

# FREE TO BE ME

Living With Purpose

*"First say to yourself what you would be: and then do what you have to do" ~ Epictetus*



Inspiration, success & achievement

**Free To Be  
Me™**

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With  
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Worklife Solutions Coaching System  
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## Free To Be Me™ overview

Worklife Solutions' 12-step life "Free to be me" coaching programme has successfully helped thousands of people achieve their goals and dreams. Bespoke, customized workbooks include a range of tools and strategies to help increase your self-awareness and knowledge of the keys to success. The 12-step coaching process simplifies what at the time can seem like overwhelming or confusing obstacles in your way, including lack of self-esteem, negative thinking patterns, relationship dramas and financial constraints. As basketball superstar Michael Jordan once said, obstacles don't have to stop you, you just have to find a way around them. This programme will show you how.

Below is an overview of each of the modules and teachings. You may choose to work systematically through each step or pick-and-mix which ones best help as things progress. Whichever way you prefer to work the following life coaching modules will help you make life decisions that are right for you and add further insight and depth to your coaching programme. We look forward to hearing news of your success 😊.

Step 1: Life Goals/Life Purpose

Step 1 introduces two very important components of the coaching process. The first one is the importance of goal setting. The second is the importance of finding meaning and purpose in your life. Knowledge of these critical steps will help you establish a firm foundation that will enable the successful achievement of your desired results.

Step 2: Passion

Helping people live more passionate lives is a key foundation principle behind all Worklife Solutions products and services. Passion is a key component of helping people discover who they are and what makes them tick. This module will also introduce you to some tools and techniques to help you successfully discover and integrate your passions into your life.

Step 3: Break free of the tribe and the expectations of others

This module explores the powerful, influence of people such as family, friends, colleagues, religion, and culture. Understanding the impact of these key cultural influencers will help you understand more fully how your current beliefs, values, assumptions and rules, either support or take you away from your life desires.

Step 4: Values - clarifying what's important

Step 4 introduces the role of "living values" - a powerful technique to help you make changes in your life to better reflect who you are and who you want to be.

Step 5: Create your life with your thoughts, words and actions

Step 5 examines the powerful role of thoughts, words and actions in creating both current and future realities. Learning techniques to help you overcome negative emotions, thoughts and actions will enable you to achieve powerful results.

Step 6: Courage - Challenge your fears	Fear can be a great protector, but left unexamined and unchallenged it can lead people to a state of inaction, anxiety, and depression. This module will introduce strategies to help overcome fear and to have the courage to make positive changes.
Step 7: Create from the inside out	This step emphasizes the importance of intuition and listening to the inner self during the life re-creation process. Knowing how to slow down and heed the calling of your spirit will assist you to gain greater self-awareness and to build a stronger and resilient sense of self. It will also help you flow with challenges and resist forging a life based on the shaky foundations of material or external success.
Step 8: Successful daily habits	Change is not something that happens instantly. Repetition is the key to learning and integrating new behaviours, thoughts and emotions into our lives. Step 8 of Free To Be Me™ introduces powerful but simple strategies to build daily habits that lead to success. Learning these techniques will enable you to create lasting changes in your life.
Step 9: Focus - Allow no doubt	This module introduces you to techniques that will help you maintain a positive expectancy. By highlighting the importance of sending your “critics” on a holiday, and staying focused on your preferred future you will be able to persevere in pursuit of your goals.
Step 10: Building and maintaining high self-esteem and confidence	Strategies and techniques designed to create, and maintain, high self-esteem and confidence will be introduced in this module. Learning these techniques lies at the heart of empowering you to free yourself from constraining forces and live the life you want.
Step 11: Let desire, not need or fear propel you forward	Change is not always easy. Change often brings mixed emotions. The sadness and grief of things that will no longer be, or the fear that may come from taking a risk. Sometimes it’s easier to take the safe comfortable option. Step 11, introduces effective decision and goal setting techniques designed to motivate and inspire you through your life redesign process. By learning these techniques you will fuel the flames of desire needed to propel you toward your preferred outcomes.
Step 12: Commitment to action	Yes – it’s the big “C” word – COMMITMENT. This is where winners separate from losers – losers always find a reason not to commit to action. Step 12 introduces some powerful and effective strategies to help you commit to action. This module will also introduce common barriers to commitment and ways to overcome them.

## Getting value from this workbook

This workbook is a tool that will help you achieve your goals and enable you to live your best life. It's not meant to be a chore, a bore, or hard work. But it's fair to say that it does require some effort.

Perhaps that's why many people stay stuck – it can seem easier, or safer, to do nothing at all and stick with the status quo. Or perhaps they're so busy helping others they've forgotten to make time for their own success and happiness. And, of course, modern life is just plain busy!

It's important not to be overwhelmed by the size of this workbook. We've packed a lot in here to help people who may not be in a position to be able to work with a life coach for an extended period of one-to-one coaching.

As a rough guide, allow two or three hours to complete this workbook. How much you do is up to you. You don't need to complete all the exercises – but you will greatly benefit if you do. Invest just a few minutes whenever you can to start your journey to a better life. You can pick 'n' mix and just do what interests you most or go all the way! If it begins to feel like a chore, take a break and come back to it another day.

These exercises will help increase your knowledge and self-awareness of what may be negatively impacting you. You'll also learn effective techniques that others have found helpful to create and sustain lasting change.

Wishing you every success and happiness

### Cassandra

Founder, holistic therapist and executive coach, Worklife Solutions

"I wish I'd done my homework. I would have got more from my coaching."



## Overview

Many people are not living the lives they really want. They go to work and take care of their responsibilities but still feel empty inside as if something is missing. They wonder who they are and why they were created. Most of all, they would like to know they are making a difference.

As Helen Keller once said, "Many people have a wrong idea of what constitutes true happiness. It is not attained through self-gratification, but through fidelity to a worthy purpose."

William Marston, a prominent American psychologist, once asked 3,000 people what they have to live for. A whopping 94% said they have no definite purpose for their lives. Similarly, over 90% of people who seek coaching have no long-term goals or vision for their life.

Why are so many people dissatisfied with their situations? The answer is simple – people don't have a sense of purpose. Without a purpose, life is uncertain, unclear and has no direction. Living without purpose is like setting out on holiday with no sense of where you want to go and what you want to do when you get there. So often people waste precious time and money aimlessly heading to a place they never wanted to be. People who don't know what their destiny and life purpose is will always have that inner voice saying something is not quite right.

Perhaps you are at a point in your life where you find yourself questioning where you are heading and what your life is all about. Often this questioning occurs during times of transition, the passing of another year or increasing dissatisfaction with the life you are living. You may be so busy being busy that you have never had the opportunity to sit down and reflect on who you are, who you want to be and what you want to contribute to the world. Even if you had the time, discovering the answers to these questions is not always an easy task.

**"You must first be who you really are, then do what you really need to do, in order to have what you want."**

~ Margaret Young

## Get the edge - benefits of working and living with purpose

Nothing great in the world has been achieved without purpose. Many people have turned things that made them angry, like injustice, hatred or dishonesty, into their life's work and brought about meaningful and powerful change as a result.

Others have turned their favourite skills and obsessions into wonderful products and services for others to enjoy. Virgin Airlines founder Richard Branson has used his entrepreneurial skills and love of fun to create businesses that others find fun too. The Body Shop founder Anita Roddick discovered her purpose and her niche by following her deepest conviction that animal testing was wrong.

Benefits of working and living with purpose include:

- Tapping into their life's purpose gives people an edge, firing the flames of passion, enthusiasm, drive and initiative needed to succeed
- Finding their purpose can literally save people's lives and give them the will to live even in the most intolerable circumstances
- A sense of purpose can give people the courage, tenacity and clarity of vision needed to survive
- Purpose fuels the embers of flagging motivation and helps fuel latent dreams
- A sense of purpose can lead people to the work they were born to do.

### Why are you here?

I firmly believe that every experience, every encounter with another human being, and every choice we make lead us closer toward or further away from our purpose. As psychiatrist Elisabeth Kubler-Ross said, "We are not powerless specks of dust drifting around in the wind, blown by random destiny. We are, each of us, like beautiful snowflakes – unique, and born for a specific reason and purpose."

Our ability to fulfil our purpose begins and ends with the choices we make. The best choices of all involve those that leave the world a better place and that honour our feelings of passion; for that is to honour who we are, who we want to be and the legacy we want to leave the world.

## Defining your purpose

Gaining greater clarity about your life's purpose begins with gaining greater self-awareness of the life experiences that have shaped you, your passions and the legacy you want to leave in the world. It means getting clear about the work you were born to do, creating a clear and compelling vision about your preferred future and ensuring everything you do from this point on takes you closer to your life purpose.

The exercises in this workbook will help you gain greater self-awareness of who you are and what your life purpose is, or what you choose it to be. One way to begin to think about your life purpose is to list the finest qualities you feel you have to contribute to the world (for example, humour, compassion, wisdom, joy, sensitivity, creativity, practicality and so on). Then choose the three that are most important to you and list past activities and accomplishments that accurately reflect these.

### Cassandra's story

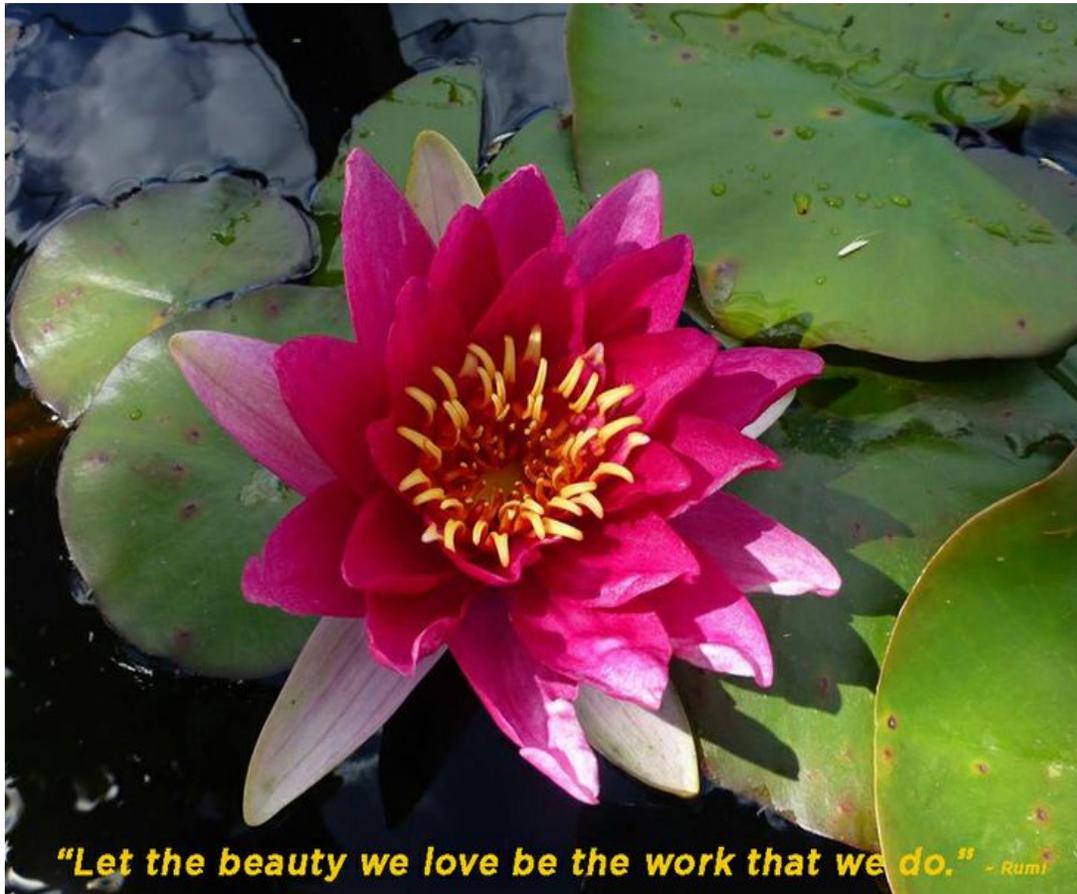
"Looking back on my life, happiness, optimism and passion for people are three qualities people have recognised in me. While most of the feedback I have received has been positive, I think it is important to know that sometimes qualities that lead you to work with purpose can attract criticism. One colleague I once worked with said, "The problem with you, Cassandra, is that you are always so positive." I can think of worse things to be, can't you! My happiness and optimism lead me on this journey to share these life-affirming strategies with you.

Similarly, my passionate nature and passion for passion led me to create 'The Passion Pack' – a career and life planning tool I created especially to help others. For years I also offered free career and life planning advice through my New Zealand Herald and Dominion Post newspaper columns and later collated these into a book, *Happy At Work*. This book has since been re-released as my popular *Mid-Life Career Rescue* trilogy.

I've helped thousands of people find their passion and make wonderful careers from it – something I am proud of. While developing "The Passion Pack" someone said to me, "What makes you think you know everything?" When I tried to defend myself, she said, "My, aren't we a princess!" It was a turning moment in my life and career. I realised the recipe for failure was, "Try to please everyone." I also learnt not to listen to cynics and people who didn't believe in the beauty of my dreams. I hope you will remember these things as you move toward the passion zone. You may also enjoy my book, *The Little Princess*. It's the first book in my *Transformational Super Kids* series.

Take some time out and reflect on the following questions. Write the answers below or in your Passion or Manifestation Journal

This quote: 'Let the beauty we love be what we do' by Rumi, a 13th-century Persian, poet, jurist, theologian, and Sufi mystic, and the photo I took reflect what gives my life meaning and purpose. I'm drawn to all things beautiful and the people who create and nurture beauty. Photography, art, books, nature, creative pursuits – and people with passion – all fit, giving me a wide array of choices with which to live and work with passion.



This gorgeous lily in this photo is the one that inspired Monet to paint his famous water lily series. It's been lovingly cultivated by David Styles of Te Horo, New Zealand, in one of many bathtubs :). David told me that growing lilies gave him a sense of purpose and even attributes it to saving his life following a heart attack.

## Finding your purpose

Reflecting on the following questions may provide clues to the things that provide your life with a sense of meaning and purpose. Write your responses in the space below and continue in your Passion Journal if you need more space. Later, we'll collate your answers and look for the key themes. Don't worry if at first the answers don't flow. Building self-awareness takes time. You can always come back and answer or add to the questions later. You may also like to refer to any feedback or positive evaluations you've received in the past to add more objectivity to your responses.

## Your finest qualities, natural talents and skills

Deepak Chopra writes in his best-selling book, *The Seven Spiritual Laws of Success*: "Dharma is a Sanskrit word that means, 'purpose in life.' The Law of Dharma says that we have taken manifestation in physical form to fulfil a purpose. According to this law, you have a unique talent and a unique way of expressing it. There is something that you can do better than anyone in the whole world – and for every unique talent and unique expression of that talent, there are also unique needs. When these needs are matched with the creative expression of your talent that is the spark that creates affluence. Expressing your talents to fulfil needs creates unlimited wealth and abundance" - and gives your life purpose.

List the finest qualities, talents and skills you feel you have to contribute to the world:



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**"My mother said to me, "If you become a soldier, you'll be a general; if you become a monk, you'll end up as the Pope." Instead, I became a painter and wound up as Picasso."**

~ Pablo Picasso, Artist

List all the things you love to do while expressing your unique talents. Some hints may be to notice when you lose all track of time or feel an incredible sense of bliss or just a lovely sense of lightness in your body:



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What are some possible ways that expressing your qualities, talents and skills may fulfil individual and/or society's unique needs?



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If you are not sure how to answer the question above you may want to ask, "How can I serve?" or "how can I help" and note the answers when they appear:



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**"Everyone has a purpose in life...a unique gift or special talent to give to others. And when we blend this unique talent with service to others, we experience the ecstasy and exultation of our spirit, which is the ultimate goal of the gods."**

~ Deepak Chopra

## What's shaped you?

Another way to get clear about your purpose is to recall all the life events that have shaped you. Most of the results in your life are driven by your ten most significant events; seven most impactful choices; and as few as five key people.

- 1) List five people that have made the greatest positive impact in your life.
- 2) Why have they been able to have such a significant impact?

1. \_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

3. \_\_\_\_\_

\_\_\_\_\_

4. \_\_\_\_\_

\_\_\_\_\_

5. \_\_\_\_\_

\_\_\_\_\_

**“A person with purpose has a compelling reason for being alive, a *raison d’être* — an ontological pull, a motivational push, a calling. Purpose is the most important quality for every life to possess, experientially, consciously, and with words. It tells us what we want to be about.”**

~ Frederic M. Hudson

3) What have been the ten most significant events in your life? If you find this challenging to complete you may find the life-line exercise in Appendix one helpful.

1. \_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_

3. \_\_\_\_\_  
\_\_\_\_\_

4. \_\_\_\_\_  
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5. \_\_\_\_\_  
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6. \_\_\_\_\_  
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7. \_\_\_\_\_  
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8. \_\_\_\_\_  
\_\_\_\_\_

9. \_\_\_\_\_  
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10. \_\_\_\_\_  
\_\_\_\_\_

**“I am more and more convinced that our happiness or our unhappiness depends far more on the way we meet the events of life than on the nature of those events themselves.”**

~ Wilhelm von Humboldt, philosopher, diplomat and educational reformer

3) List seven choices that have had the most impact on your life. What is it about the outcome of those decisions that made them have such a significant impact?

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_
4. \_\_\_\_\_  
\_\_\_\_\_
5. \_\_\_\_\_  
\_\_\_\_\_
6. \_\_\_\_\_  
\_\_\_\_\_
7. \_\_\_\_\_  
\_\_\_\_\_

**"A man who becomes conscious of the responsibility he bears toward a human being who affectionately waits for him, or to an unfinished work, will never be able to throw away his life. He knows the 'why' for his existence and will be able to bear almost any 'how'."**

~ Victor Frankl

### Dr. David Wenz's story

David's father died of heart disease when he was only 17, and his mother died some years later of the same thing. His parents' premature deaths led him to pursue a career in science and medicine. After his own brush with poor health and the failure of mainstream nutritional supplements to improve his condition, he became a pioneer in cell nutritional research and product development. He is now a world-acclaimed expert in human nutritional products and the founder and chairman of USANA – a multi-million-dollar network distribution company. David's dream and life purpose is, "to contribute however I can to the scientific advances that will maximise the body's potential to live a full and productive life."

Living his purpose has created numerous benefits:

- David's health benefits from the products he developed and living his calling
- His relationships benefit because his products, and the company he has built, positively impact others
- He is financially free and hugely wealthy – both materially and spiritually
- He is pursuing his passion and hobby – the health and well-being of others
- He is actively pursuing his vocation and life purpose
- He gains personally because he is doing something he feels passionately about and is always developing new knowledge to share for the betterment of others
- He is spiritually aligned with his life's purpose and passion.

What benefits will flow into your life when you live and work with purpose?



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**"People who have a sense of purpose and who follow their passion are rewarded with joy and energy and are fuelled by inspiration. It's as if they are dancing with life and the Universe rewards the dancers with abundance in all forms. It's time to put on your dancing shoes, have fun and kick up your heels!"**

~ Lynn Robinson

What are you happiest doing?



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What makes you feel most energised?



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Have you experienced times when you were totally absorbed in working on a project for hours without feeling tired? What kind of project was this?



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What experiences throughout your life have you found most rewarding, inspiring, touching or meaningful?



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**"Mary Oliver says in one of her poems, "Tell me, what is it that you plan to do with your one wild and precious life?" Me, I intend to live passionately."**  
~ Isabel Allende, Author

What type of work would you love to do if you had all the money and time you needed, or if all work was paid the same?



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Make a list of the times in your life when you felt deeply satisfied because what you were doing was important to you.



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Think of a person you admire and list their positive attributes and achievements.



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What is the most significant contribution you would like to make?



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What strengths have others who know you well noticed in you?



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What qualities of character do you most admire in others?



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When you daydream, what do you see yourself doing?



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What are the three or four most important things to you? Why are they important?

1. \_\_\_\_\_

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2. \_\_\_\_\_

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3. \_\_\_\_\_

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4. \_\_\_\_\_

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What would you do best that would be of worth or value to others?



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What talents do you have that no one else really knows about?



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**"Each of us is here to discover our highest self or our spiritual self. That's the first fulfilment of the Law of Dharma. We must find out for ourselves that inside us is a god or goddess in embryo that wants to be born so that we can express our divinity."**

~ Deepak Chopra

What are your physical, social, intellectual and spiritual needs and abilities?



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What quality-of-life results do you desire that are different from what you now have in the areas you listed above?



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What principles, beliefs and/or actions will create those results?



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What are your important roles in life?



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What are the most important goals you want to fulfil in each role?



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What results are you currently getting in your life that you like?



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What thoughts/actions/beliefs would produce better results?



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What results are you currently getting in your life that you DON'T like?



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What are the thoughts/actions/beliefs that are producing those results?



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What thoughts/actions/beliefs would produce better results?



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What would you really like to be and do in your life?



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What are the important principles and values upon which your being and doing are based?



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What do you care deeply about?



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What are the most important values in your life?



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What pushes your buttons?



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### Viktor's story

A powerful example of someone who turned an extremely negative experience into work that filled him with a deep sense of meaning and purpose is Austrian neurologist and psychiatrist Holocaust survivor Viktor Frankl. Viktor's wife, brothers and sisters were killed by the Nazis but his desire to help others develop the ability to survive against all odds gave him meaning and purpose in his own life and instilled a deep will to live. Noting that some concentration camp prisoners literally gave up the will to live, but those that had a deep sense of purpose kept fighting to stay alive, he developed a therapy called Logotherapy which highlights the power of finding meaning and purpose during times of suffering. He later wrote a best-selling book, *Man's Search for Meaning*, chronicling his experiences as a concentration camp inmate which led him to discover the importance of finding meaning in all forms of existence, even the most sordid ones, and thus a reason to continue living.

What negative experiences have had the greatest impact on you? How could you turn any negative experiences into your life's calling?



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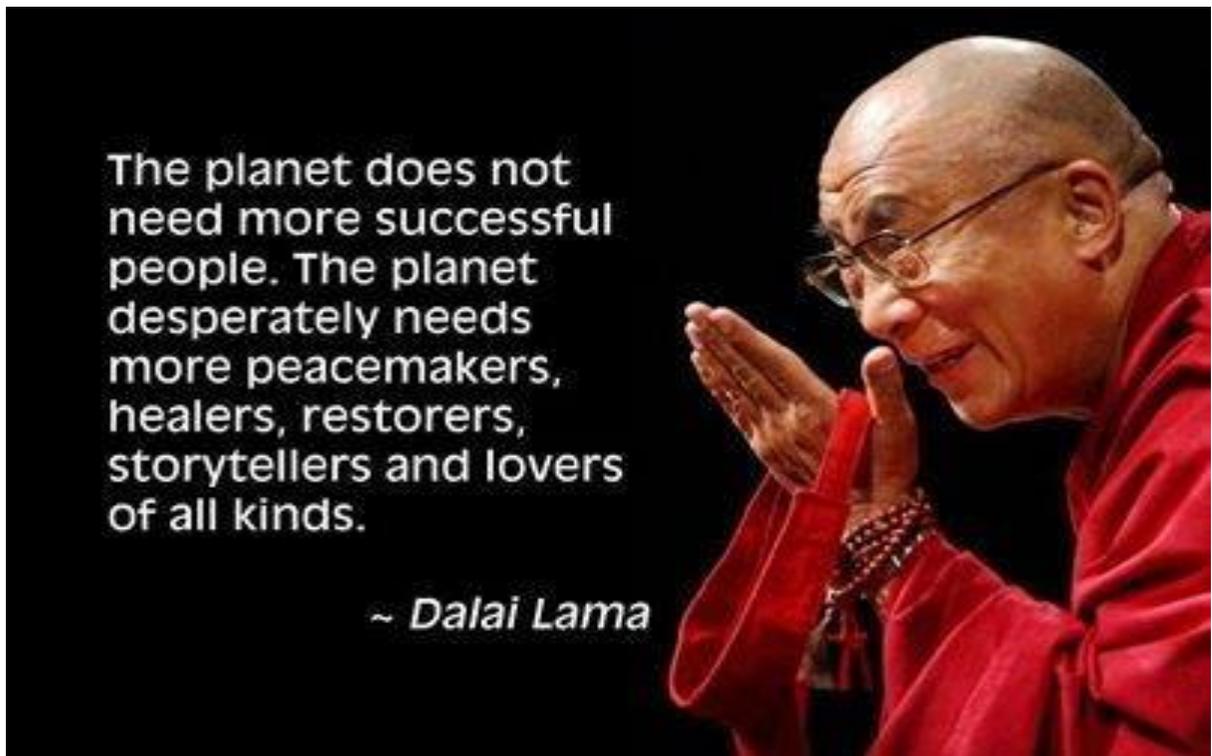
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## Creating your own life purpose statement

Living your life with purpose means having a mission in life. It may be a mission to live happily, passionately, and fearlessly. Most often it involves being true to yourself – who you are, and who you yearn to be - and doing the things you believe are important. Living with purpose involves taking charge of your life, moving away from things that don't work for you, and living authentically.

Formulating your own Mission/Life Purpose Statement is an important part of this process and central to achieving your best-fit career and life. It provides:

- A greater sense of what gives your life meaning and purpose
- A more holistic approach to career and life goals
- Increased awareness of how the decisions and actions you take today may impact on your preferred future
- Increased direction, focus, insight and courage
- A sense of security and power
- Greater goal orientation and sense of urgency
- A personal guiding statement of intent
- Helps you achieve your preferred future.

The following exercises will guide you in the process of writing your mission/life purpose statement. Remember that doing this is crucial to giving your life its direction and in clarifying your life purpose. Reading your mission statement regularly, ideally daily, will also help keep you energised, motivated and on-track. As the quote below powerfully illustrates, a mission statement or life purpose statement will also help your dreams become reality.

**“When it came time to write my mission statement, I put that I could own a flower shop one day. Just seeing the words on paper somehow made my dream seem more real. My mission statement gave me the courage, and I’m actually doing what I’ve always dreamed.”**

~ Anon, from Steven Covey’s “Living the Seven Habits”

## Begin with the end in mind

To some people thinking about funerals can seem morbid. Swiss psychiatrist and well-known death and dying expert, Elisabeth Kubler-Ross feels differently. She says that too often people reach the end of their lives filled with guilt and regret. Guilt for the way they treated people; regret for the things they never did. She prefers to be known as the life and living expert and urges people to live their lives fully with no 'unfinished business.'

Please find a place where you can be alone and uninterrupted. Clear your mind of everything except what you will read and what you will be invited to do. Don't worry about anything else.

In your mind's eye, see yourself going to the funeral of a loved one. Picture yourself driving to the funeral home, parking the car, and getting out. As you walk inside the home, you notice the flowers and you see the faces of friends and family as you pass along the way. You feel the shared sorrow of losing, the joy of having known, that radiates from the hearts of people there.

As you walk to the front and look inside the casket, you suddenly come face to face with yourself. This is your funeral, five years from today. All these people have come to honour you, to express feelings of love and appreciation for your life.

As you take a seat and wait for the service to begin, you look at the programme in your hand. There are to be four speakers:

1. The first is from your immediate family: partner/husband, mother, father, daughter, son, brothers, sisters etc.
2. The second speaker is from your extended family: nephews, nieces, aunts, uncles, cousins etc.
3. The third speaker is your manager (past, current or future).
4. And the fourth speaker is one of your friends, someone who can give a sense of what you were like as a person.

Now think deeply. What would you **like** each of these speakers to say about your life? What kind of brother or sister, employee or employer, husband or wife or friend would you like their words to reflect? What character would you like them to have seen in you? What contributions, what achievements would you want them to remember? Look carefully at the people around you. What difference would you like to have made in their lives?

As you ponder, try writing down your roles, and beside each, the tribute statement you would **like** to be said of you on this occasion. If you are worried they may not have anything nice to say, perhaps because you have fallen out or something, write what they would say as if everything is better between you now – write it as you would like it to be said 😊. This is an important change to make as it allows you to start thinking about the things you can change in your life from this time forward.

Using the space below or in your Passion Journal, write the following:

What each speaker would say about my life:

Speaker 1 is my \_\_\_\_\_

Speaker 1 would say:



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Speaker 2 is my \_\_\_\_\_

Speaker 2 would say:



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Speaker 3 is my \_\_\_\_\_

Speaker 3 would say:



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Speaker 4 is my \_\_\_\_\_

Speaker 4 would say:



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### Mary's story

Mary sought coaching originally to help her clarify her career goals. However, it soon became apparent that she had lost sight of who she was, and this was negatively impacting her confidence, and self-esteem.

Completing the Life Purpose workbook helped Mary to remember all the elements that made up her life. *"I'm finding out what I like. For so long I've been focusing on other people that I forgot me. Bit by bit I'm remembering who I am."* In the process of remembering who she was, she regained her confidence and knowledge about her strengths and natural talents and the things that gave her joy in her life. She also re-established contact with her brother who she had not spoken to for over 15 years.

## Your mission/life purpose statement

1. Your answers to the previous questions should give you some excellent input for your mission/life purpose statement. Review your answers to the previous exercises and identify the common themes by listing or mind-mapping them in the space below.



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## Your mind map

The space below is left free to encourage free expression of your key themes:

**“When you are inspired by some great purpose, some extraordinary project, all your thoughts break their bonds. Your mind transcends limitations, your consciousness expands in every direction, and you find yourself in a new, great and wonderful world. Dormant forces, faculties and talents become alive, and you discover yourself to be a greater person by far than you ever dreamed yourself to be.”**

~ Patanjali

## Write your mission/life purpose statement

Write your mission/life purpose statement in the space below or in your Passion Journal. Keep it somewhere where you can refer to it daily to ensure you are living your life on purpose. If you are still uncertain about your true calling you may find the additional exercises in Appendix two helpful.

**Tip:** use active language – writing it as though you are already achieving and living your life purpose and dreams, i.e., as though all the things that you want to achieve and to be remembered for already exist in the here-and-now.

For example: “I live my life fully and without fear, taking advantage of opportunities that come my way,” rather than “I will live my life fully...”

There is no ‘one’ way to write a life purpose statement, but you may find it helpful to begin to define your purpose by completing the sentence: *I am a/an (two positive attributes) who (two activities you enjoy).*

This initial statement of purpose can provide a foundation to expand your sense of purpose and define specific goals and objectives. Evaluate and refine your mission/life purpose statement using the questions on the following page.



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### Cassandra’s life purpose statement

*I am a creative and inspiring author and intuitive artist who creates enduring beauty that inspires and uplifts. My values-driven work benefits my partner, my daughter, family and those who purchase and enjoy the things I create. Using my favourite skills, I work with passion, purpose and profit to help people feel happy, inspired and uplifted. I am financially free and hugely wealthy (financially, emotionally, spiritually). My books, creations, and works of heart benefit others. I am pursuing my passion for helping others. I benefit personally because I am doing something that I feel passionate about and developing new knowledge to share with others. I am spiritually aligned with my life purpose and passion.*

## Refining your mission/life purpose statement

Listed below are some useful criteria to help you evaluate and refine your mission/life purpose statement.

### Criteria for evaluating your mission statement

1. Is it comprehensive enough?  
Does it cover my roles, relationships, people, and interests?
2. Is it you?  
Is there an identity? Can you be recognised in it?
3. Is it practical enough?
4. Is there a sense of the ideal?  
Is there some stretch to it? Is it the best of you?
5. Have you been able to tap into your faith?  
Is there something worth believing in it?
6. Can it be a source of power for you?  
Will it provide the courage to say "yes" and "no" because of your focus?
7. Does it give guidance for tough decisions?  
Use the ten years rule. Looking back after ten years, would you be glad you had created and lived it?
8. Does it provide a sense of security?  
Ideally, it should provide a sense of security. It is a basis for your life. It is a personal constitution, and as such it can provide guidance in changing circumstances.

**"I firmly believe that the universe dreams a bigger dream for you than you can dream for yourself ...you've got to open yourself to the dream that the universe has for you ...you've got to discover your true calling."**

~ Oprah Winfrey

**Love and desire are the  
spirit's wings to great deeds**



## Purpose at work: generating career options

What role should purpose play in your working life? This is a question many people never ask. Others may not care, but if working with meaning and purpose are important to you, you won't find real satisfaction or fulfilment in your work unless it engages your heart.

Referring to the insights gained in this workbook record your purpose checklist below:

My criteria for meaning and purpose

 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### Think laterally

Brainstorm and list as many possible career options as you can that would allow you to fulfil your purpose. Think laterally and don't close any ideas off. The aim is not to choose but to build an exhaustive list. Make it fun. If you run out of ideas ask friends, family and others to contribute ideas. Check out web sites such as [www.careers.govt.nz](http://www.careers.govt.nz) for job ideas.

Are there any ways to earn an income from your purpose that you haven't thought of or that don't exist yet? What economic, social, and cultural changes could lead to a future opportunity for you? How could you fulfil a need? List some possibilities below:

 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Reality test

Don't buy into the myth that being passionate and working with purpose is a dream obtainable by only a few. Reality test your own and/or others' beliefs or fears. Look for examples of people who are earning an income by working with purpose. Interview for information and inspiration - talk to people already working in areas you are also passionate about or doing the job you want to do.

- Who could you talk to?
- What "facts" do you need to check out?
- How could you test your reality further?

Draw up a list of questions you'd like to ask to 'reality test' possible career options:

 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Draw up a list of organisations that share your sense of purpose:

 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**"One needs something to believe in, something for which one can have whole-hearted enthusiasm. One needs to feel that one's life has meaning, that one is needed in this world."**

*~ Hannah Senesh*

## Network your way to success

80% of all jobs are never advertised and lots of opportunities go unnoticed. Using personal contacts to tap into the hidden job market is the key to success. It's not just what you know, but who you know!

Ask your way to success by identifying and proactively networking with everyone who can help you achieve your goal.

Identify all the helpful people and organisations that could help you get closer to making your purpose a career:



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## Get career-fit

Make sure you are prepared for the new, passionate you! If you're applying for a role update your CV ensuring it is tailored to match the opportunities you are pursuing. Brush up on your interview techniques.

If you're thinking about self-employment identify how you could make what gives your life meaning a key part of your brand messaging. Spot a gap in the market and fill it with your purpose and expertise. You may also enjoy the third book in the Midlife Career Rescue Series, *Employ Yourself*. To enjoy your copy from Amazon, click here: [getBook.at/EmployYourself](http://getBook.at/EmployYourself)

Many people feel uncomfortable promoting themselves. If this is you, identify strategies that will help you through the self-marketing phase. Remember that you serve nobody by keeping your light buried under a bushel.



Now, having written your story, take some time to answer the following questions to further explore the implications of your life and career essay. Some people find it even more helpful to talk through their life and career essay with another person.

1. Who/what has helped you to get to where you are today?

 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. What have been the most critical events in your life and career? (Include both positive and negative events).

 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3. What have been the most important 'high' experiences?

 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

4. What have been the significant work experiences?



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5. What have been the significant decisions or turning points?



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6. How do you feel about past work experiences and about the 'you' who lived through them?



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7. What skills did you develop during these periods?



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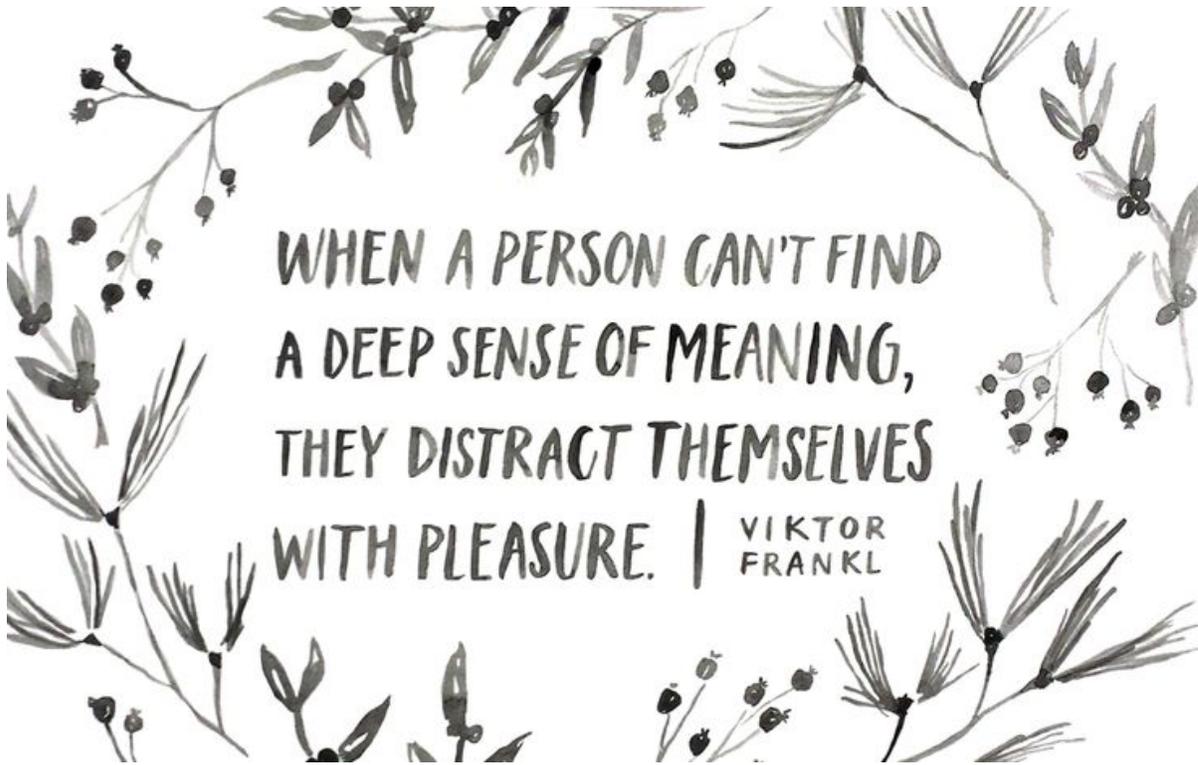
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8. What insights, gained from the past, can provide you with a perspective for the future?



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9. What constant factors have remained throughout your life?



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10. Who/what has been the dominant influence on you in your life? What did you learn from them?



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If you could start again, which factors would you change?



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Make a list of the times in your life when you felt deeply satisfied because what you were doing was important to you.



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**“If you can’t figure out your purpose. Figure out your passion. For your passion will lead you right into your purpose.”**

~ Bishop T.D.Jakes

List the finest qualities you have to contribute to the world. (For example: humour, compassion, wisdom, joy, sensitivity, creativity and so on.) Choose the two that are most important to you.



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List your past activities and accomplishments that most accurately reflect what you care deeply about. Choose the two that are most important to you.



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A person's needs and wishes change over time. How do you think you are changing?



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Which skills, attributes and competencies developed throughout your life are your core strengths and ones that you wish to carry into your future?



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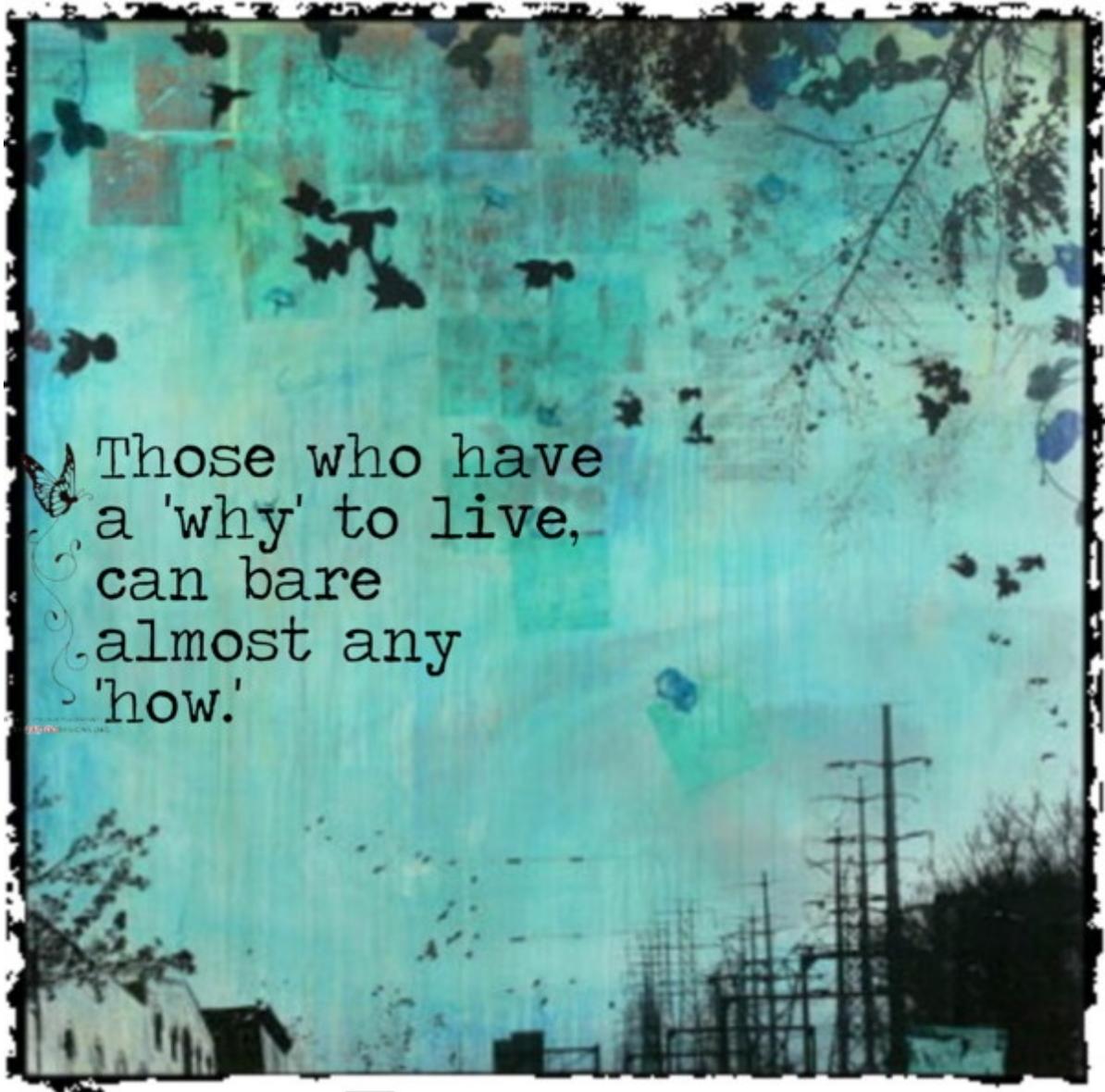
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**"What man actually needs is not a tensionless state but rather the striving and struggling for some goal worthy of him. What he needs is not the discharge of tension at any cost, but the call of a potential meaning waiting to be fulfilled by him."**

~ Victor Frankl

## Lifeline

You may prefer to summarise your key life experiences in this bullet style format by listing at least three personal key experiences for each age period cited below up to the present time; and isolating what the key skills, values, passions each scenario revealed.

Age	Skill
5-10	
11-15	
16-20	
21-25	
26-30	
31-35	
36-40	
41-45	
46-50	
51-55	
56-60	
61-+	

## Appendix two: visioning your life purpose

1) Do you have a clear vision of how you would like your life to be? If not, create one: think about the various aspects of your life: relationships, family commitments, social life, personal, spiritual and professional growth, leisure time activities, time alone and making a contribution.

Visual images are powerful. To keep honing your vision and making it more believable, make a vision board, draw your vision or collect photos or cuttings resembling your accomplished purpose in a scrapbook or Passion Journal.

Have a peek at some Passion Journals. Check out the Media page on my website. You will be able to watch a television interview with Brendon Pongia on The Good Morning Show and gain some helpful ideas to create your own Passion Journal.

2) Imagine what it would be like to be living with passion and purpose on a daily basis by answering the following questions:

- What do you expect that would feel like?
- What experiences would it involve?
- How would you feel when you woke up in the morning?
- What would be the purpose of your life?
- What would your goals be?
- How would you measure your success?

Keep this questioning mind, as it will help you build up positive motivation as you become more excited about the possibility of the work you were born to do.

Describe in writing how each aspect would look in an ideal scene (if you were living as you would like to be).

 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
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How different is your "ideal scene" from your current situation?



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What changes would you like to make?



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Set some specific goals in the various aspects of your life where you would like to create change. Write your goals as short, positive, present tense statements. Choose up to four or five goals to actively work on.



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**"I discovered that people are not really afraid of dying; they're afraid of not ever having lived, nor ever having deeply considered their life's higher purpose, and not ever having stepped into that purpose and at least tried to make a difference in this world."**

~ Joseph Jaworski

## Daily checklist

Complete this checklist at the end of each day to monitor your progress. Don't worry if at first you have lots of "a" answers. This is normal. The main purpose of this exercise is to increase your level of awareness of any self-limiting beliefs, assumptions and rules. This increased awareness will make it easier for you to make changes so that over time you increase the number of "b" answers each week. The more "b" answers you have the more *free to be you* and the happier you will be. You may wish to create a daily checklist more tailored to the habits you want to break and those you want to create.

		Sun	Mon	Tue	Wed	Thu	Fri	Sat
		a b	a b	a b	a b	a b	a b	a b
Did you use your talents doing something you love today?	a-no / b-yes							
Did you pay attention to the things that move your spirit today?	a-no / b-yes							
Did you look for the meaning and purpose in things that were challenging today?	a-no / b-yes							
Did you make decisions that were based on who you are and what you want from your life today?	a-no / b-yes							
Did you listen to your intuition today?	a-no / b-yes							
Did you predominantly think about things that make you happy today?	a-no / b-yes							
Did you react to anything today?	a-yes / b-no							
Did you compromise what you believe to be true today?	a-yes / b-no							
Were you true to yourself today?	a-no / b-yes							
Did you listen to people who are negative today?	a-yes / b-no							
Did you think, act and talk like a person who loves themselves and lives with purpose today?	a-no / b-yes							
Did you help someone today?	a-no / b-yes							
Did you meditate today?	a-no / b-yes							

## To do this week

- Make a list of your unique talents. Then list all the things you love to do while expressing those talents.
- Create a vision board of all the things, people, places, events etc. that give you a sense of meaning and purpose.
- Notice how your body barometer and heart speak to you. You may like to start a dedicated Purpose Journal to record all the ways your higher self guides you.
- Look for ways to live with passion and purpose
- Get in touch with your soul. Spend some time quietly alone. Listen to the whispers of your higher self as it guides you to your purpose
- Ask yourself daily, "How can I serve others?"



What else could you start doing, stop doing, do more of, less of to live your life with more purpose?

Start doing



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Stop doing



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Do more of



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Do less of



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## Helpful resources

### Books:

*Man's Search For Meaning*  
Viktor Frankl

*How to Find Your Passion and Purpose: Four Easy Steps to Discover A Job You Want and Live the Life You Love*  
Cassandra Gaisford

*Find your Purpose, Change Your Life*  
Carol Adrienne

*The Work You Were Born to Do*  
Nick Smith

*The Seven Spiritual Laws of Success*  
Deepak Chopra

### Web:

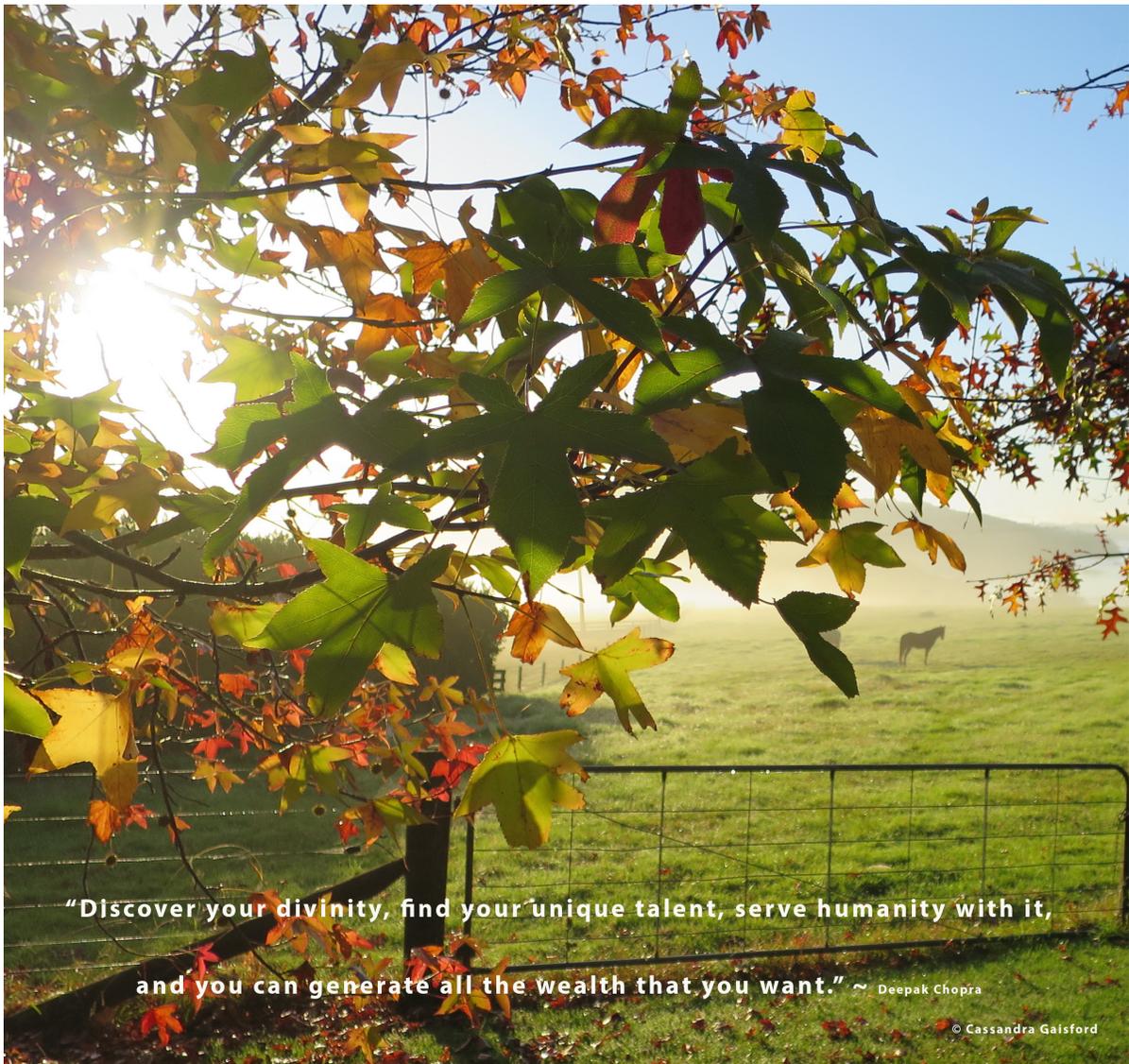
[www.ted.com](http://www.ted.com): this inspirational informative website has numerous clips by experts speaking about the power of purpose and how and to harness it. This link was posted by someone citing their ten favourite talks on purpose:

<http://talk-doctor.com/10-killer-ted-talks-that-will-inspire-you-to-create-a-life-that-matters/>

Search for some others that inspire you.

Pinterest – check out some of our favourite inspirational pins here >>  
<https://www.pinterest.com/worklifenz/find-your-purpose-live-with-passion/>

Follow your passion and purpose to prosperity—online coaching programme. If you need more help to find and live your life purpose you may prefer to take my online course. Watch inspirational and practical videos and other strategies to help you to fulfil your potential. Click here to enrol or find out more>>[the-coaching-lab.teachable.com/p/follow-your-passion-and-purpose-to-prosperity](http://the-coaching-lab.teachable.com/p/follow-your-passion-and-purpose-to-prosperity)



**"Discover your divinity, find your unique talent, serve humanity with it,  
and you can generate all the wealth that you want." ~ Deepak Chopra**

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