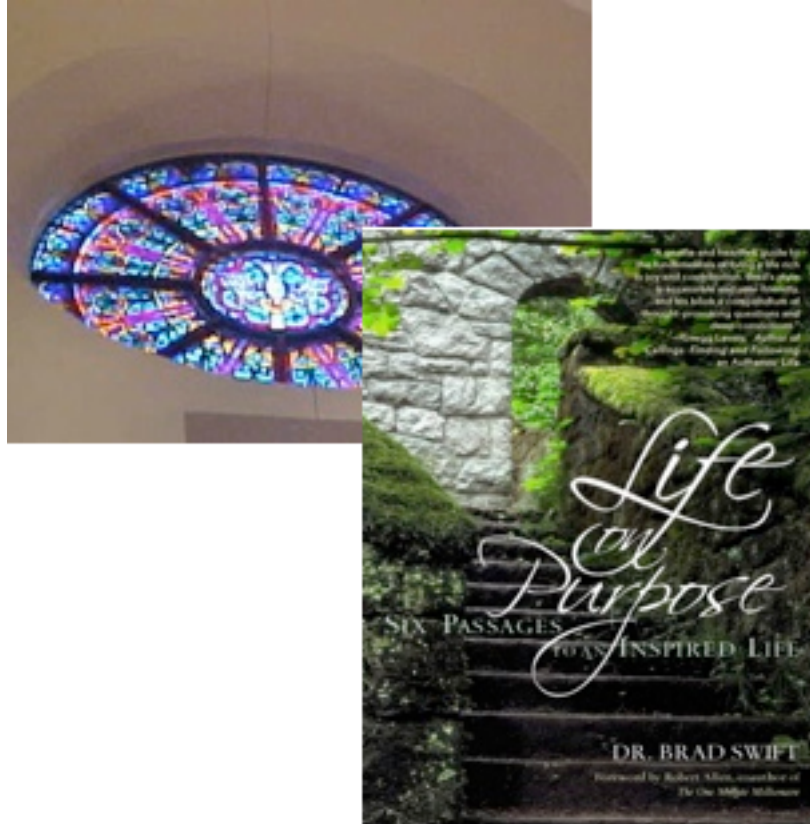


On Purpose Program

Purpose, Passion, Play, Prosperity & Peace



This is the true joy in life, the being used for a purpose recognized by yourself as a mighty one, being thoroughly worn out before you are thrown on the scrap heap, the being a force of nature instead of a feverish little clod of ailments and grievances complaining that the world will not devote itself to making you happy. —George Bernard Shaw



LIFE ON PURPOSE INSTITUTE

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Version 5/28/10

Welcome to the Purposeful Path!

You are about to embark on a bold journey. Your destination – a Life On Purpose. The On Purpose Program will be your road map along the Purposeful Path. Here's what is included to support you on your journey:

- 8, weekly, 2-hour classes with your fellow travelers, supported by your On Purpose Guide
- On Purpose Program materials that include:
- A copy of the book, *Life On Purpose: Six Passages to an Inspired Life*, hereafter referred to as "the Book",
- This workbook, and
- The audio version of the Book.

These materials will help you optimize your learning experience by utilizing a multi-sensory approach -- vision, kinesthetic and auditory. You are encouraged to read the book as sections are assigned, write in the workbook, and listen to that section of the Life On Purpose Process for optimum value.

- Your group of intrepid travelers will also create a group Purpose Project that will be implemented in your spiritual and/or local community and will give you the opportunity to express your life on purpose into the world. Materials to create this and future Purpose Projects are included here in the workbook.

Take a moment now to write down the dates and time for your weekly classes as well as the contact information for your On Purpose Guide here:

Class Dates: _____

Class Time: _____

On Purpose Guide Name: _____

On Purpose Guide Email: _____

On Purpose Guide Phone #: _____

And now, since we all know the power of intentions, state what you intend to accomplish from your participation in this transformational, life enhancing program:

Workbook

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The Six Passages of the Purposeful Path

1. Preparing for the Journey Along the Purposeful Path

As with any challenging journey, it's best to thoroughly prepare yourself for your travels along the Purposeful Path. This includes accurately determining where you are starting from and where you intend to end up, as well as knowing some of the obstacles that could possibly get in the way of completing the journey. Purposeful Preparation is important to a successful journey. The title of David Campbell's book sums it up well: *If You Don't Know Where You're Going, You'll Probably End up Somewhere Else*.

2. Starting on the Purposeful Path with the Life on Purpose Perspective

Of course, it makes sense to begin your journey on the path that will get you where you want to go most expediently. We'll explore how most people have thought of a life purpose, which we call the Cultural Perspective, and how this can be a major detour away from your true purpose. We'll then look in depth at the Life on Purpose Perspective that opens a door to a new world of purpose and possibility.

3. Uncovering What Has Been Shaping Your Life: Your Inherited Purpose

Another key passage along the Purposeful Path is clearly identifying what has been shaping your life and keeping you from clarifying and living your true, Divinely Inspired Life Purpose. We call this the Inherited Purpose—a powerful force based in fear, lack, and a need to struggle to survive that shapes our lives much of the time, especially when we're unclear about our true purpose. Many who have already traveled along the Purposeful Path feel that identifying their specific and unique Inherited Purpose is one of the most powerful, transforming parts of the process.

4. Clarifying and Polishing Your True, Divinely Inspired Purpose

After cleaning the slate by identifying and beginning to be responsible for your Inherited Purpose, the real fun begins as you go through a process called Priming Your Passion to clarify your true, Divinely Inspired life purpose. The process can be not only life affirming, but also life transforming. This completes Stage One, or the clarifying your life purpose stage.

5. Learning the Tools for Living on Purpose

This is the start of Stage Two of the process, in which you begin to live true to your life purpose. It is where the rubber meets the road, and where some of the biggest transformations take place as you're introduced to Sixteen Power Tools for Living on Purpose. You will use these tools to begin to build your Life on Purpose.

6. Mastering the Tools for Living on Purpose

Of course, being introduced to a set of tools is just the beginning—especially if you're interested in building a masterpiece of a Life on Purpose. In this next part you will learn how to master the art and science of creating a life that is shaped by your true, Divinely Inspired Life Purpose.

Class #1: Preparing for the Journey

Connecting with fellow travelers along the Purposeful Path

- Why are you here?
- What do you intend to get out of the program?

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. (IE, no cell phone calls during the Class, etc.)

A Word about Call to Action Assignments

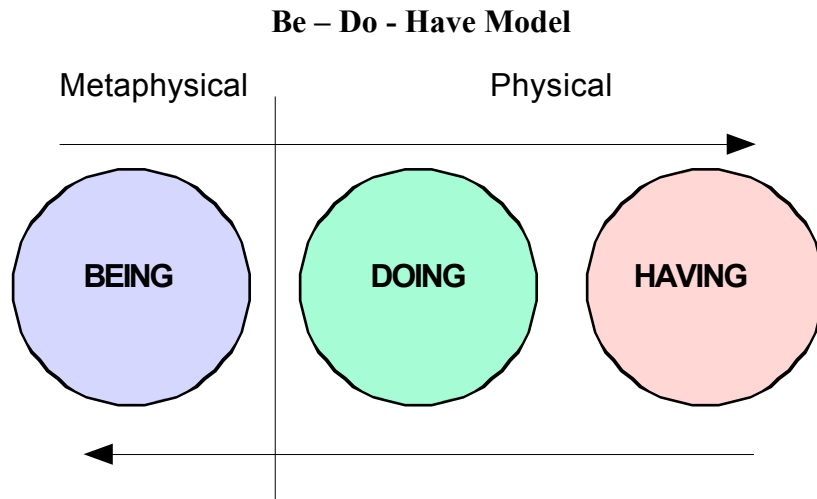
One of the easiest ways to sabotage your travels along the Purposeful Path—and greatly reduce the value you receive from your journey—is not completing the assignments that are posted along the way. It is by fully committing to the Call to Action Assignments that you will integrate your insights into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

Your Greatest Call to Action Assignment:

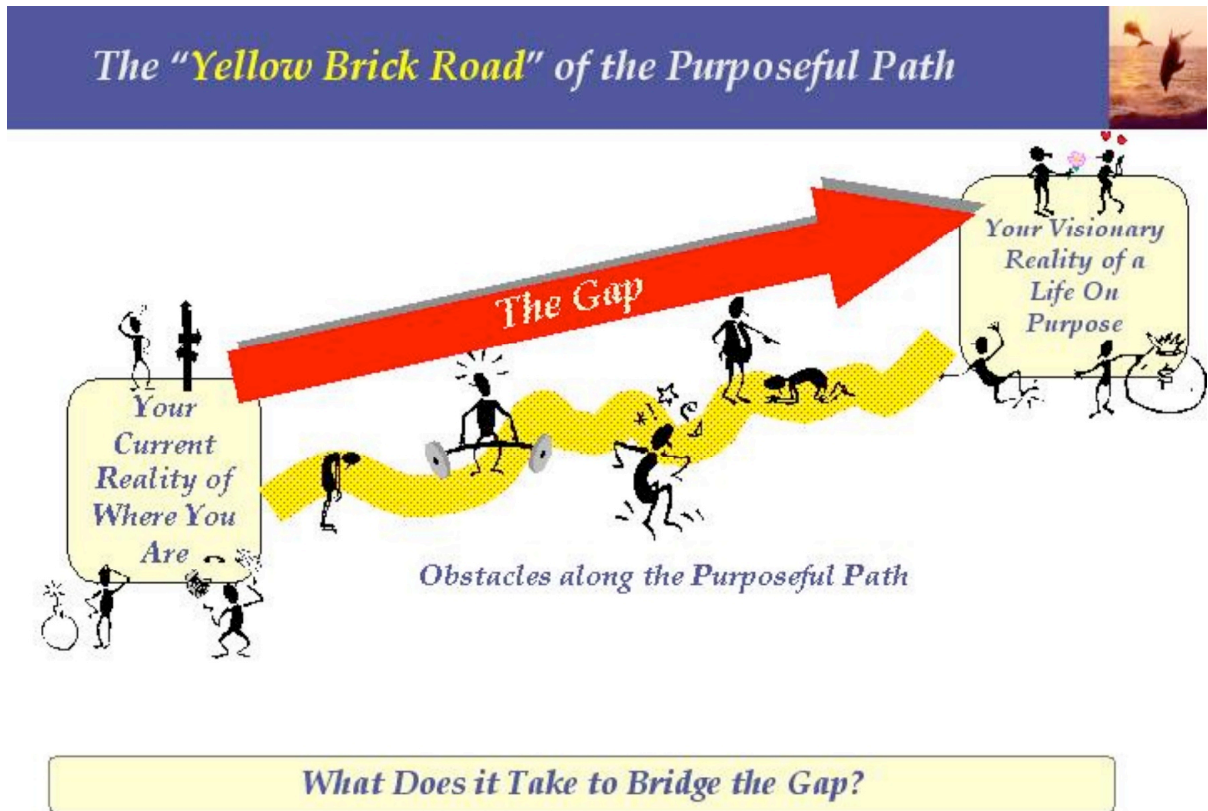
The Group Purpose Project

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.

PONDERING QUESTION: What is transformation? What is the process of being transformed?



Distinguishing the GAP



Life on Purpose Institute

2

5/5/06

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.

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

Determining Your Starting Point

***Awareness Alert!** There may be a tendency to pass judgment on yourself as you evaluate where you presently are in your life. Remember, there's no right or wrong place to be. You simply are where you are. So, as you use these purpose tools, just be honest and authentic with yourself without being overly critical.*

The Life on Purpose Scale

Let's start the process of getting a clear picture of your current reality using the Life on Purpose Scale, which will give you an initial benchmark of how clear you are about your life purpose. Avoid the temptation to criticize or judge yourself. Be honest as well as gentle as you assess yourself.

In regards to your life purpose, circle the one statement that best describes where you are in understanding and living true to your life purpose:

- A. I have no idea what my purpose in life is, not a clue.
- B. I have a vague idea of what my life purpose is, but I need to be much clearer.
- C. I have a fairly good idea what my life purpose is.
- D. I am clear what my life purpose is, but I am not living consistent with it.
- E. I am certain of my life purpose and live consistent with it about 25% of the time.
- F. I am certain of my life purpose and live consistent with it about 50% of the time.
- G. I am certain of my life purpose and live consistent with it about 75% of the time.
- H. I am certain of my life purpose and I live consistent with it 100% of the time.

Now, let's get specific about your life purpose. Give your most authentic description of what you consider your life purpose to be. And don't worry, it's impossible to get it wrong. We'll revisit your response later, after we've traveled further down the Purposeful Path.

My life purpose is:

Living on Purpose Self-Test

The following exercise, known as the Life on Purpose Self-Test, will help you determine where you are today so you'll know your starting point along the Purposeful Path.

Why is this important? Think of it this way. Have you ever gone into a large shopping mall and needed to find a new store, but you didn't know where in the mall it was located? What did you do? Perhaps you wandered around for quite some time trying to find the shop. Or maybe you asked someone else in the mall. Or perhaps you went to one of the directories usually located at each entrance.

If you chose this last option, you probably found an X on that map, with a note saying "You are Here," or something to that effect. Map designers know that it's easier to find where you want to go if you start by knowing where you are. And that's what you'll be doing with this fun and engaging self-test.

Note: If you prefer, you may also take the self-test online at www.lifeonpurpose.com/selftest. The online version will automatically score your results.

Step One

Circle the number that represents how strongly you resonate with each of the following statements. Use five as neutral. Anything below five isn't working or lacks clarity; above five is working above average or is clear.

1. I am crystal clear about what my life purpose is.

Disagree 1 2 3 4 5 6 7 8 9 10 Agree

2. The life I lead is a full expression of my life purpose. (Of course, you need to know your purpose for your life to be an expression of it.)

Disagree 1 2 3 4 5 6 7 8 9 10 Agree

3. My life purpose is designed to nurture me and those around me.

Disagree 1 2 3 4 5 6 7 8 9 10 Agree

4. My life purpose gives me plenty of room to fully express myself.

Disagree 1 2 3 4 5 6 7 8 9 10 Agree

5. Those around me fully know and relate to me in accordance with my life purpose.

Disagree 1 2 3 4 5 6 7 8 9 10 Agree

6. I recognize the contribution I make to others by expressing my life purpose.

Disagree 1 2 3 4 5 6 7 8 9 10 Agree

7. I live a values-based life rather than a materialistic life.

Disagree 1 2 3 4 5 6 7 8 9 10 Agree

8. My life is shaped by my life purpose rather than by what others expect of me or think I should be.

Disagree 1 2 3 4 5 6 7 8 9 10 Agree

9. I fully experience and am grateful for the simple abundance all around me.

Disagree 1 2 3 4 5 6 7 8 9 10 Agree

10. My life is free of unnecessary clutter and complexities and I seldom feel overwhelmed, rushed, or cluttered.

Disagree 1 2 3 4 5 6 7 8 9 10 Agree

11. I regularly acknowledge the gracious bounty of my life.

Disagree 1 2 3 4 5 6 7 8 9 10 Agree

12. I fully realize that many of the best things in life are free, and my life reflects this.

Disagree 1 2 3 4 5 6 7 8 9 10 Agree

13. I trust that as I live true to my purpose the Universe will provide everything I need for the expression of that purpose.

Disagree 1 2 3 4 5 6 7 8 9 10 Agree

14. I regularly take time to nurture myself in ways that feed my soul.

Disagree 1 2 3 4 5 6 7 8 9 10 Agree

15. I have plenty of time to devote to my family, friends, and community.

Disagree 1 2 3 4 5 6 7 8 9 10 Agree

16. I have a rich and satisfying spiritual life.

Disagree 1 2 3 4 5 6 7 8 9 10 Agree

17. I have taken time to explore my beliefs to be certain they are of my own choice, rather than what others think I should believe.

Disagree 1 2 3 4 5 6 7 8 9 10 Agree

18. I've established my home as a sanctuary for the soul.

Disagree 1 2 3 4 5 6 7 8 9 10 Agree

19. I feel a deep sense of security and I'm seldom fearful of not having "enough" of anything.

Disagree 1 2 3 4 5 6 7 8 9 10 Agree

20. I regularly reach out to assist others on their paths to living on purpose.

Disagree 1 2 3 4 5 6 7 8 9 10 Agree

Step Two

Now add up your total score and write it down here: _____. Your answer should be somewhere between 20 and 200.

Step Three

The last step is to determine which of the following categories describes where you are right now. Pick the range your score falls into. Before doing so, remember that the point of the exercise is simply to get an idea of where you're starting. There is no right or wrong place to be any more than there's a right or wrong entrance to the mall. Be careful not to disempower yourself with unnecessary judgments.

20–50: Adrift

Your life is like a rudderless boat cast adrift at sea, tossed about by the turbulent currents of circumstance. You might view this self-test as a wake up call. Life has so much more to offer than you are currently experiencing. Sure, it might feel at this point that you have to pull yourself up by your own bootstraps, but this isn't necessarily the case. Look around. The Universe is waiting to provide you with whatever you need. The trick is to start today—right now in the moment. What one action could you take to live more fully on purpose? Who could you call upon for help and support? What requests could you make that would begin the process of healing and nurturing your soul?

51–80: Surviving

At this level you're getting by in your life, although many times it may feel like something is missing. Those feelings could be your soul beginning to awaken to the rich possibilities that lie ahead. Trust those feelings and begin to ask your inner guidance system for what's needed to begin fulfilling your life. To do this, you'll need time for quiet reflection. Carving out this time in your life will be richly rewarding, especially if you then follow the suggestions that arise from these moments.

81–110: Striving

Your life is moving forward well at this level and you have much to be thankful for, although you may not be fully aware of these blessings. So, a little gratitude work can go a long way in moving you to the next level. Two ideal times to consciously practice gratitude are in the morning, as you first awaken, and at night, as you prepare for sleep. If you haven't already done so, consider starting a gratitude journal, or simply devote five to ten minutes in the morning and evening to counting your blessings. It'll be time well spent.

111–140: Competency

Congratulations! You've been doing good work in your life and it shows. You're living a life that works and that has integrity, and you're reaping the bounty of such a life. People and opportunities are beginning to be naturally attracted to you. It's now time to take on a renewed sense of responsibility in your life. You are a light, a beacon for what's possible. In owning this, you move forward in your life as well as becoming an inspiration for others. To go to the next level, let your light shine. Share your gifts, your blessings, and your truest nature with others—not boastfully, but authentically.

141–170: Flourishing

Cherish your life. You have created it as a sanctuary for your soul as well as for those around you. Your life is like a tranquil harbor where others can come to rest and receive support. At the same time, you know your true self well enough to speak the truth in a way that contributes to others. Going to the next level involves trusting yourself, your inner guidance, and the Universe.

171–200: Mastery

One of the signs of being a master is knowing that one is never fully a master of anything. However, at this level you are comfortable with such a paradox. Now it is time to give away all that you have learned, knowing that you can never out-give the Universe—for the more you give, the more the Universe provides.

Step Four

As you continue to travel along the Purposeful Path, monitor your progress by repeating the self-test about every three months. This will give you the opportunity to notice the progress you're making as well as to distinguish areas in which to focus more attention.

Wheel of Life

This is a fun, engaging, and revealing exercise, so take your time doing it. As you continue to explore what shapes your life, this exercise will help to give you a visual representation of how it looks in the present.

Step One

Make a list of the primary areas of your life. Include all the areas of importance so that your whole life is represented. There will probably be from five to ten different areas. For example, your list may include work, family, recreation, spirituality, community, and so on. Pick the areas and the terms that work best for you.

Area of Life	Working	Satisfied	Average

Step Two

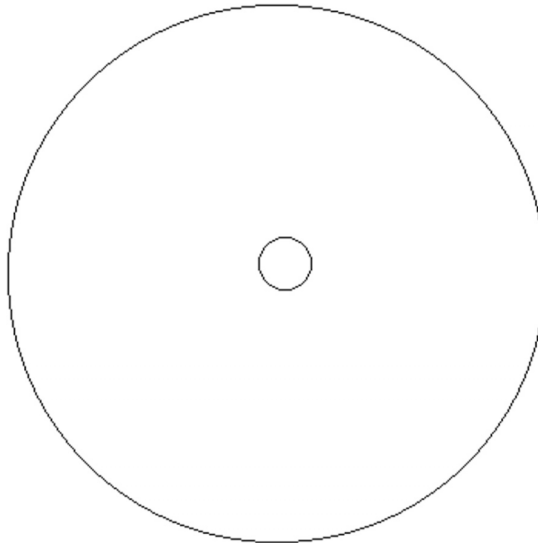
On a scale of one to ten (1 = unsatisfactory and 10 = great), evaluate where you presently are in each area of your life. Consider each from the following two perspectives, then take the average of both:

- The degree to which life is working in that area
- The degree to which you are satisfied and fulfilled in that area

For example, your career might be working just fine. You're getting your job done, your employer is pleased...and yet you're not satisfied or fulfilled. So, it might be working at the level of an eight, but the degree of satisfaction is at a four. Your final evaluation for that area would be around a six ($8+4=12 \div 2=6$).

Step Three

Once you have your list, use the wheel below to create a visual representation of your life. For each area of life, draw a line from the hub of the wheel to the outer rim for each area on your list. At the outer rim where the line connects, write the word or phrase that that line represents.



Step Four

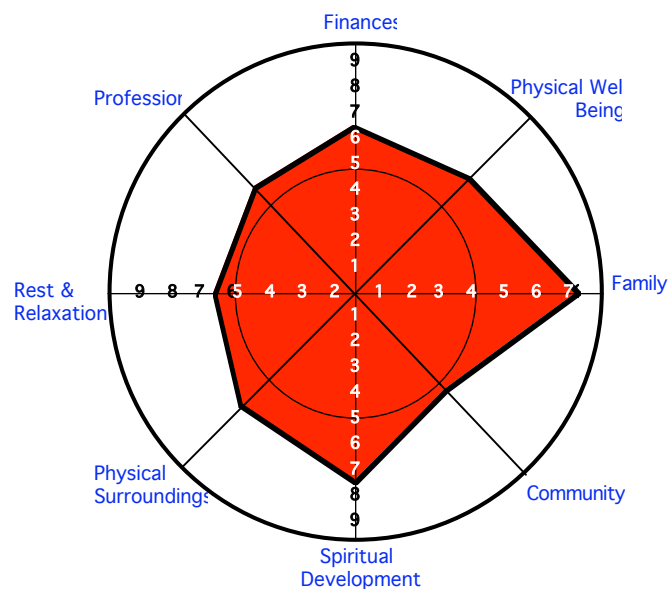
Write each of the numbers from the average column of your table on the lines or spokes that represents their specific area, with the hub representing a zero, five in the middle of the spoke, and ten at the rim.

Step Five

Once you've completed the evaluation for all the areas, play "connect the numbers." Draw a line from one number to the next until you have all the numbers connected, which will give you an inner circle or wheel.

Take a look at your wheel. Is it balanced? Would your ride be bumpy or smooth if this wheel were on your car? What does this inner circle reveal about your life?

Wheel of Life Example



The Top Ten Benefits to Knowing and Living Your Purpose

As you read over these top ten benefits, pick three or four that feel most important to include in your Life on Purpose. At the end of this list, there will be an important assignment to complete.

Benefit #1–Focus

When you clearly know your life purpose, it becomes a truing mechanism that allows you to focus more clearly on what matters most to you. Many people report that this has been one of the most valuable benefits of going through the Purpose Process, because once they found their focus, they could begin to use their life purpose to make their decisions about where and how to invest their time, energy, money, and talents.

Oftentimes, a life that is unfocused and scattered is a life off purpose, much like a boat without a rudder. When you don't know your true purpose in life, you tend to be thrown all over the place by the currents of circumstances.

Benefit #2–Passion

For many people, clarifying their life purpose becomes the key to unlocking their passion for life. Their passion then becomes the fuel that propels them forward. They act in extraordinary ways, surpassing anything they would have even imagined without the spark of their purpose.

A life off purpose is often devoid of any real passion. The experience can be a little bit like the movie *Pleasantville*. At the start of the movie, everyone in Pleasantville is living a dull, black and white life; but over time they begin to tap into their passion and learn that life can be a beautiful, multi-colored experience filled with passionate moments.

Benefit #3–Becoming Unstoppable

The longer people live true to their purpose and the more they allow their purpose to shape their lives, the more unstoppable they become. Yet, at the same time, purposeful people aren't attached to their position. They have learned that it's not necessary to go through life like a bull, ramming through anything that tries to get in their way. They've found that a little patience, persistence, and surrender to the timeline of a higher power can go a long way.

People without clarity of purpose often find themselves stopped or stuck in life. Because they haven't tapped into their passion, they're like high-powered automobiles without any fuel in their tanks.

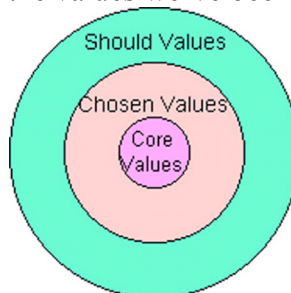
Benefit #4–Fulfillment

Living a life in which you are regularly expressing your life purpose and allowing it to shape your decisions, thoughts, feelings, and actions is simply a whole lot more fulfilling. A Life on Purpose is filled with meaning, and people on purpose realize that they are making a difference simply by being in the world. Whatever they choose to do to express their life purpose is like icing on the cake.

People living off purpose often have a life filled with meaning as well. Unfortunately, the meaning that they choose to see stems from fear and preoccupies them with the need to struggle and suffer. It helps to remember that although pain may be inevitable, suffering is optional. Knowing your purpose is the key to making this important shift.

Benefit #5—Value-based living

You will learn as you delve deeper into the Purpose Process that one integral component of a person's life purpose is their core values—those intangibles of life that mean the most to them. Our core values are at the heart of all the values we've been taught we "should" value.



Think of it like three concentric circles: The largest circle is composed of our "should" values; the next circle inside that one is our "chosen" values—the should values that we actually choose to hold onto and live from; and the last circle is our "core" values—those chosen values that truly matter most to us. Since these core values are an integral part of a life purpose, when you live a Life on Purpose, you are living a value-based life, rather than one that is lifestyle-based.

People living off purpose are often focused on living more from the outer circle of their "should" values, what often is described as "keeping up with the Joneses." In a lifestyle-based life, the focus is on life looking a certain way—the way we were taught our life was supposed to look. The focus is often more on stuff and on doing what's expected of us, not on what gives us the most joy.

Benefit #6—Fun

Let's face it, living on purpose is simply a lot more fun than living a life based in fear and obligations. People who know and are living true to their life purpose have a renewed zest for life. They can bring purposeful play to almost any situation and find or create ways for each day to be a reflection of their true joy and purpose.

Recently, I took time off from my normal work routine to take in an afternoon matinee of *The Legend of Bagger Vance*. While I thoroughly enjoyed playing hooky from work and the movie in general, there was one line that stood out above all the rest. As I heard the line, I realized it was the main lesson I was there to learn that day.

The caddie, Bagger Vance, said, "God is happiest when his children are at play." I keep that line on my desk lamp so I won't forget. Whenever I'm feeling like my work is drudgery or there's effort involved, I know that, in that moment, I've shifted from expressing my life purpose to something else. Usually the something else is related to some "should" values acquired in the past.

People who live off-purpose lives have bought into the idea of "no pain, no gain." It doesn't have to be that way. Sure, there may be times when you need to exert yourself more diligently, but that doesn't mean you need to suffer while doing it.

I lift weights three times a week as part of my health and fitness routine. Part of the object to lifting increasing amounts of weight is to fatigue the muscles so they will grow and become

stronger. This doesn't mean that I need to be suffering while I'm straining. I have the choice to sweat with enjoyment or to sweat while complaining about how hard it is or how unfair it is that I have to be stuck in my gym. I choose to bring joy and fun to my life, and so can you.

Benefit #7–Integrity

For me, a Life on Purpose is a life of ultimate integrity. It's a life that is whole and complete. People who know and are living true to their purpose know who they are and why they are here. They live true to their core values as they serve themselves and others through the expression of their life purpose.

People who are living off purpose simply haven't found themselves yet. There's nothing wrong with them, there's just something missing. I created the Purpose Process to provide people with a means of putting this important missing ingredient into their lives.

Benefit #8–Trust and Faith

As people clarify and begin to live true to their life purpose, many of them report a surprising increase in synchronicities and serendipity in their lives. It's as though the Universe is rewarding them for the courage to live true to their purpose. Most of these people also experience a deepening trust and faith. They realize that there is, indeed, a greater force in the Universe, and at the same time realize that they are an integral part of that force, as well.

People living off purpose, are often slow to trust anything they can't see and touch. Coming from fear, trusting looks like a bad idea. They often have plenty of evidence for not trusting, looking back on all of the times they did and ended up hurt. That's why it takes real courage to live on purpose.

Nowhere in this book will I say that a Life on Purpose is risk-free. But I will say, from my own experience and those of the thousands of people I've met who are living on purpose, that the risk is well worth it.

Benefit #9–Grace

According to the dictionary, grace is “the unmerited divine assistance given man.” People living on purpose often report living a grace-filled life. When you commit to living true to your purpose, something amazing begins to happen. The Universe lines up with your intention and commitment. Perhaps W. H. Murray says it best:

Until one is committed, there is hesitancy, the chance to draw back, always ineffectiveness. Concerning all acts of initiative and creativity there is one elementary truth, the ignorance of which kills countless ideas and splendid plans: That the moment one definitely commits oneself, then providence moves too.

All sorts of things occur to help one that would never otherwise have occurred. A whole stream of events issue from the decision; raising in ones favor all manner of assistance, which no man could have dreamt would have come his way. I have learned a deep respect for one of Goethe's couplets:

“Whatever you can do, or dream you can, begin it; boldness has genius, power and magic in it.”ⁱ

Benefit #10—Flow

All nine of the previous benefits can be summarized within this last one. People living on purpose live in the flow of the universal stream of consciousness. Rather than fighting against the current, they allow what wants to happen to happen. They allow what wants to flow to flow. They know that while they may never completely understand or comprehend God's divine design and plan for this Universe, they can still play an integral part in its realization.

If you don't feel like you're in the flow of life, then you're working hard to resist the flow of the Universe. Many years ago, while attending the University of Georgia College of Veterinary Medicine, some of the other vet students and I took up white water canoeing. Dr. Dawe, a wise and knowledgeable college professor who also loved canoeing, took us under his wing so that we wouldn't drown before we graduated.

His first safety lesson was very simple: When you fall into the water at a set of rapids, be sure to keep your feet out in front of you and your head up out of the water, then relax and enjoy the ride.

What if we approached our lives like this, and instead of resisting, we simply sat back and enjoyed the ride along the rapids of universal flow?

This is why one of Life on Purpose Institute's key purpose operating principles is to "flow with what's flowing, and work on what's working," rather than getting caught up in whatever might not be flowing.

Call to Action Assignment—Part One

Select the top three or four benefits from the previous pages, those that resonate with you most strongly and that you'd most want to experience more of in your life.

Then, take a moment to step into the future—what we'll call the "visionary reality"—where you are now enjoying these benefits. Write a description of what your life looks and feels like in this new visionary reality. As you stand in the future and describe it in rich, sensory detail, your writing will be in the present tense.

For example, if having more fulfillment in your life would be one of the most important benefits, you might write: "In my visionary reality, I'm experiencing joyful fulfillment in my job because I know I'm making a wonderful contribution to others while being paid well for my services." Be sure to focus on what is positive and consistent with your top benefits. In other words, you wouldn't write: "I'm not stuck in the dead end job that I presently have."

Don't be overly concerned about whether you feel such a future is possible for yourself. You should find a balance, though, in which it doesn't feel like a pie-in-the-sky fantasy, either. You need not worry at this point about how to bring this future into reality; simply allow yourself to dream. This initial exercise will sow the seeds for a more expansive visionary reality that you will create soon.

Part 2: Top 4 Benefit Seeds

Write these benefits down along with a couple of sentences or a short paragraph on how you're having received that benefit contributed to you life.

Top Benefit #1: _____

Top Benefit #2: _____

Top Benefit #3: _____

Top Benefit #4: _____

A Word About the Value of Personal Coaching

While I've approached this program with my "coaching cap" on and have made every effort to give you an experience of being in a coaching relationship with me, I feel I must point out that the value you will receive from the Life on Purpose Process will be greatly heightened if you work with a personal coach who has been trained to guide people along the Purposeful Path.

Your own personal coach can provide several valuable benefits including:

- *A Structure of Support:* It's easy to stumble off the Purposeful Path when you're reading a book. The sincerest of good intentions can sometimes be waylaid in the midst of life's circumstances. Having the structure of a regular coaching Class can make a huge difference in staying true and on course with your commitment to clarify and live true to your purpose.
- *Further Clarity:* A personal coach can act like a mirror, reflecting your thoughts and perspectives back to you, thus bringing more clarity to what you're working on. And with that clarity comes a greater power to create your life.
- *Focus:* Closely akin to clarity is focus. Your coach can help you stay focused on what's most important in your life. During the process, a coach can help you stay on course or return to the Purposeful Path if you do stray.
- *Mastermind Alliance:* Your personal coach can also serve as a mastermind ally, helping you tap into your own inner wisdom. In other words, when two or more gather together with a commonly shared intention, there is a synergistic energy created such that the sum is greater than the parts.
- *A Full Partner in Life:* A personal coach often becomes a full partner in your life, committed to what you're committed to while remaining unattached.

Of course, no one "needs" a coach, and the decision whether or not to work with a coach is a personal one. At the same time, thousands of people are discovering that it makes a lot of sense to have a coach in their corner, especially if they are committed to excelling at life.

If you feel you would benefit from having your own personal Life on Purpose Certified Coach to assist you along the Purposeful Path, I invite you to visit the Life on Purpose Institute website at www.lifeonpurpose.com, where you'll find bios and profiles of coaches who have been specially trained to guide people through the Life on Purpose Process. Pick the coach that resonates with you and request a complimentary coaching Class to see if working with a coach would support you.

Monitoring Your Progress

Before leaving class, please complete items 1 and 2 of the Monitoring Your Progress Summary Form contained in the Appendix of this workbook. Turn it in to your On Purpose Guide before leaving. Thanks.

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:
 - Write it in the present tense as though you've stepped into the future and are now describing what you see.
 - Focus on what's present more so than what's not present. State the positive not the negative.
 - 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.

Class #2: Starting on the Purposeful Path

Check in: How is your life on purpose unfolding?

Cultural Perspective of Life Purpose vs. Life On Purpose Perspective (This is a foundational distinction of the Life On Purpose Process)

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.

Your true life purpose vs. the Inherited Purpose (page 101 of the Book)

Monitoring Your Progress

Before leaving class, please complete any of items 1 or 2 that you've not already completed of the Monitoring Your Progress Summary Form contained in the Appendix of this workbook. Turn it in to your On Purpose Guide before leaving. Thanks.

Call to Action Assignments:

1. Complete the exercise, Pulling the Curtain on the Wizard of Your Past in this workbook below.
2. Read about the Obstacles and Roadblocks to Clarifying Your Life Purpose on pages 116 – 120 in 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.

Pulling the Curtain on the Wizard Who's Been Shaping Your Life

Our instinctive emotions are those that we have inherited from a much more dangerous world, and contain, therefore, a larger portion of fear than they should. –Bertrand Russell

The more you can bring your Inherited Purpose from the background to the foreground, the less power it has to shape your life. As we go through this chapter to distinguish your Inherited Purpose, remember the story *The Wizard of Oz*.

The Wizard intimidated Dorothy and her friends. Desperate to help Dorothy return home to Kansas, they followed the Wizard's orders and ran all over Oz to find the witch's broom. But the Wizard lost his powers over them when Dorothy's little dog, Toto, revealed that the Wizard was really just a little man hiding behind a curtain, using smoke and mirrors to puff up his stature.

This section of the book will act like Toto. You will pull back the curtain on the "wizard" of your past, those unseen and unconscious forces that have been shaping your life.

We'll start by having you watch a movie—the movie of your life.

Step One—Watch the Movie of Your Life

Starting with your earliest memories, begin to watch the movie of your life. Imagine yourself as a movie reviewer sitting in the seats of a darkened movie theater watching *The Life and Times of* _____ (you). Your job at the end of the movie will be to write a review of it. Take a few minutes now to watch the movie of your life in sequence.

Step Two—Create a Lifeline

After you have recounted the major events of the movie of your life, draw a lifeline—the unique storyline of your life. On a clean sheet of paper, draw a straight line down the center of the page. Starting with your earliest memories at the bottom of the page, write down the catalytic or pivotal turning points, large and small, that have shaped your life. Write the high points on the right side of the line and the low points on the left side.

Step Three—Combine the First Two Steps

Now, combine the information you learned in the first two steps to answer the question:

What is the movie's theme?

As you watched your movie and drew your lifeline, what was the theme of your life story? Every movie and every life has a theme: boy meets girl, boy loses girl, boy gets girl back, and so on. What is the theme of your movie? Write down your first draft of this as though you were writing a review.

The Theme of My Movie is:

Step Four—The Qualities of an Inherited Purpose

Let's review the qualities of an Inherited Purpose. An Inherited Purpose:

- Is based in fear, in a need to survive.
- Leaves you asking, "Is that all there is to life?"
- Is a background phenomenon.
- Is a default mechanism.

Now, with these qualities in mind, look again at the theme of your life. In order to determine what force based in fear, lack, and struggling to survive has been shaping your life, look again at your lifeline, particularly the left side with the low points, and the major challenges of your life. What meaning did you give these things with regard to yourself and life in general? How have these episodes shaped your life? Ponder these questions as you go to the next step.

Step Five—State Your Purpose (Your Inherited Purpose, That Is)

Use the simplest words possible to write a statement or short paragraph about your Inherited Purpose. See if you can write it in the language of a young child, which is what you were when you actually formed it in the first place.

You may want to start your statement in one of these ways:

- *My Inherited Purpose is that I must...*
- *My Inherited Purpose is that I have to...*
- *My Inherited Purpose is that I must not...*

Put your Inherited Purpose statement away for a little while, up to a week. Just let it rest in your subconscious for a few days.

Step Seven—Polish Your Inherited Purpose

This image shows a blank sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's part of a bound notebook.

What Shape is Your Wheel of Life?

Next, let's go back to the Wheel of Life exercise. What did you learn from this exercise? Take a moment to look at the wheel you drew. Was your wheel in balance or out of balance? If you had your wheel on the front of your automobile, would you be comfortable having your loved ones drive across the country on it?

There's much that can be learned from this exercise if you take the time to look closely. Here's one other thing to consider regarding your Wheel of Life. Its present shape is a reflection of your life being shaped by your Inherited Purpose. When you look at your life from this perspective, what do you see?

The good news is that whatever shape your life is presently in, it can be realigned and reshaped to look like whatever you want it to. We will return to the Wheel of Life later to see how you might want to reshape it.

To prepare yourself for the next leg of our journey, think about yourself today and the fact that you are unclear about your life purpose. Then ponder these questions:

What have been the obstacles, roadblocks, and hindrances to clarifying your life purpose? They may be real or imaginary. Identify as many as you can?

Class #3: Uncovering What Has been Shaping Your Life

Check in: How has your journey along the Purposeful Path been coming along?

My Inherited Purpose is:

Obstacles & Roadblocks (see pages 116 – 120 of the Book)

QUESTION: “I’m ___ state your 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?”

The Inherent Challenge of the Life On Purpose Process

The Inherent Challenge of the Life On Purpose Process

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?" While this isn't in the Life On Purpose 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?"

Monitoring Your Progress

Before leaving class, please complete item 3 of the Monitoring Your Progress Summary Form contained in the Appendix of this workbook. Turn it in to your On Purpose Guide before leaving. Thanks.

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" section below.
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 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.

The Obstacles and Roadblocks to Clarifying Your Life Purpose

Call to Action Assignments

If we're not going to use the search-and-find mode of determining and clarifying a life purpose, and at the same time we're still saying that getting clear about your life purpose is valuable, then what mode or approach might be used?

Purposeful Sharing

Identify two or three people with whom you can talk honestly. Share with them what you've learned from the life purpose work you've done up to this point. You need not share the same thing each time. Pick one or two different points to share with each person. Avoid just talking in general terms about life purpose, Life Purpose Coaching, or the Life on Purpose Process. While it's fine to do that as well, be sure to authentically share insights, feelings, and questions that going through this process has brought up for you.

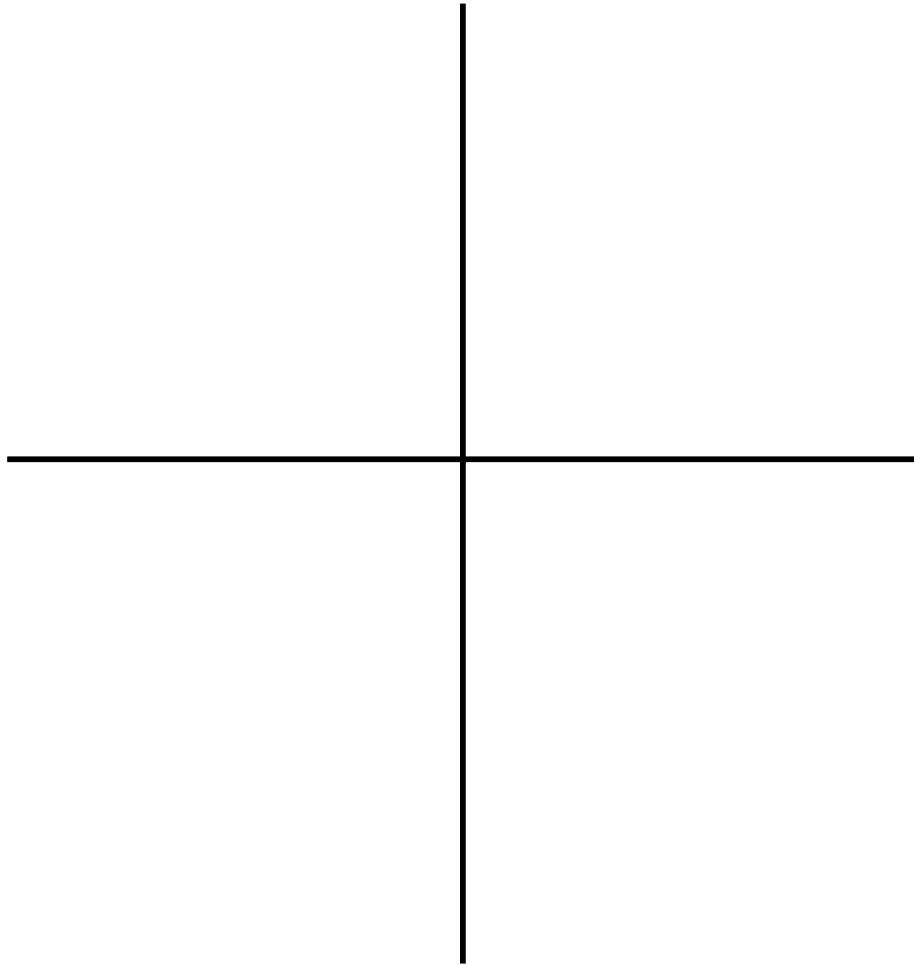
A Purposeful Problem

As you begin to clarify your true life purpose, you are also creating a new problem for yourself—it's a good problem, but a problem no less. What is it? By the end of the Life on Purpose Process, you will be crystal clear about what your true life purpose is, and knowing this will create a new problem for you. What new problem are you likely to have once you're clear about your life purpose?

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

Check in: How is your Life On Purpose Unfolding?

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



Exercise: Priming Your Passion

The next assignment is Priming Your Passion. Before you begin, there are three things you should do to approach this exercise:

- *Ponder your thoughts and feelings* as you live your daily life. As you read the questions that make up the assignment, go through the next few days reflecting upon them. This can be done as you drive to work, take a shower, or start to drift off to sleep. Give yourself a few days of pondering.
- *Write down your thoughts and feelings.* Journal about what you were pondering, and feel free to add anything new that comes up as you write. Collect the data that will become the building material of your Life Purpose Statement.
- *Talk to other people* about your life, your life purpose, and the questions. Other people who know you well and who support what you are up to in your life can be great resources for additional material. Listen to them like you would listen to your coach. In other words, listen for what resonates with you. If it resonates, keep it. If not, leave it. For example, if someone says, “The time I’ve seen when you were most alive and turned on about life was back in March, when you were preparing your taxes,” and tax preparation is one of your least favorite things to do, then simply leave that thought on the shelf.

After talking with people, go back to your journal and add anything new that you’ve gleaned from these conversations. The idea is to fill your palette with plenty of paint.

Bonus Coaching Tip: Some people enjoy using art to help in this process. Some of the processes my clients have used include scrapbooking, creating a collage, or painting a picture of their Life on Purpose. Be as creative as you’re led to be.

Call to Action Assignment: Priming Your Passion

Clarifying your life purpose is a team effort between the rational mind and the intuitive mind. The following exercise is an effective way to combine these two powerful resources to help you move forward along the Purposeful Path.

Working with the following questions engages your rational mind. The memories and thoughts that arise will prime the pump, making it easier to access the intuitive or creative mind. By the end of this exercise you will have a rough draft of a purpose statement. As you go about your daily activities, continue to refine and shape this statement. A life purpose is a living thing. It grows and evolves as you care and nurture it.

Step One

Ask yourself these questions and then write down your responses in a journal, adding whatever comes to you as you write. Ask other people who know and support you how they would answer these questions about you, to bring in other viewpoints. Add whatever new insights come from these conversations to your journal so you will have a rich body of information to draw upon.

1. *What do you love to do?*

Look at times in your life when you were most alive, excited, in love with life. What were you doing during those moments? Who were you with? Ask people who know you when they've noticed you most alive and enthusiastic.

[illegible]

2. *What kind of people do you love to be with?*

Answer this both specifically (as in the specific people you love to be with) and in general (as in the types of people you enjoy).

[illegible]

3. *What are some of the things you could do to give yourself the opportunity to spend more time with these people?*

Think of jobs, volunteer opportunities, sports, and so on.

[illegible]

4. *If money, time, energy, and talent were unlimited, what would you do with your life and who would you be?*

If it's difficult to imagine any of these being unlimited, make a note of this. Then, let go of that concern and continue the exercise.

5. *Who are some people that you greatly admire?*

These may be celebrities, people from history, family members, or friends.

6. *What is it about these people that you admire?*

Is it a way of being, or a set of values, or what they are up to in life? Be as specific as you can.

7. *What values are most important to you?*

It's important to distinguish between the values that you think you should feel are important, and the ones you choose of your own free will.

Step Two

Go back through the material you collected from these questions. Look for the common thread or central theme that runs throughout. Come to it like a detective goes to a crime scene. The detective doesn't wonder if there are clues. He knows there are clues, and his job is to find them. There is a common thread or central theme, and your job is to find it—no matter how well it is disguised. In fact, there are often more than one, so find as many of them as you can.

Process Tip: One way to do this is to go through your notes with different colored markers and circle repetitive words, phrases, or ideas. You may find that you wrote about being outdoors several different times, and other times you wrote about nature. They are probably part of the same thread, but you'll have to judge that for yourself. Remember, if you aren't having fun, you're going down the wrong path.

Coaching Tip: Remember, your life purpose is about who you are as a soul or spiritual being and what you came here to experience. So, as you determine what you have loved about your life, look behind the doing to who you were *being* and what you were *experiencing*, and put that into words that capture the feeling.

For example, you may love to walk in the woods. That's the doing. What do you love about walking in the woods? Who are you present to being as you walk in the woods, and what do you experience? Peace? A closer connection to God? Write those "molecules of meaning" down.

Step Three

You are almost ready to create your purpose statement. There's just one more thing to keep in mind before doing so. And remember, whatever you create today can be changed or erased and

rewritten. In other words, *you aren't stuck with any life purpose*. This is very important. All you're doing right now is creating a rough draft to try out for a couple of weeks.

Once you've exercised the rational mind, it's time to call in its tag-team member: your intuitive, creative side. Pick your favorite way to access your intuitive powers. It may be meditating or taking a long walk, run, or drive. Or set an intention to dream your life purpose. Read through your journal material and then access your intuition.

If you're still uncertain about your purpose statement after doing these things, you can find further clarity with the next step.

Step Four

As soon as you've finished Step Three, complete each of the follow statements at least three to five times.

- *A life purpose is* _____
- *The purpose for which I'm here on the planet is* _____
- *For me, a Life on Purpose is a life of* _____
- *The vision I hold for the world is* _____

Write down a brief statement or two to describe what your life purpose is today. Remember, this is your rough draft. It's impossible to get it wrong at this point, because this statement is only the beginning. See if you can keep it to no more than three sentences.

Coaching Tip: Remember, this is intended to be a fun and engaging exercise that will take as long as it will take. There's no need to rush it, and if you find that you aren't having fun, it only means you've strayed off the Purposeful Path a bit. Put it away for a day or so and come back to it. Check around to see if your Inherited Purpose has slipped in to start shaping your life. If so, let go of it before resuming the exercise.

(No updates at this time on Monitoring Your Progress Summary Form.)

Call to Action Assignments:

1. Read Passage #4 to more fully integrate and understand this important passage (pages 123 – 141 of the Book).
2. Complete the Prime 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.
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.

Class #5: Learning the Tools for Living On Purpose

Check in: How are you progressing along the Purposeful Path including what the experience was like to clarify/create your life purpose statement?

Polishing your true life purpose working with the 4 polishing points (pages 136 – 139 of the Book) and the framework (page 140).

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.

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.**

Framework

The framework will serve as the skeleton upon which to build your Created Life Purpose. You may later decide to discard the framework or to continue to use it. Here's the framework we recommend.

A Life on Purpose is a _____ life of _____, _____, and _____. Each blank could be a word or phrase. You may also want to create a short form and a longer form such as:

- **Short Form:** A Life on Purpose is a life of service, simplicity, and spiritual serenity.

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- **Longer Form:** A Life on Purpose is a life of purposeful, passionate and playful service, mindful abundance balanced with simplicity, and spiritual serenity.

Here are some other examples of Life Purpose Statements:

- A Life on Purpose is a life of responsibility, passion, honesty, and abundant prosperity. (Notice you don't need to be constrained by the framework. Use it to the degree that it works for you, but don't let it limit you.)
- A Life on Purpose is a life of fulfillment through creative experiences in art, nature, heartfelt communication, and healthy living. It's a life that nourishes the mind and body and quenches the soul.
- A Life on Purpose is a life of truth and freedom through words and action. It is a life dedicated to self-awareness, courage, and creativity.

As you work through this assignment you will be putting the "final" touches on your Created Life Purpose.

Preparation for the Next Step—Living True to Your Purpose

Where does a life purpose live?

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?

Power Tools for Living On Purpose

- Purpose Practices
- Purpose Ponderings
- Purpose Prayers
- Purposeful Pivots
- Purpose Places
- Purpose Principles
- Purpose Projects
- Purposeful Play
- Purposeful Patience and Persistence
- Life Purpose Coaching
- Purpose Pod

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- Purpose Partners
- Purpose Paradoxes
- Purpose Pow-Wows
- On-Purpose and Off-Purpose Patterns
- Purposeless Platitude

Monitoring Your Progress

Before leaving class, please complete item 4 of the Monitoring Your Progress Summary Form contained in the Appendix of this workbook. Turn it in to your On Purpose Guide before leaving. Thanks.

Call to Action Assignments:

1. Read over the “Opening the Purposeful Toolbox” section of the Book on pages 149 – 153. Pay particular attention to 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.

Class #6: Mastering the Tools for Living on Purpose

Check-in: Go over the homework and how the Purpose Practices and Pivoting are coming along.

The Universal Laws of Attraction & Purposeful Creating (pages 154 – 161 of the Book)

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: You view your entire life as a Purpose Project.

Process of creating a Purpose Project using the Purpose Project Page:

Life Purpose Project Page

When you are inspired by some great purpose, some extraordinary project, all of 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 than you ever dreamed yourself to be. –Patanjali, Indian philosopher

LIFE PURPOSE:

PROJECT NAME:

PROJECT VISION:

CURRENT REALITY:

WHAT YOU ARE PREPARED TO RELEASE:

RESOURCES TO ATTRACT:

TARGETS/END RESULTS:

NEXT COMMITTED ACTION(S):

DATE:

People Who Have Benefited From This Project

PERSON:

CONTRIBUTION MADE:

The role of Purposeful Play in keeping Purpose Projects from being cooped by the Inherited Purpose (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 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 the next page).
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.

Claiming Your Ground

This is your opportunity to claim the ground you've covered since starting the journey along the Purposeful Path. Frame your responses as though you're sharing it with another person. This is an opportunity to practice sharing the specific benefits you've gained. (Example: Rather than – I have better relationships, how about “My relationship with my husband is more loving and I feel that he finally really understands who I am.”)

1. The most important value that I've received from clarifying my life purpose has been:

2. My favorite example(s)/anecdote(s) of how the Life On Purpose Process has contributed to my life are:

3. Other ways that my life has been transformed as a result of this Process include:

SUGGESTIONS: We're always looking for ways to improve the On Purpose Program so please share any suggestions that you feel would add more value to the program:

Class 7: Purpose Project

Creating a Group Purpose Project

Check in: Highlights of your “Claiming Your Ground Exercise.”

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.

Qualifying the Ideas:

Intention is to align on 3 projects to offer to the leadership of the spiritual community between session 7 and 8.

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 upon within a 3-6 month timeframe.
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 Projects 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.

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,’ which 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 examples of such support structures include:

- A Project Leader and a co-leader – folks who are really up for a 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.

Planning Class #8 – Completion, Celebration & Graduation

Call to Action Assignments:

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.

Class 8: Completion, Celebration and Graduation

Check in: How has your journey along the Purposeful Path continued?

Creating the Distinction, Being a World Server

Start this by reading the following from the Life On Purpose 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, it expands to include the whole world and its role in the Universe.”

Questions to explore:

- 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?”

Creating the Visionary Reality of the Purpose Project

One of the most powerful and important parts of a Purpose Project is the visionary reality. Ideas to include in the Visionary Reality:

What does the current reality look like from the future?

What's ready to be released?

What results are we playing for?

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.

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

Acknowledgement & Authentic Appreciation

What Else to Say to be Complete

Celebration & Graduation

Appendix

Monitoring Your Progress Summary Form

As you travel along the 6 Passages that make up the Purposeful Path you will be asked to provide information to your On Purpose Guide so that your Guide will know how you are progressing. We don't want to lose anyone on the path and so these periodic check-ins will be most helpful to assuring you get the most value from this program. **If you need more room to complete an item, use the back of the page.**

Full Name: _____ Email: _____

Address: _____

City: _____ State: _____ Zip: _____

Office#: _____ Home#: _____

Class # 1

1. My Life On Purpose Self Test Score: _____

My primary insight from completing the Self Test was: _____

2. My Top 3 – 4 benefits to knowing my life purpose (see “The Top Ten Benefits to Knowing and Living Your Purpose exercise in the Class #1 section of this workbook):

1) _____ 2) _____
3) _____ 4) _____

Class # 2 & 3

3. I distinguished my Inherited Purpose to be:

Some of the ways this Inherited Purpose has shaped my life in the past are:

Class 4 & 5

4. I distinguished my Divinely Inspired Life Purpose to be:

Some of the insights and revelations that have come from this part of the Life On Purpose Process that have already enhanced my life are:

Insight Page

Insights

Action