

Living With Passion: Purpose

Monday Call, April 10, 2006

Alaska Cruise: 6 weeks left... You Can Do It! If you believe you can, or believe you can't, you are always right.

Own Mannatech stock?

Peter Hirsch, **Living With Passion**

10 Simple Secrets that Guarantee Your Success

Chapter 3: Purpose/Values

“Great minds have purpose; others have wants and wishes.”

Washington Irving

1. In search of values

A. Our values are the core of who we are so we need to become aware of what those values are most dear to us.

(1) When we see shows like “Desperate Housewives”, we know it is an area of need in our society.

(2) Good news: values can change, just as beliefs, attitudes even your purpose. Change is great! It allows us to grow.

B. How to find your values?

(1) Value exercises are everywhere. Pathway class has one.

(2) Ask questions: example....do you want more money?

What would you do with it?

What would that mean to you?

Continue asking until you reach total clarity.

(3) Plato: “The truth is revealed in dialogue.”

(4) Whatever mechanism, do it once per year. Establish for yourself what your five most important core values are.

(I typically do not allow people to choose faith...not because faith is not paramount, but because this exercise is about clarity and faith as a value encompasses thousands of values for a person. You need to be precise. So, faith is a given; let's go from there.)

2. Life purpose: purpose is your vision.

A. “A man without purpose is like a ship without a rudder.”

Thomas Carlyle

B. Purpose is not something to be completed. You achieve your life purpose by living your life in accordance with your values.

Purpose either gets you out of bed in the morning or not.

Purpose is your vision.

C. Let's examine some people in history with purpose:

Ghandi, Mother Theresa, Churchill. Martin Luther King Jr., Thomas Edison, etc.

Do you have to be famous? No. Just have a bigger goal than who you are. Were these people born with it? No, somewhere in there life they discovered something or something was revealed to them that really moved them. Then, they chose this as their life purpose.

D. "The day you take complete responsibility for yourself, the day you stop making any excuses, that is the day you start to the top."

3. How to draft a life purpose if you are not so driven yet

A. Take your list of five core values:

Value #1. _____

Value #2. _____

Value #3. _____

Value #4. _____

Value #5. _____

Draft from these an activity, accomplishment that would allow you to express those five values in their fullest.

Clue: If your purpose does not impact lots of lives, then it is off base.

"Your life purpose is the cornerstone of your motivation."

"Your life purpose is the keystone of your work ethic."

"Your life purpose calls forth your passion."

"Your life purpose is the standard by which you judge your progress and whether you are on or off-track."

"Your life purpose is the BIG DREAM, in which all your other goals and aspirations play supporting parts."

"Your life purpose is the reason for your success."