

# Opening the Purposeful Toolbox

The purposeful toolbox contains an ample supply of tools from which to choose. It's likely that over time you will use each and every tool in your box. At the same time, you may find that there are certain tools you use almost daily, and others that you take out only on special occasions. To help you decide what tools will serve you best for different phases of your journey, return to this chapter from time to time. You may find that one of the tools has fallen to the bottom of the box and hasn't been utilized to its fullest.

We'll start by looking at some of the tools that are designed to assist you in keeping your life purpose flourishing in your own consciousness. Then we'll move on to look at one of the most important tools for instilling your life purpose into the consciousness of others. Finally, we'll look at a few miscellaneous tools that can be utilized in various ways.

Here is a brief inventory of what you'll find in your toolbox:

- **Purpose Practices:** Activities in which you engage on a regular basis to keep yourself present and aware of your life purpose.

This first tool is one that I encourage you to use on a daily basis. The more regularly you use it, the more powerfully you will be able to live your Life on Purpose. As the definition says, a purpose practice is an activity in which you engage on a regular basis, preferably at the start of your day, more or less at the same time. This daily practice will increase your awareness and consciousness of your true purpose in life.

- **Purpose Ponderings:** Questions that are posed each day to increase awareness of your life purpose.

A purpose pondering takes a slightly different form than a purpose practice. While most purpose practices will be done once a day, often in the morning or in the evening before going to bed, a purpose pondering can be used throughout the day.

- **Purpose Prayers:** A type of Purpose Practice, Purpose Prayers are longer passages that include your life purpose, and which you say with passion as a created declaration of who you intend to be that day.

We'll also look at how you can create a personalized purpose prayer and incorporate it into your daily purpose practice, if you so choose.

- **Purposeful Pivots:** A Purposeful Pivot is the act of distinguishing when your Inherited Purpose is shaping your life, and then choosing to have your Created Life Purpose shape your life instead.

Once you've distinguished your Inherited Purpose from your Created Life Purpose, it's possible to stay on purpose by pivoting. Whenever you notice your Inherited Purpose beginning to shape your life you can stop the action for the moment, distinguish what is happening, and then begin to pivot to your Created Life Purpose. The more you practice pivoting, the better you'll get; and the earlier you can detect your Inherited Purpose, the easier it will be to pivot.

- **Purpose Places:** Special locations where you go when you need to be restored to your true purpose.

Purpose places are often special places in nature that resonate strongly with you.

- **Purpose Principles:** Rules or codes of conduct that are consistent with your true purpose in life. We'll also examine the Twenty-Eight Attraction Principles for Living on Purpose as examples of purpose principles, as well as the various ways that you can use purpose principles to stay on purpose in your life.

- **Purpose Projects:** Sets of actions with specific, measurable results that are a natural expression of your life purpose.

Purpose Projects are one of the most powerful tools for expanding your life purpose beyond your own consciousness and into the consciousness of others. As we will see, a purpose project is much more than a goal and very different from other kinds of project you may have tried before. A purpose project must arise from and be a full expression of your true life purpose. While working to fulfill the project you are more alive and aware of your life purpose.

- **Purposeful Play:** Approaching a project, goal, or task with a willingness to play and experiment.

The secret to purposeful play is being committed to a particular result or outcome without attachment. Purposeful play is a way of being that can be especially powerful when you're engaged in a Purpose Project.

- **Purposeful Patience and Persistence:** The process of staying on purpose and balancing the realization that bringing a new level of purposeful living into your life takes time, and at the same time staying persistently in action towards the fulfillment of your Purpose Projects.

- **Life Purpose Coaching:** A collaborative relationship that supports you in clarifying your life purpose and provides a structure for you to live true to your purpose over time.

Having a Life Purpose Coach can take living on purpose to new heights. Not only can a Life Purpose Coach assist you in staying aware of your true purpose, he or she can also provide a powerful structure to help you express your life purpose in the world.

- **Purpose Pod:** A group of like-minded people meeting on a regular basis to assist each other in clarifying and living true to their life purposes.

One of the issues I hear most often from my coaching clients is that they don't have a circle of like-minded people around them. They often feel alienated or alone as they travel their Purposeful Path. However, with today's technology, a purpose pod can include people beyond your immediate geographic area. Purpose pods may meet in person, through teleconferencing, or online through chat-sessions and e-groups.

- **Purpose Partners:** People who know you and relate to you as your Created Life Purpose.

The more purpose partners you have, the easier it is to stay true to your Created Purpose. Sometimes all it takes is one other person with whom you connect deeply to help support you along your path. A partner is especially helpful when the trail gets a little difficult. Purpose partners don't

need to be specially trained coaches. They just need to be there for you and know that you're also there for them.

- **Purpose Paradoxes:** The birthplace of your true, Divinely Inspired Life Purpose

As we learned in the chapter called “The Bridge to Creating Purpose,” the Land of Purposeful Paradoxes is where your true life purpose comes alive. The more comfortable you can become with purpose paradoxes, the more fully you will be able to live your life purpose.

- **Purpose Pow-Wows:** During a purpose pow-wow you consciously take time in your day to focus on your Created Life Purpose and on what you want to create in your life as an expression of that purpose.

During a purpose pow-wow you align your thoughts, feelings, and emotions to powerfully and energetically attract the resources needed to continue to live and express your purpose. Then you maintain your thoughts and feelings as you take action throughout the day.

- **On-Purpose and Off-Purpose Patterns:** We are all creatures of habits and patterns. Some of our patterns are on purpose—consistent with our Created Life Purpose—and some are off purpose—consistent with our Inherited Purpose.

It is possible and highly recommended to distinguish your off-purpose patterns and begin to release them as you create new on-purpose patterns in your life.

- **Purposeless Platitude:** A banal, trite, or stale version of your purpose statement.

Your Created Life Purpose Statement will turn into a purposeless platitude if you don't keep it fresh, alive, and flourishing in awareness and consciousness. Using your full box of power tools for living on purpose will ensure that your Life Purpose Statement never devolves into a collection of words with no power to shape your life.