

On Purpose Guide Manual

First of all, thank you for taking on the role of the On Purpose Guide for this program. I want you to know I am your partner in having this be an awesome experience for you and for all the people who join you on this amazing journey along the Purposeful Path.

Now, let's cover some of the basics. The On Purpose Program is composed of 8 weekly, 2-hour Classes.

The outline below covers the essential material that should be covered in each Class. Now, don't panic! If you don't cover every item, you can either pick it up the next week, or have your fellow travelers do it on their own during the week.

Also, you can access additional support material online at:

www.lifeonpurpose.com/opguides

Using this username and password:

- Username: onpurpose
- Password: guide

This includes a series of short, training videos that I've prepared just for you. I recommend you watch the series all the way through prior to your first class, then watch each one again prior to meeting for that class. Now, let's get started with Class #1.

An Overview of Being an On Purpose Guide

There are 3 phases of being an On Purpose Guide:

1. Engaging People in the Possibility of Living a Life On Purpose
2. Guiding People through the On Purpose Program
3. Empowering the Successful Completion of the Group On Purpose Project

Let's look at each one of these and the important role the On Purpose Guide plays in each.

1. Engaging People in the Possibility of Living a Life On Purpose: In this important first phase, the On Purpose Guide plays a key role in sharing with others how knowing their life purpose with crystal clarity can greatly enhance their life. This phase includes announcing the On Purpose Program to the community and registering people into the program. We've created the **On Purpose Program Kickoff Kit** to facilitate this process that you will find online.

There really is no On Purpose Program at your spiritual center UNTIL there are at least 6 people who have seen the possibility of being in the program and how it can contribute to their life AND have taken action by registering into the program accompanied with their deposit or full payment.

In other words this process of engaging people into the possibility of living a life on purpose to the point where they're ready to take action by registering is a vitally important first phase.

You, as the On Purpose Guide, play a key role in this phase because you are one of the people who have taken a stand for the possibility that people in your community can live purposeful lives filled with meaning. Standing there with you is Life On Purpose Institute and the leadership of your spiritual community. With the three of us standing for delivering on this possibility, we'll be tapping into the powerful spiritual energy of creativity and authentic engagement.

Key elements of this first phase include:

- Authentic engagement and sharing the value of the On Purpose Program
- Purposeful patience and persistence
- Trusting that the perfect people will be in the Program with you
- Knowing it's much easier to help people make informed decisions than it is to try to sell them anything

2. Guiding Participants through the On Purpose Program: To assist you in guiding people through the 8 week program we've included the following training materials:

- [On Purpose Guide Materials](#)
- [On Purpose Guide Training Videos](#)
- [Ask Coach Brad & Coach Ann Q&A](#)

3. Empowering the Successful Completion of the Group On Purpose Project: An integral part of the On Purpose Program is giving the participants the opportunity to express their newly clarified life purposes in service back to the spiritual community through a Group On Purpose Project.

Class #1: Preparing for the Journey

Hour 1:

Begin with a short centering exercise (1-2 minutes).

This could be in the form of a prayer, short meditation, an inspirational reading, etc. The purpose is to give everyone the opportunity to let go of the busyness of the day, of external influences, and to become relaxed and present.

Now is the opportunity to connect with each other. One great way to start is by asking the questions:

- Why are you here? Then share why you're in the class as the On Purpose Guide.
- What do you intend to get out of the program?

Next, go over the Conditions for Optimum Value:

- Everyone attends of his or her own volition and not out of any demand or expectation from another.
- Each person commits to attending all classes and staying for the full 2 hours.
- Each person commits to completing all the assignments during the classes and outside of class. (1-2 hours of work outside of the classes for each class.) We suggest that you NOT read ahead in the Book unless instructed to do so in the Call to Action Assignments.
- **It is paramount that everyone honors the confidentiality of all participants. What's shared in the classes stays here.**
- Outside distractions and interruptions should be kept to a minimum. (i.e., no cell phone calls during the class, etc.)

Answer any questions people may have about these and ask if there are other items they wish to consider adding.

Introduce the program materials:

- Life On Purpose: Six Passages to an Inspired Life (hereinafter referred to as "the Book").
- On Purpose Workbook
- CD Audio of the Book

The Group Purpose Project

Everyone will be invited to participate in a group Purpose Project and those who do, can expect a much fuller experience of living on purpose from it. More about this in coming weeks.

Over the next 8 weeks we will be on a journey covering the Six Passages of the Purposeful Path outlined on page 4 of the Workbook.

There are basically 3 parts to designing a Life on Purpose:

1. Knowing without a shadow of a doubt what your divinely inspired purpose is.
2. Knowing equally clearly what it is about yourself that can keep you from knowing your Life Purpose or being true to it.
3. Having the tools, means, commitment, and courage to design your life to be an authentic expression of your Life Purpose.

Next Question: Have you ever had a conversation that profoundly impacted your life?

In the coming weeks, you'll be engaged in such a conversation – one that has profoundly enhanced the lives of thousands of other people. If you're willing and open to it, it could do the same for you.

Invite people to think of one or more conversations that had a profound and positive difference in their lives. While they are considering this, share an example from your own life. Then invite 2-3 people to share their example. Have others write down their answers.

The Nature of Transformation

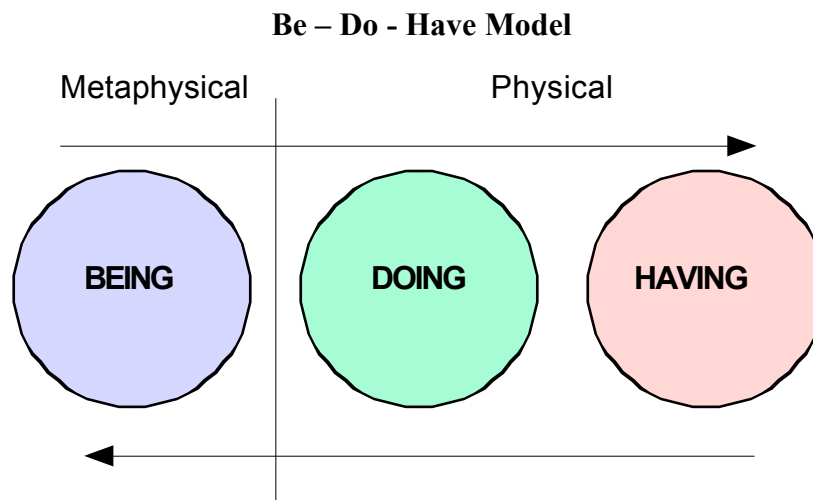
The following is background information for you to refer to help distinguish transformation. Use as much or as little as you feel guided.

The On Purpose Program is a transformational process and sometimes transformation can be uncomfortable. The deeper you let yourself go, the more you will come out the other side transformed. It can be a roller coaster ride. We often think of a roller coaster as scary. We would like to offer the perspective that a roller coaster can be exciting and an adventure. Trust the process. This is the place to bring whatever is coming up for you. Who knows, others may be going through the same thing. We will embrace the breakdowns as well as the victories. Use the community. We want to create a sacred space here to come together, ready to roll up our sleeves, and be real.

PONDERING QUESTIONS:

- What is transformation?
- What is the process of being transformed?
- How is transformation different from change?

Explore this with the participants.



Transformation is an inner to outer process, while change is more often an outer to inner process. With transformation, what shifts first are our thoughts, emotions, and beliefs about ourselves. And when this happens, what follows? (A change in action, then results.) With this inner shift, we begin to relate differently to the world. We see the world differently and we begin to dance with this world in a new way. Thus, we begin to do things differently since our actions are now in a dance with this new world. Ultimately, we will also begin to have a different set of results in our life from such a transformation.

While this process of transformation can be exciting, it is also often scary for some people, and for many of us, it's both exciting and scary. So, for most of us it really takes something to engage in this process of transformation.

You may think of the process as being similar to **childbirth**. While the process of delivering a baby can be challenging, difficult at times, even painful and scary, the end result – that beautiful baby – is worth the effort. It's important to keep your eye on the end result as you go through the labor pains of transformation.

So how can we relate transformation to the model above? How about change? Explain how transformation would be on the top arrow (going FROM Being), while change would be on the bottom arrow (an outer to inner process).

PONDERING QUESTION: Are you willing to be transformed out of this Process? Are you willing to look back on your own life 3 months from now and not recognize yourself?

The Challenge of Transformation

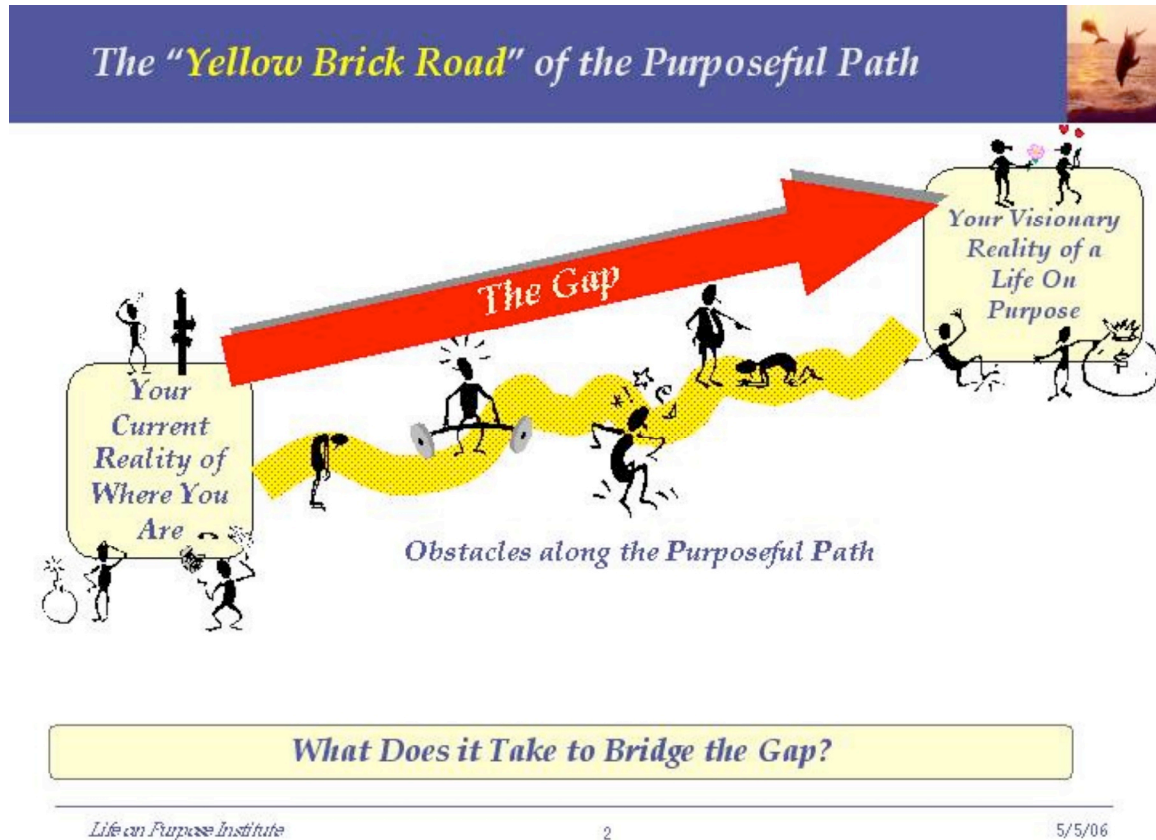
"You see, all conscious and cognitive beings are meaning-seeking beings. We are somehow trying to find meaning in life. And unless a human being finds meaning in what he or she is doing, he or she is not going to engage in that action for too long. Now some people find meaning in the very act of transformation. And if you consider conscious evolution, ongoing growth, and transformation to be the essential meaning of life, then you will engage yourself in the act of transformation.

"But for most people, transformation does not provide meaning. "What's the point in continuously growing and continuously transforming? I'm fine where I am. I have my house and my job, so don't bother me. Don't even try to destroy the edifice of meaning that I have built over the years.

"And I respect that. They're just being human. They have found some measure of meaning in their lives and they don't want to change. They don't want to see that what they thought was meaningful may actually be meaningless. But transformation, ongoing transformation, implies that you need to continuously dissolve the old meaning of your life and create your life anew. You actually need to recognize the central meaning of your life to be the evolutionary process itself. And unless we build a kind of culture in which that is so, people are not going to ongoingly engage themselves in a syntropic (anti-entropic) evolutionary process. They will want to stay in this dynamic, or static, equilibrium."

Yasuhiko Kimura, Executive Director, The Twilight Club

Distinguishing the GAP



3 Parts to 'the Gap:'

- Determining the starting point (current reality).
- Determining where you want to go (Visionary Reality), and
- Mental Obstacles & how to get the most from the program.

What could get in the way of getting the most from the program? Discuss the following on pages 32 – 36 of the Book:

- Monkey Mind
- The Full Cup Syndrome
- Bias

What would you say is the starting point to overcoming obstacles?

Awareness is the key. It leads to insights. While insights are important to growth and development, they aren't all that powerful by themselves. Look at the formula below, where I = Insights, G = Growth, and D = Development. What is necessary in order for insights to contribute to our lives? It is the "A" part of the formula. And what is that? (Action.)

See **page 37 of the Book on the coaching formula:** $I + A = G + D$

NOTE: You may want to point out and encourage people to use the Insight Page, that is part of the Workbook's Appendix, as a way of capturing their many insights and taking action on some of them.

Review the **Life On Purpose Scale found on page 8 of the Workbook.**

Hour 2:

Debrief the **Living on Purpose Self Test** on pages 9 – 12 of the Workbook by asking people what they learned about their starting point, i.e. their current reality regarding how on or off purpose their life is.

See if they can find the category of where they are right now, regardless of their score. How does this compare to their score? Consider what this may mean.

You may want to specifically discuss a couple of the categories like #5, #10, #18, or whatever you feel led to discuss.

Next, debrief the **Wheel of Life** exercise on pages 13 – 15 of the Workbook in the same way. Ask people if their 'inner' wheel was on the front of their automobile would they let their loved ones ride in the car?

Go over the **Top 10 Benefits & Seed of a Visionary Reality** assignment on pages 16 – 21 of the Workbook. (If time does not allow you to cover this then include as a call to action assignment.)

Set Up Purpose Partners: Purpose partners add another level of support and value to the participants as they travel along the Purposeful Path. It's like having another traveler in the seat next to you.

One of the easiest ways to "assign" partners is by letting Spirit make the assignments by drawing names out of a hat, or if you have another way you prefer that's fine. You may also want to switch partners around once or twice during the program.

Remember throughout the program to check in with how the partnerships are going and what people are getting from the conversations with their partners.

Monitoring Your Progress

Before leaving class, have the participants complete items 1 and 2 of the Monitoring Your Progress Summary Form contained in the Appendix of this workbook and turn it in to you. Return it to them at the beginning of the next class.

A Word about Call to Action Assignments

One of the easiest ways to sabotage your travels along the Purposeful Path—and greatly reduce the value you receive from your journey—is not completing the assignments that are posted along the way. It is by fully committing to the Call to Action Assignments that you will integrate your insights into your everyday life. So take the time to complete the assignments, *especially* the ones that you're inclined to “come back to later.”

Call to Action Assignments

1. Write an initial rough draft of your visionary reality, referring to page 72 of the Book for an example. Remember:
 - a. Write it in the present tense as though you've stepped into the future and are now describing what you see.
 - b. Focus on what's present more so than what's not present. State the positive, not the negative.
 - c. Make it descriptive and multi-sensory. When you read it you're moved and inspired by it. If a stranger read it, they'd be amazed by your life.
2. Read, listen to, and study Passage #2 (pages 81 – 98 of the Book). **Do NOT** read any further than page 98.
3. Meet briefly with your purpose partner either in person or by phone. Share what you got from the first session and give and receive support on this week's assignment.

Note to Guide: Send a reminder to participants of the assignments midweek between sessions. This helps the participants stay on purpose.

Class #2: Starting on the Purposeful Path

Hour 1:

Begin with a short centering exercise.

Check in to see how everyone's life on purpose has been unfolding. (Keep it brief – 10 - 15 minutes.)

Invite people to share what is opening up for them from the visionary reality assignment. Check in to see who did the assignment and who didn't. (The idea isn't to make anyone who didn't do the assignment feel bad about it, but to encourage them to not 'flake out' about the assignments. The real value of the program is in completing the assignments.)

Work with this assignment for about 15 minutes. Invite 2-3 people to read their visionary realities. Listen to see if they wrote it in the present tense, if they stressed the positive and minimized the negative, and if it was multi-sensory. Be aware of any "nots" in their visionary reality. When they read it, do they find themselves inspired by it?

Check in to see if there are any questions from the group. Encourage everyone to keep working on these during the program, especially those who didn't complete the assignment.

Cultural Perspective of Life Purpose vs. Life On Purpose Perspective

You're now ready to move into Passage #2 that everyone should have read as part of the homework. Again, check in to see who completed the reading assignment for this week and who didn't. This helps people to understand that you are supporting them by holding them accountable.

What is a life purpose from the Cultural Perspective?

What kind of life does it give us when it's all about the doing? What direction does that take us?

When we work from the Cultural Perspective, we often look to 2 areas of life for purpose and meaning. What do you think those would be? (Job and Role.) We actually think these are our purposes.

This has many pitfalls. What happens if you misidentify your life purpose as your job and then, for whatever reason, you're not able to work?

What are some roles?

The same thing happens with roles. What happens when someone thinks that being a good parent to their children is their life purpose and all the children are grown and have left home?

This is a foundational distinction of the Life On Purpose Process and it's paramount that everyone "Gets It."

You may find it helps to go through it in the class, asking questions from time to time to be sure everyone understands the shift in thinking.

Open it up for discussion:

- What did people learn from this Passage?
- What insights did they glean?
- How might this shift in perspective make a difference in their life?

NOTE: Check on the On Purpose Guide web page for additional support resources.

What's Shaping Your Life

Here's the premise for this next part. We said that a life purpose is the context that shapes our life, and I'm asking you to consider that your life is always being shaped by something. At every given moment, everyone's life is shaped by something, and until you're clear about your life purpose, it can't be that.

So, what has been shaping your life?

If your life is always being shaped by something, what shapes your life when you aren't clear what your life purpose is?

Hint: Look back to your early childhood, the "formative years" to begin to find the answer.

Second hint. There are many different factors that shape a life. We're looking for as many of the different factors as you can come up with. We'll then name them a particular distinction and then we'll be able to do some more powerful work with the new distinction.

Hour 2:

In this hour, you will prepare your group to continue their travels to Passage #3.

This is also a very important part of the Program because everyone will have the opportunity to uncover what keeps them from knowing their purpose and/or living true to it. We call it the Inherited Purpose and in this class, and the next one, you will make the distinction:

Your true Life Purpose vs. the Inherited Purpose

You make this distinction by outlining the 4 distinguishing features of an Inherited Purpose that you'll find on page 101 of the Book.

Start by discussing what came up from people from engaging in the break assignment. Have them look what shapes people's lives during the formative years in a general way and then have them look at some of the major factors that shaped their personal life as they were growing up.

ALERT: Remember in the story of the Wizard of Oz there's a time when Dorothy and her friends are walking through the dark forest ("Lions, and tigers and bears, oh my") Well, this passage is a lot like that for many people so be loving and compassionate with them and yet a little bit ruthless if you need to be to support them in not trying to bypass this Passage #3.

It's just too important for them to uncover their Inherited Purpose to give them the freedom to live true to their Divinely Inspired Purpose.

Why is it important to know your Inherited Purpose?

The more you can bring your Inherited Purpose from the background to the foreground, the less power it has to shape your life.

Passage #3 is where people have their biggest challenge and some do not complete the program. The Inherited Purpose does not want you to figure it out and if anything stops you, it is the Inherited Purpose.

You may experience some of the following:

- If you are new to inner work, it stirs up old stuff and you may become very uncomfortable.
- You may have done lots of inner work and not feel uncomfortable at all.
- You may have done no inner work and not feel uncomfortable at all.
- You may have any combination of these.

Express how it is for you and assure them that no matter what they experience, it's perfect just where they are.

Consider giving the group your Inherited Purpose as an example.

Monitoring Your Progress

Before leaving class, have the participants complete items 1 and 2, that they have not already completed, of the Monitoring Your Progress Summary Form contained in the Appendix of the Workbook and turn it in to you. Return it to them at the beginning of the next class.

Call to Action Assignments

1. Complete the exercise Pulling the Curtain on the Wizard Who's Been Shaping Your Life on pages 25 – 27 of the Workbook.
2. Read about the Obstacles and Roadblocks to Clarifying Your Life Purpose on pages 116 – 120 of the Book.
3. Meet briefly with your purpose partner either in person or by phone. Share what you got from the second session and give and receive support on this week's assignment.

Note to Guide: Send a reminder to participants of the assignments midweek between sessions. This helps the participants stay on purpose.

Class #3: Uncovering What Has Been Shaping Your Life

Hour 1:

Begin with a centering exercise.

Check in with the participants by giving them the opportunity to share how their journey along the Purposeful Path has been coming along. Remember, wherever they are is fine...even perfect, and don't be surprised if there's not more 'squirrelyness' in their lives this week. It's common as people uncover their Inherited Purpose.

Follow up on how the purpose partnering is going.

Uncovering and Polishing the Inherited Purpose

Review by asking what the 4 distinguishing characteristics of the Inherited Purpose are.

1. Based in fear, lack and struggle.
2. Leaves you with a sense of "Is that all there is to life?"
3. Is a "background phenomenon."
4. Is a default mechanism.

Now that we understand what the Inherited Purpose is, how do we go about uncovering it? The assignment last week pulls the Inherited Purpose from the background to the foreground.

Ask who did the assignment and how far did you get?

Ask several to share their Inherited Purpose. Start with those who are the closest to fully uncovering their Inherited Purpose, and then work down from there. Be sure everyone is listening with their 'coaching ears' and are applying the conversation to their own work.

See more on this in the Guide Tutorials.

The intention is that everyone has at least a working draft of their Inherited Purpose. For anyone who does not yet have a good working draft by the end of this class, either offer to work with them during the week and/or suggest they work with a partner, someone who has 'nailed' their Inherited Purpose.

If time does not allow, consider having participants buddy-up and focus on looking at their past when growing up, especially pivotal decision points. Also, discuss how it shows up now.

Hour 2:

Finish up with the process of people polishing up their Inherited Purpose statements. Invite a few people to share what they've uncovered and how it's been shaping their life, keeping them safe and secure, and in the process also 'small' and not in touch with their Divinely Inspired Life Purpose.

For common Inherited Purpose themes see pages 114 – 115 of the Book.

Obstacles & Roadblocks

Start by asking people to share what they see when they ask themselves this question:

"I'm ____ state their age ____ and I'm not crystal clear what my purpose in life is, so what are some of the obstacles or roadblocks that have been in the way?"

Then share some of the obstacles as outlined on pages 116 – 120 in the book, especially "Where in the World Do You Find a Life Purpose?" The main point in this is to distinguish the "endless search mode" also known as the "search and find" mode.

The Inherent Challenge of the Life On Purpose Process

While this isn't in the Book, it is an important distinction to make.

There is a "Challenge" inherent to the Purpose Process. You can think of this challenge like those of olden days when someone would 'throw down the gauntlet' when they wanted to challenge someone to a duel or fight.

The question to ponder first is, "What is the inherent challenge that's a part of the Life On Purpose Process that you are currently engaged in?"

SOLICIT THE GROUPS ANSWERS AND THOUGHTS BEFORE PROCEEDING.

HERE'S WHAT THE CHALLENGE IS!

The Challenge that is an inherent part of the Life On Purpose Process is **the challenge to complete the Process**. The Process has a high degree of success.

Side Comment: The Inherited Purpose is the source of the challenge, but the actual challenge is completing the process.

However, not everyone who has started the Process has clarified their life purpose because some people get tripped up or stopped before completing it. And if you don't complete it, then you don't get what you signed up for.

Now, here's the next question.

IN A GENERAL SENSE WHAT IS THE MECHANISM THAT COULD TRIP SOMEONE UP AND PREVENT THEM FROM COMPLETING THE PURPOSE PROCESS?

Solicit people's answers below before continuing with the exercise.

ANSWER: If you answered the INHERITED PURPOSE then you were right! You see your Inherited Purpose has no desire for you to determine your true purpose in life. Why would it? It is quite happy being the primary shaping force in your life and has no interest in sharing that role with anything else especially not with something as powerful as your true purpose.

Your true purpose is a threat to your Inherited Purpose. Your Inherited Purpose has many different 'moves' it can make to prevent you from completing this process. Some of these moves are overt and some are quite covert, disguised as circumstances, reasons, and explanations that appear to be real.

For example, if part of your Inherited Purpose is that there's never enough time, guess what is likely to happen during the Purpose Process? Right. It will appear that you don't have enough time to complete it, or suddenly your life will become very busy and it looks like what there is to do is postpone the Process.

I need to let you know that the people who have told me they want to postpone this process and complete it later rarely do. Their Inherited Purpose once more has shaped their life and kept them safe and kept **itself** safe at the same time.

Last question for now: WHAT ARE SOME OF THE MOVES YOUR INHERITED PURPOSE IS LIKELY TO MAKE TO BUMP YOU OFF COURSE AND KEEP YOU FROM COMPLETING THE PURPOSE PROCESS? (Do not answer, "Nothing will keep you from completing the Process." That could be a really covert way the Inherited Purpose could keep you from detecting its many moves but it's not what we're looking for. You need to uncover at least some of the ways it could operate to challenge you to complete the Process.)

Some examples are:

- I got too busy.
- I had a schedule change.
- It's getting boring.
- Money
- I know all of this (full cup syndrome).

These can all be traced back to the Inherited Purpose. If you get off track, you can see how the Inherited Purpose shapes decisions and purpose at this point.

Monitoring Your Progress

Before leaving class, have the participants complete item 3 of the Monitoring Your Progress Summary Form contained in the Appendix of this workbook and turn it in to you. Return it to them at the beginning of the next class.

Call to Action Assignments

1. If we're not going to use the "search and find" or "endless search" mode to become clear about our life purpose, what mode might we use? Complete "The Obstacles and Roadblocks to Clarifying Your Life Purpose" exercise on page 31 of the Workbook.
2. Look back at your life and identify a few pivotal points when the Inherited Purpose took over and shaped your decision, choices, and actions. Also, catch it over this next week as it attempts to shape your life. You may then want to try out:
 - The Interim Purpose Pivot:
 - Ask yourself as you go through your week, especially at times when you feel off, "In this moment is my life being shaped by love or fear. (Remember, fear can take many different forms – i.e. anger, frustration, anxiety, etc.) Also, when you hear the word love, know that it means Universal Love and includes a sense of abundance and a willingness to flow with life. When you hear the word, fear, know that includes a sense of lack and struggling with life.
 - If the answer is fear, then ask this question: "If I were to pivot in this next moment to love, (abundance & flow), what would be different and what could I create?"
 - Be prepared to share what comes from practicing the 'interim pivot.'
3. Meet briefly with your purpose partner either in person or by phone. Share what you got from the third session and give and receive support on this week's assignment.

Note to Guide: Send a reminder to participants of the assignments midweek between sessions. This helps the participants stay on purpose.

Class #4: Clarifying and Polishing Your True, Divinely Inspired Life Purpose

Hour 1:

Begin with a short centering exercise.

NOTE: This class is where you as the On Purpose Guide really get to earn your keep, because you'll be guiding your fellow travelers across the bridge to the land of Purposeful Paradox – the birthplace of one's true Life purpose.

You are encouraged to read and listen to this part of the Book several times as well as watching the video tutorial. You can break this into the following pieces:

- Creating the context (pages 123 – 124 of the Book)
- The Map of the Kosmos and locating the Land of Purposeful Paradox (pages 125 – 130 of the Book)
- Going over the Priming Your Passion exercise that is in the Call to Action Assignments (pages 130 – 141 of the Book)

Check in to see what has been coming up for participants during the week.

If there were participants who were not able to share their Inherited Purpose during the last class, consider allowing them to do so now if they so desire.

Creating the Context

Our work so far has helped us recognize that things have been shaping our lives which aren't the most life enhancing, i.e., the Inherited Purpose.

Now it's time to begin the real work of clarifying our divinely inspired Life Purpose. So let's be thinking about how we go about determining a Life Purpose.

In preparing for the next phase of the Purpose Process we're going to build a bridge that will take us out of the Land of our Inherited Purpose into the Land of Purposeful Paradoxes, the birthplace of your true purpose.

There's a saying in the Zen tradition: "At the gate of enlightenment you will find two lions standing guard: One is the lion of Paradox, the other the lion of Confusion." (Read this from page 124 of the Book).

What do you think this means?

Does anyone feel confused right now? It's okay to be confused at this point, to struggle, to fear. It's only natural and I promise you that it's okay to be wherever you are.

As we proceed along the Purposeful Path, the degree to which you can allow yourself to be with the paradoxes we run into and the degree to which you can be with the state of confusion will proportionately determine how effective you'll be along this leg of the journey. Said another way, confusion is a fairly normal state of consciousness at this point.

We're out to address a particular question that came from the homework assignment. If we're not going to use the "endless search" mode to clarify our life purpose, what mode could we use? Keep that question present for yourself now.

The Map of the Kosmos and locating the Land of Purposeful Paradox

When explaining the map, consider using the diagram on page 32 of the Workbook, labeling each quadrant one-by-one and taking the participants through each quadrant by asking questions and following the material on pages 125 – 130 of the Book.

Cover "The Basic Elements of an Empowering and Enduring Life Purpose" discussed on pages 92 – 94 of the Book. Use your judgment on whether time allows to do this now. If not, include it as part of the reading under the Call to Action Assignments below.

Hour 2:

Priming Your Passion Exercise

This hour is a hands on work/play time as people begin the process of clarifying their life purpose through the Priming Your Passion exercise. Read together the lead-ins (first 2 sections before Step One) of the Priming Your Passion Exercise on page 33 of the Workbook.

One of the best ways to do this exercise is to have people pair up. Person A is clarifying their life purpose. Person B is the 'committed listener' and scribe.

Person A reads over the questions from the Priming Your Passion exercise and picks the one that they want to start with. They then share what comes up for them with this question as Person B listens and takes notes.

Then they switch roles, and person B picks a question to work with as person A listens and takes notes.

They can continue to switch back and forth until the time runs out.

Call to Action Assignments

1. Read Passage #4 to more fully integrate and understand this important passage (pages 123 – 142 of the Book).
2. Complete the Priming Your Passion Exercise. Come to the next class with a rough draft of your Life Purpose statement.
3. Review the Basic Elements of an Empowering and Enduring Life Purpose on pages 92 – 94 of the Book, if not covered during class.
4. Meet briefly with your purpose partner either in person or by phone. Share what you got from the fourth session and give and receive support on this week's assignment.

Note to Guide: Send a reminder to participants of the assignments midweek between sessions. This helps the participants stay on purpose.

Class #5: Learning the Tools for Living On Purpose

Hour 1:

Begin with a short centering exercise.

Check in on how everyone is progressing along the Purposeful Path including what the experience was like to clarify/create their Life Purpose statements.

Check in to be sure no one is being left behind. While it isn't your job to do the work for them, it is important that the participants know you care and are there to support them.

Polishing Your Life Purpose

Now it's time to put the final touches on your rough draft. That's right, it's still a rough draft and will continue to be for a while. You'll know when it's time to stop calling it a rough draft and when you're ready to claim it 100% to be your true Life Purpose. And even then, a Life Purpose often takes on a life of its own and continues to unfold and evolve.

In this final step, you will match what you have with a set of criteria that will help you hone your purpose to be a powerful context for your life.

Be sure to have the Life Purpose Statement you've selected as your rough draft in front of you as you go through this process. As you read each criterion, see how your Life Purpose Statement matches with it. If there's some portion that is off the mark, then make the necessary correction.

Go over the following 4 polishing points in detail by covering the specific material on pages 136 – 139 of the Book.

- 1. A Life on Purpose is satisfying and fulfilling—it results in a life of no regrets.**
- 2. As your life purpose is being expressed, it is inclusive and in service to others.**
- 3. A life purpose is based in love.**
- 4. A life purpose is the context and vessel that holds and shapes your life. It's not the doing of life; it's what shapes the doing.**

Ask the participants to share their Life Purpose statements with the group starting with those who have most clearly defined their Life Purpose and then work down to the next clearest, etc. as you did with the Inherited Purpose. Check in to be sure the statement they have is one that inspires them. If they were to live a life like the one articulated in the

statement, what would such a life be like? Then go on through the polishing points. Be sure to listen for any ‘doingness’ that might have snuck in. This is quite common since most people are still operating from the cultural perspective about a Life Purpose being what one is here to do.

One easy way to detect this is to listen for verbs, which would be action oriented. General verbs like ‘living’ are OK, but avoid ones like teaching, coaching, helping, etc.

Help the person take the essence of the word and reframe it by finding a noun or adjective that would work. For example, rather than serving, try ‘a life of service’ or ‘being of service.’ Solicit input and assistance from the group, which will help others in working on their own Life Purpose statement.

Other questions to consider:

- Does your Life Purpose statement resonate with you?
- Does it have value for you?
- Does it empower and enhance your life?
- Does it inspire and move you in a powerful way?

Framework

The framework will serve as a skeleton on which to build and form a powerful Life Purpose statement that will also not be too long. The participants may choose to keep it in this form or later reframe it in a way that speaks more powerfully to themselves.

Framework recommended:

A life on purpose is a life of _____, _____, and _____.

Each blank could be a word or phrase, or multiple words and phrases.

Examples of Life Purpose statements are on page 40 of the Workbook.

Consider sharing your own Life Purpose statement.

Have the participants take time during the class to further polish their Life Purpose statements. This can be done individually for around 10 minutes. Suggest that they consider plugging in various words and phrases, which they see repeating in their Priming Your Passion exercise, into the blanks in the framework.

After they have completed their revisions, have as many participants, as time allows, stand up and declare their Created Life Purpose statement. Coach each other using the framework, evaluating based on the 4 polishing criteria.

If time is an issue, consider having them pair-up with a partner. Do the same things as recommended above as an individual exercise. If they partner-up, have them read out

loud to their partner and get “coaching” feedback. Then, have a few people share their created Life Purpose statement when the entire group comes back together.

Hour 2:

Finish reading/declaring the Created Life Purpose statements, as time allows.

Asking question, “Where does a Life Purpose live?” is a way to begin to address the question:

How do you live true to your Life Purpose?

The main point to be sure that it is covered is: A Life Purpose lives in consciousness or awareness, so if we’re interested in living true to our Life Purpose it’s important to keep it in consciousness and awareness – not only our own but others as well.

What do you see for yourself when you look from this perspective? How could this perspective assist you in living true to your Life Purpose?

If I want to live true to my Life Purpose, I need to stay conscious and alert of it. How do I do that, especially with the hectic schedule I keep, not to mention my Inherited Purpose constantly trying to take over my life?

Staying spiritually healthy is a lot like staying physically healthy. The first few weeks are tough but as you persevere, it becomes natural.

The Power Tools for Living On Purpose are like your exercise equipment. They are available to help you shape your life into a perfectly sculpted Life on Purpose.

It all starts with continuing to stay alert, conscious, and aware of who you truly are – your Life Purpose.

We haven’t said that a Life Purpose lives only in your consciousness or awareness. Where else does it need to live?

It must live in the consciousness of others. In the collective consciousness of the Kosmos. Why is that?

As humans, we are relationship-oriented beings. The space we have in which to express ourselves is directly related to the space others allow us in which to be and to express.

This may create discomfort for you. You may realize that we are starting to uncover a problem. What do you think the Purposeful Problem could be?

People in your life relate to you as they have known you to be in the past. This is because of what has been guiding your life – your Inherited Purpose. You also have been relating

to yourself that way and have in the process, trained those around you to do the same. That is the problem, but a good problem because once you have identified and accepted it, you can go about correcting or transforming it.

While your Life Purpose must live in your own consciousness, if you truly want it to flourish and grow, it is important that it also begins to live in the consciousness of others. Why? It will become easier to stay on purpose in your life because people will begin relating to you in this way.

How do I design my life to be an authentic reflection of my Life Purpose?

If time allows, consider reading together the information on the Power Tools for Living On Purpose on pages 150 – 153 of the Book, starting with Purpose Practices and ending with Purposeless Platitude. If time is limited, go over a brief overview of the Power Tools. Then focus on:

- Purpose Practices, and
- Purpose Pivots (upgrading from the interim pivot to the full pivot).

Monitoring Your Progress

Before leaving class, have the participants complete item 4 of the Monitoring Your Progress Summary Form contained in the Appendix of this workbook and turn it in to you. Return it to them at the beginning of the next class.

Call to Action Assignments

1. Read over the “Opening the Purposeful Toolbox” section of the Book on pages 149 – 153. Pay particular attention to the top 3:
 - Practices (more detail on pages 167 -169 and 173 -175 of the Book),
 - Pivoting (more detail on pages 175- 180 of the Book), and
 - Projects (more detail on pages 189 – 194 of the Book)
2. Create a purpose practice and begin practicing it.
3. Practice your purpose pivoting throughout the week.
4. Memorize your Divinely Inspired Life Purpose and your Inherited Purpose.
5. Meet briefly with your purpose partner either in person or by phone. Share what you got from the fifth session and give and receive support on this week’s assignment.

Note to Guide: Send a reminder to participants of the assignments midweek between sessions. This helps the participants stay on purpose.

Class #6: Mastering the Tools for Living On Purpose

Hour 1:

Begin with a short centering exercise.

Go over the homework and check in on how the purpose practices and pivoting are coming along. Invite the participants to share specific experiences and insights. Encourage them to continue their purpose practice and pivoting for the next 60 days. If they take this on, it will make a HUGE difference in designing their Life On Purpose.

Ask where everyone is on the Priming Your Passion exercise and creating their Life Purpose statement. Ask some to share who did not have the opportunity to do so last week. Remember to coach using the 4 polishing criteria.

Then move into: the Universal Laws of Attraction & Purposeful Creating on pages 154 – 161 of the Book.

Conduct a conversation where you explore how these powerful spiritual laws intertwine and support their living their Life On Purpose.

Major concepts and questions for consideration:

- Compare universal law to physical laws (ex., the law of gravity).
- What is a short definition of the Law of Attraction? (Like attracts like.)
- What is the most basic unit of the physical world? (Atoms which form molecules of matter.)
- What is the most basic unit that composes the metaphysical level? (Thoughts and feelings which form molecules of meaning.)
- What does this have to do with the Law of Attraction? (Thoughts will attract other thoughts of like nature.)
- So what is the big deal about our thoughts? (Everything that exists in the physical universe first arose from the metaphysical side as a thought.)
- How do we build a bridge from the metaphysical to the physical? (Use the Law of Purposeful Creation.)
- Compare to electromagnet. What would be the equivalent of the electrical field for a human magnet? (Feelings or emotions.)

Your thoughts and feelings act as a team to attract the resources that make up your life. This is how the metaphysical connects to the physical. The bridge connecting the 2 is made up of 2 primary building blocks:

1. What you say: what you declare to be possible, what you request, etc.
2. What you do: the actions that are consistent with what you say.

So, the more you align your thoughts, feelings, words, and actions, the more congruent your creative energies will be resulting in an increased ease and flow of the creative process.

What is the significant challenge with this? Many times the tools for creating (thoughts, feelings, words, and actions) aren't aligned. We may say one thing and think another. Then our actions may be a mixture. It's like driving a car with one foot on the accelerator and the other on the brake...very tough on the engine!

Hour 2:

Purpose Projects

Purpose Projects are one of the most powerful tools for bridging over from the land of Purposeful Paradoxes (in the non physical side of the Kosmos) over into the physical realm of distance, time, and form.

The long range goal and possibility is that the participants eventually view their entire life as a Purpose Project. Everything you take on is an opportunity to be, to be known, and to express your Life Purpose to the world.

Remember, we talked about although our Life Purpose lives in our consciousness, in order for it to really flourish, where else must it live? (In the consciousness of others.) And why is this? (For you to live your Life Purpose most powerfully, people around you need to know and relate to you as your true Life Purpose. A Purpose Project is one of the most powerfully effective ways to do this. It helps others shift in the way they see you.

Review the process of creating a Purpose Project using the Purpose Project Page on page 43 of the Workbook.

Also, touch on the role of Purposeful Play in keeping Purpose Projects from being cooped by the Inherited Purpose. Refer to pages 200 – 202 of the Book.

Call to Action Assignments

1. Review the material on Purpose Projects (pages 189 – 202 of the Book).
2. Create a brainstorming list of at least 3 possible projects that the group could take on that would be conducted in their spiritual and/or local community that would be:
 - Fun
 - Engaging
 - Of service to the spiritual and/or local community
 - An expression of your Divinely Inspired Life Purpose
3. Complete the “Claiming Your Ground Exercise” on page 45 of the Workbook.

4. Meet briefly with your purpose partner either in person or by phone. Share what you got from the sixth session and give and receive support on this week's assignment.

Note to Guide: Send a reminder to participants of the assignments midweek between sessions. This helps the participants stay on purpose.

Class #7: Purpose Project

Hour 1:

Begin with a short centering exercise.

NOTE: It's useful to have a flip chart available for this class.

Check in with participants. Give everyone the opportunity to share the highlights of their "Claiming Your Ground Exercise."

Invite them to continue to 'claim their ground' over this next week, and come to Class #8 prepared to share more on this.

Creating a Group Purpose Project

Now it's time to put into practice what a difference you can make in the world by living a Life On Purpose. What is the purpose of a Purpose Project? (For you to be, to express, and to be known as your created Life Purpose.)

Brainstorming Session

Guidelines: Any project can be suggested – the only guideline is that it will be carried out in the spiritual and/or local community. No negative comments during the brainstorming session. Brainstorm up to 30 minutes and don't end too quickly. There may be a lull during the brainstorming. Don't necessarily stop, because it could very well be right after the lull that the best ideas come forth.

Ask someone with fairly clear handwriting to be the scribe.

Capture the main point of each nominated project on the flip chart. (If you don't have a flip chart, use sheets of paper and write one project idea on each page, and tape the pages to the wall so everyone can see them.)

Set a 30 minute timeframe for the brainstorming session.

If a conflict arises, assure the group that there is no "right" project. Part of the exercise is to realize that anything can be poured into a Life Purpose. Trust that we will know the best way to proceed.

Qualifying the Ideas

One way to approach the project is with the intention to align on 3 projects to offer to the leadership of the spiritual community between Class #7 and Class #8. Consult with the leadership of your community to determine that they are in agreement with this intention. They may recommend other alternatives.

Qualifying Guidelines:

1. The Purpose Project should give everyone in the group the opportunity to serve and play as they practice expressing their Life Purpose.
2. The Purpose Project should be able to be completed within a 3 – 6 month timeframe. Depending on the nature of the Project, it could be completed in a shorter timeframe, even on one particular Saturday, as an example.
3. It should also be a project that the group feels will serve the spiritual and/or local community in some significant way and that the leadership will be thrilled by.
4. As with any Purpose Project it's important that there be specific results that can be measured.
5. Remember to infuse the Purpose Project, at inception and through completion, with plenty of purposeful play to avoid it being cooped by the Inherited Purpose.

Ask for 2 – 3 people who will volunteer to take the 3 Purpose Projects to the community's leadership and to report back which Project was selected.

Creative Alignment: It's important to remember that any project can be 'poured' into the vessel of anyone's Life Purpose. In other words, there is not one right project, but if you're not mindful, the ol' Inherited Purpose can sneak in and before you know it, someone starts becoming positional about 'their' project being the right one to choose.

While it's fine to be passionate about engaging others in a particular project, at some point it's time to request of the group for some 'creative alignment.' This basically means giving up personal agendas and simply aligning with what will best serve the entire group and the spiritual and/or local community.

Creative alignment is a powerful distinction that can be called into play if the Inherited Purpose is threatening to take over and sabotage the whole game.

Coaching Tips for Creating and Completing Powerful Group Purpose Projects

To assure a high likelihood that your Group Purpose Project will be a success, perhaps even beyond your own expectation, it's important to create sufficient 'existence support' so the project will exist first in the group's mind and imagination and later out in the world.

A couple of examples of such support structures include:

- A Project Leader and a co-leader – folks who are really up for an expanded experience of living their Life Purpose in the world.
- Some type of group meetings – can be in person as well as on the phone with regular teleconference meetings.

Remember, your Purpose Project exists in community and in communication. Make sure both are being regularly created. Have fun.

Hour 2:

Complete on the Purpose Project work.

Planning Class #8 – Completion, Celebration, and Graduation

The ‘formal’ part of the program will end with the completion of Class #8 although the real fun begins after that, as everyone plays together to fulfill the group Purpose Project. So, Class #8 is the opportunity to complete powerfully, celebrate the accomplishments, and to ‘graduate’ to what’s next as a purposeful person.

Use this time to create what this part of Class #8 will be. Hour 1 will focus on the group Purpose Project and hour 2 will be the completion, celebration, and graduation.

Call to Action Assignment

1. Continue to work on the Claiming Your Ground Exercise and come to class prepared to share your most powerful insights and what you’re most thankful for receiving. Please make a copy of the Claiming Your Ground Exercise and give to your On Purpose guide at the beginning of the next class so that copies of the form can be mailed to Life On Purpose Institute.
2. Discuss any ‘party planning’ assignment that the group comes up with.
3. Meet briefly with your purpose partner either in person or by phone. Share what you got from the seventh session and give and receive support on this week’s assignment.

Note to Guide: Send a reminder to participants of the assignments midweek between sessions. This helps the participants stay on purpose.

Class #8: Completion, Celebration, and Graduation

Hour 1:

Begin with a short centering exercise.

Start by **checking in** with everyone on how their journey along the Purposeful Path has continued. Remind them that while the ‘formal’ part of the program is about to end, the real fun will continue both with the group Purpose Project and even more so as you continue the process of designing your Life On Purpose.

Creating the Distinction, Being a World Server

Start this by reading the following from page 224 of the Book:

“As a Person on Purpose, you have within you the seed that may one day grow into your being a servant to the world – when the context of your life is no longer about you. In fact, at that point it stops being just about your family, your close network of friends, your community, or even your country, and it expands to include the whole world and its role in the Universe.”

Open this up for discussion and inquiry:

- What does it mean to be a Visionary World Server?
- How might that look in the world?
- What might come up to block people from stepping into this possibility?
- What about the notion, “think globally, and act locally?”

This discussion should lead naturally into the group Purpose Project.

Have the delegates who met with the leadership give their report including which Purpose Project was chosen.

Creating the Visionary Reality of the Purpose Project

One of the most powerful and important parts of a Purpose Project is the visionary reality.

NOTE: You may want to be prepared to record this next conversation so the person or people who volunteer to write up the visionary reality can refer to it. The other option is to have one or two people take good notes.

Invite the group to step into the future to a time when the Purpose Project has been successfully completed. Standing in that future invite everyone to share what they see, hear, feel (both emotionally and kinesthetically), and even taste.

Be sure at least one person takes notes to capture what feels like the essentials and most inspiring parts of the conversation.

Looking at the Current Reality from the Future

Once the visionary reality has been well explored and articulated, invite everyone to continue to stand in that future and look back to the current reality and describe what they see. This will include looking for the resources that are already available to them. Resources can include: people, ideas, financial resources, materials, etc.

What's Ready to be Released

Next, ask each person to identify at least one thing they feel they are ready to release that will make it easier for the project to be moved forward. Often times, these will be Inherited Purpose based beliefs, or past based experiences.

Identify the Results to Play For

By this point, it should be fairly clear what the results that everyone is out to produce are. Make sure these results are specific and measurable in some way.

What is the purposeful paradox of Purpose Projects?

Play the game (of the project) like it's all about producing the results while always remembering (and reminding each other) that it's really about everyone being, being known, and expressing their true, Divinely Inspired Life Purpose.

Distinguish your relationship to results from your Inherited Purpose and the possibility of creating a new relationship to results being shaped by your Divinely Inspired Life Purpose.

Suggestion: Use a Life Purpose Project Page, as illustrated on page 43 of the Workbook, in planning and monitoring the Project.

Tie up anything around the Purpose Project. Also, if anyone hasn't completed the Claiming Your Ground Exercise, they should do so before the end of class.

Hour 2:

Completion: having all necessary parts, elements, or steps, as in being whole and complete.

Start the completion process by inviting people to share their most meaningful accomplishments from the program. Invite them to refer to their Claiming Your Ground Exercise.

Acknowledgement and Authentic Appreciation

What Else to Say to be Complete

Celebration & Graduation