

**Life On Purpose Institute, Inc.**

**Purposeful Report**

**The Top Ten Benefits to Knowing &  
Living Your Purpose**

**by  
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# Before You Begin

This is part of a series of Purposeful Reports created with the intention of enhancing the quality of your life. I encourage you to read this material in the same manner you would listen to a life purpose coach. Stay open and listen with a 'beginner's mind' approach, while you also read for the powerful nuggets that can contribute to your life.

Remember, the formula for true growth and development:

$$\text{Insights (nuggets of gold)} + \text{Action} = \text{True Growth and Development}$$

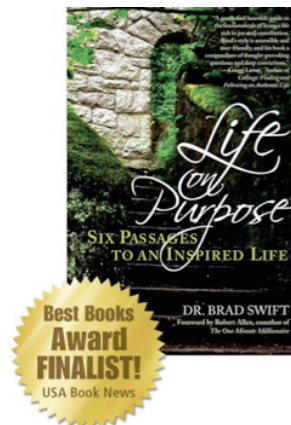
Pan as much gold as possible from this report and then take action on it to integrate it into your life.

These Purposeful Reports are built on a foundation of the Life On Purpose Process. While you may receive value from the Purposeful Reports without having experienced the Life On Purpose Process, you will glean much more from these reports having completed the process of clarifying your life purpose and your inherited purpose.

To learn more about the Life On Purpose Process and the various ways to travel along the Purposeful Path to your personal life on purpose, go to:

<http://www.lifeonpurpose.com>

The following report was taken from:



# 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. For inspiring stories straight out of the files of Project Purpose, go to the Life on Purpose Institute web site at: [www.lifeonpurpose.com/projectpurpose](http://www.lifeonpurpose.com/projectpurpose).

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.

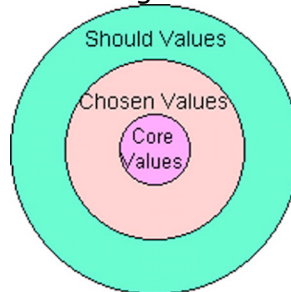
### **Benefit #4–Fulfillment**

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."<sup>i</sup>

## **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.

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<sup>i</sup> *The Scottish Himalaya Expedition*, 1951.