do you think this is the right job for you?
- Do you feel as though you are using all your talents and skills in this job?
- What are your options? Brainstorm. Course of action

EVALUATING YOUR CURRENT WORK

- What irritates you about your current job?
- If you got rid of your irritations, would you enjoy your job?
- What do you do mostly (i.e. 80% of the time)?
- Which of your skills/abilities do you rarely use?
- Which word best describe you at work?
1. Stimulated 2. Stressed 3. Bored
- Do you think you are in control?
- Is it possible to stretch yourself at work?
- How would you do that? (goals)

- Would that make you enjoy work?

- Which statement best describe you at work:
 - Work is fun?
 - I am challenged?
 - I am frustrated and I want out.
 - I have to drag myself because I have to eat.

A. LIST YOUR SKILLS

Skills are learnt abilities.

- What skill would you like to improve that could help you in creating the work you love to do?

- Is there a person who is exactly where you want to be?

(If yes, find out how he got there. Make him your role model. Model your life around him, taking into account that you are different.

HOW skilled are they? Are there any of their skills that you'd like to learn?

- Make a list of any type of career in which you could use your skills.

- Choose 5 that you like the most. What are the entry requirements, skills, knowledge or experience required? Take action.

B. TALENTS

Talents are those things that you can do easily than most people.

After listing your talents, how would you use them? **Explore options and take action. Make those your goals i.e. how you would use those talents**

How could your talent help others? Service to mankind is the best way to find fulfilment. 'The best way to find yourself is to lose yourself in the service of others,' Mahatma Gandhi.

Are there talents that you are currently not using?

How could you use them?

FINDING YOUR PURPOSE III

Aim: To discover that thing which produces the best in you. This is something that is heartfelt. Once you think about it, you are almost wide awake. You just cannot wait to do it.

A. REVISITING YOUR PASSIONS

- What is it that you loved to do as a child?

- What is that which you have always believed in?

- Something that you know a lot about is...

- What is the person that you have always admired?

- Is there something that you have always wanted to try?

- What is it?

- Is there something that you have always had a feeling you would be good at?

- What is your favourite hobby?

(What action could you take to fulfil your hobby?) Goal

FINDING PURPOSE IV

Aim: ASK yourself questions

What would you do if you won the euro lotto?

Who am I?

What do people consistently say about me?

Why am I here on earth?

If I was to die today, would I have regrets about things left undone?

FINDING PURPOSE V

Aim: Create a purpose statement

- *MY PURPOSE IN LIFE IS TO **MOTIVATE** PEOPLE TO **BECOME BETTER***
- *MY PURPOSE IN LIFE IS TO SEE TO IT THAT PEOPLE GET A FAIR TREATMENT.*

See the verb....motivate

Noun.....people

CONCLUSION

Discovering your purpose is a journey. I hope these steps help you. I have written a book called Purpose: The Ultimate driving force of your life. I am a mentor and a Life and Business Coach. I am willing to help you discover your journey. My contact details:

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