

Your Guide To Discovering Your Own Unique Life Purpose

Paul Saver

Contained within this Guide is stimulus material with key questions designed to assist you, to discover your own unique life purpose so that you may come to absolutely love what you do every single day of your life. All that my friends, means that you have the opportunity to catapult yourself to a life of true freedom, prosperity and happiness.



About The Author

I have been involved in education, specialising in personal development, for about 30 years in both paid and volunteer roles that have taken me around the world. Follow me to gain deep insights and useful tips related to life purpose, family/relationships and personal growth. Since 2008 I have re tooled and reinvented myself, quickly becoming online marketing savvy so that I can not only life coach you but also be your business coach to help you transition from wherever you are into becoming a successful independent home business entrepreneur in the personal development industry. Become a winner in both the inner and outer game of wealth so that you can come to absolutely love what you do every single day of your life. Sincerely, Paul

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Why Study This Course?

Four BIG Reasons

1. BECOME COMPLETELY COMFORTABLE IN YOUR OWN SKIN

Get FREE of all disempowering fears, phobias and blockages within, so that on any given day, you are READY and PUMPED to go after any goal, big or small and be SUCCESSFUL.

2. DEVELOP YOUR ALL IMPORTANT RELATIONSHIPS

It's my observation that most people are happiest or saddest in their lives depending upon the quality of their relationships. My aim is to help you find out what you need to know and what you need to do to develop your relationship intelligence so that you can experience deeper, more meaningful and lasting relationships.

3. COME TO LOVE WHAT YOU DO EVERY SINGLE DAY OF YOUR LIFE

What if, on any given day, you could experience the deep satisfaction in knowing that "hey I am in the right place at the right time doing exactly what I was born to do"? In other words your life is rich with meaning and purpose because you are living your dream. Gone would be the days when you seem to always be drowning in a quagmire of stress, frustration or boredom that causes you to be in chains. Those chains can be broken and you can be free to live the life of your own design.

4. GET THE WORK LIFE BALANCE THING RIGHT

To keep doing things in your life that you simply don't like doing is a modern day form of slavery that you can do something about. What if you could generate a multiple six figure income that would enable you to become not only money rich but time rich as well to pursue the things in life that are most important to you?

Become a winner in the inner and outer game of wealth.

Conclusion

If you could bring any one of these benefits into your life wouldn't that be reason enough to sincerely invest in studying this Course?

If you are like me and you want your cake and you want to eat it as well, in other words, you want it ALL, then THINK and act BIG and go for all four. Remember I am here to help you, to help yourself on your journey.

Paul Saver

Getting The Most Out Of This Course

Hi my name is Paul Saver coming at you from Brisbane, Australia.

CONGRATULATIONS for taking this step in helping yourself to connect with your own unique life purpose or in the words on **Napoleon Hill**, author of “Think and Grow Rich”; your own “definite life purpose”.

Lives of Quiet Desperation

Right or wrong it appears that the vast majority of human beings are content to have as their goals in life such things as simply paying the bills, surviving the pressures of modern living and along the way trying to enjoy some of life’s pleasures. For such people, achieving such goals takes enough of their energy and concentration and are the kind of people that Henry Thoreau referred to as “living lives of quiet desperation” and “going to their grave with the song still inside of them”

But **what if** you could achieve all of that (that is, paying all the bills, surviving the pressures of modern living and along the way trying to enjoy some of life’s pleasures) AND a WHOLE lot more?

What if the distinction between what you **love to do** and what you **have to do**, became blurred, so that the two merged together?

What if you could live a life where you got to love what you do, every single day of your life?

What if you could identify clearly your passion (your song) and have a way to manifest that passion on a daily basis (sing your song) without worrying about how to pay your bills?

What if you could wake up to every day to the satisfaction that comes by knowing on the inside that you are at the right place at the right time, doing exactly what you were born to do?

What if you could once and for all, get rid of those “Monday blues” and stop hanging out for the week end to roll around?

Hey! Life’s too short to be in jail.

LIFE IS FOR LIVING.

Don’t you just envy those seemingly rare individuals in this world whose hobby happens to be their job? And don’t you envy them even more when on top of all that, they are absolutely raking in the dough?

Fortunately, envy is not necessarily a bad thing. Envy can cause you to forever whinge and complain about your lot in life and do nothing about it.

On the other hand, envy can cause you to finally conclude that enough is enough and that “I too deserve a piece of the promised land” and get off your bum and do something about it.

This FREE Guide to Discovering Your Own Unique Life Purpose, is designed to help you, be that person who can get their piece of the promised land and live the life of your OWN DESIGN.

Asking the Right Questions...

A key to success in any field of endeavour is being able to ask the right questions. As a school teacher I could often pick the exceptional students by the quality of the questions they asked.

To help you along the way, each of the 12 modules available to you in this FREE Guide to Discovering Your Own Unique Life Purpose, includes a series of questions that are designed to tap into your original mind so that you can become clear about who you are, where your passion lies and what path to take in life.

If you are the kind of person that is already clear about who you are and you are happy with your lot in life right now, then go straight to module # 8, titled: “21 Questions To Release Your Passion”

However, if you are like many or even most people who are not completely clear about who they are and who are not completely happy with their lot in life right now, then I suggest you start with module #1 and work your way through each of the modules in the order presented.

The modules in this Guide are designed to **engage your powers of reason, intuition and heart (or feeling)** as you reflect on some of the major questions concerning life and the universe.

Questions such as “what does it mean to be truly human?” “Is there such a thing as a First Cause (ie God)?” “Does life continue after death?”

Now you may be asking “why am I having to deal with such big philosophical questions?” The reason is because the answers to these questions are very relevant to connecting with our own unique life purpose. Our answers to such questions, impact in a major way:

- our view of life
- our view of purpose
- the kind of choices that we make in life, and indeed
- our destiny

Another reason to ask yourself the big questions is in order to expand your level of thinking beyond your own. As we mature in life and interact with others causing us to have a mixture of pleasant and unpleasant experiences we come to consider the perspectives of others. That openness can cause us to ‘move on’ in our own view of life and the universe that can open up new and brighter possibilities for us. So I urge you NOT to SHORT CHANGE yourself by being content to remain in your own world. By getting out of your comfort zone and opening up to the perspectives of others, you stand to be the winner in life. Remember too that at any time, if the going just gets too much, you can always go back to the world (ie the mindset) from whence you came.

I remember lecturing at a leadership training seminar at an island resort in Vanuatu in 2005 and had the opportunity to listen to the reflections of seminar participants who had been challenged to leave their comfort zone. One participant was a traditional Chief and former police officer. Here is his comment:

I came here to learn something new that would help me to become a better leader to my people and my family. I did not come here to repeat to myself what I already know. So when I walked through that door [pointing to the door] I left my beliefs at the door like I would hang my coat. I know that when I leave this seminar, that coat will be there to put back on should I choose to do so. Hopefully I will leave with new knowledge and insights that will serve me better.

Five Tips To Get The MOST Out Of This Course

To extract the greatest value from this FREE Guide to Discovering Your Own Unique Life Purpose, here are my suggestions.

1. Don't Be In A Hurry

If you breeze through this course without really stopping to take the time to engage your brain and heart, you will at best, end up with a superficial and purely intellectual understanding of what this Course has to offer. The end result is that your life will not change.

Instead may I suggest you slow down and take out at least 30-60 minutes out of your current schedule, each day, to study, reflect, discuss, pray and meditate on the contents of each module.

2. Quiet And Peaceful Place

To get the most out of this Course, either physically go to a place that is quiet and peaceful like a nature reserve OR make your home or office into a place of refuge.

Do whatever it takes and what works for you. It most likely means at minimum to turn off your phones and electronic devices and lock the doors.

It might also mean dimming the lights, lighting candles, playing some nice music or whatever it takes to relax and prepare your mind and heart to be fully engaged.

3. Masterminding

They say that “two heads are better than one”. Ideally if at all possible, try to arrange it so that you study the modules together with a partner, friend or family member, where you can be stimulated by each other’s ideas and be supported. Experience the leverage gained through synergy.

4. Life Is A Journey

You may happen to be a person who wants to change yourself and the world overnight. However life is a journey that requires growth. Growth implies time. Time asks you to be patient.

I like Anthony Robbins’ emphasis on CANI. C. A. N. I. which stands for Constant And Never Ending Improvement.

By committing yourself to achieving your goals incrementally, one step at a time, everyday, then surely you will arrive.

5. Action Steps

Many people read books, do courses, listen to lots of ideas but fail to take any significant action. The result is that nothing changes.

It’s like they are buying hope.

Remember that if you really want to change, YOU must CHANGE WHAT YOU DO.

As you study through the 10 modules, make a promise to yourself, to God (if you are a Believer) and to those closest to you, that you are on a path to changing your life so that you will truly come to love what you do every single day of your life.

Conclusion

That just about wraps it up.

I wish you profound insights, realisations and wonderful experiences as you chart your own course in life, so that you can grow daily, living your best life on your path to true prosperity.

By all means visit my blog at PaulSaver.com

Read and comment on my blog posts. If you like what I write then share it with all your social media friends.

Check me out on YouTube, Facebook and Twitter

This is only the beginning I look forward to sharing with you a WHOLE LOT MORE GREAT CONTENT, getting to know you and being able to help you, to help yourself on your life journey.

This is Paul Saver from Brisbane, Australia, signing off.....



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Module #1

Life Purpose: The Big Kahuna

If you haven't got a "why" that's big enough to empower you to wade through sh*! up to your eyeballs, eat sh*! and endure the pits of despair and YET keep coming up for more you haven't fully lived.

What Is Your Big "Why"?

Without a big enough "why" to get you going and to drive you on, come hell or high water, failure is just waiting around the corner to take you down.

Let's face it, of the 97% of people who fail to make any serious money online, the overwhelming majority fail by default ie. they simply give up.

Does this describe you and/or are you another statistic waiting to happen?

Life Purpose: The Biggest Momma Of Them All

If you want to be part of the illustrious 3% club who succeed, largely because they refuse to throw in the towel, read on to find out why life purpose is the big kahuna or the biggest momma of them all.

Six Basic Types of Questions

There are six basic types of questions you can ask. They are "who", "what", "when", "how", "where" and "why" (or "which")

A huge number of articles written and videos created tell us "how" to do XYZ and for very good reason. Nobody wants to be incapable.

However, getting the "know how" is not enough if obstacle after obstacle (internal and external) comes at you, aiming to derail you from your track

to success. Put another way, lots of people know how to do stuff but don't even start and for many who do, they spit the dummy midstream because their why is not strong or big enough.

"Why" Is The Motivator

Now why is the "why" the big kahuna? Because only the "why" question deals with motivation.

The teenager with an attitude will never change unless they decide to connect with a big enough "why" to move out of the void of purposelessness.

Your answer to the "why" question which implies "purpose", provides meaning which gives birth to value and therefore the power to take action and keep going.

The bigger the "why", the bigger the meaning, the bigger the value, the bigger the motivation, the bigger the 'crushing' and 'staying' power, the bigger the chances of success.

Diagrammatically it goes like this:

"WHY"--->meaning--->value--->motivation--->crushing/staying power----->SUCCESS

Wisdom From The Mouths Of Babes

My premise that life purpose is the big kahuna is not exactly rocket science. Even four year olds have unwittingly figured it out.

As those who have raised children would attest, it's the endless "why" questions from the mouths of babes, spoken with the purest of intent, that not only drives parents crazy but also powerfully reveals the human insatiable desire to discover meaning and one's life purpose.

Clearly it's the "why" question when answered, empowers people to dream, live and do what it takes to achieve big.

What To Do?

1. List as many “whys” in your life that you can think of. In other words, all the reasons that you have to motivate you to do what you do. For example, “I go to work so I can pay all the bills to look after my family”
2. Next, cull your list to no more than ten “whys”
3. Prioritise your list, with #1 being the smallest “why” and #10 being the biggest “why”.
4. Look at the top three “whys” on your list and what you are currently doing and ask yourself “Would I be happy doing this for the rest of my life?”
5. If your answer is “no” to question 4 prepare your mind for what is to come in the coming modules of this course.
6. If your answer is ‘yes” for question 4 prepare your mind to change or modify what your plans are for potentially something better.

Module #2

Who Am I?

When our eldest daughter was 16 years old she offered me the opportunity to read her personal diary. On the inside cover she had penned the words: *“I am a spirit trying to be human”*. But what does it mean to be truly human?

William Shakespeare’s words *“To thine own self be true”* has been commonly repeated in discussions about identity. However without a knowledge of self, how does one know if one is being “true”?

In this module, you have the opportunity to discover something about yourself for the very first time that may completely change your choices and therefore your life’s destiny.

What to Do?

Ask and answer these questions in the order presented, to help you discover your own unique life purpose.

1. What are the five (5) **most** important things that you would like to achieve in your lifetime **given that you have no limitations? (don’t think that “I can’t achieve XYZ because I have not got the qualifications, I’m too fat, I have not got the right personality or whatever. Remember the sky is the limit)**
2. Imagine that you are now in the year 2040 AD and you have just died. What would you **most** like people to be saying about you at your funeral?

Go to the next page for some more questions.....

3. Are your answers for question #2 congruent with your answers for question #1? If for example, you wrote things like “make a ton of money”, “get a PhD in rocket science”, “travel the world” for question #1 and yet you wrote answers like “a good husband to my wife and good father to my children” and “well liked by everyone who knew me” for question #2 , then your answers would be deemed to be seriously incongruent.

Check your answers for questions #1 and #2 and decide how congruent they are. If they are very congruent (match up very well) the chances are high that you are currently doing right now in your life what is really most important to you. Congratulations! However if there is a lack of congruency between your answers go back and decide what is **really really most important to you** and adjust your answers accordingly. That way you can change what you are currently doing so that you don't waste your time doing stuff that has little bearing on the kind of results you most want to achieve.

4. Ask yourself “What is more important to me: what I **do** in my lifetime or what kind of person I **become**?” Give reasons for your answer.

Module #3

Complementary Purposes

“Life’s most urgent question is: what are you doing for the sake of others?” Martin Luther King, American Civil Rights Activist

“If you are not making the lives of others better you are wasting your life” Will Smith, American Actor

From the sub atomic level to the universe everything exists in relationships. Whilst we have known this for a long time, in the 1960’s a new field of science emerged called ecology. Ecology is the

is the scientific study of the distributions, abundance and relations of organisms and their interactions with the environment

(Wikipedia, The Free Encyclopedia)

The operative word here is “relations”. Whilst we are aware of the existence of individual entities including “I” myself as a human being, how we are connected to each other and to the universe at large has been a subject of contemplation and investigation by scientists, philosophers and religionists all throughout the ages.

Notably what has emerged is that all living entities exist with complementary or dual purposes. That is, an individual purpose and a whole purpose. Put another way, the individual purpose could be referred to as the private purpose and the whole purpose as the public purpose.

On the human level it means that each person is an individual and unique and is responsible to take ownership of their own path in life. At the same time each individual, at all levels of social organisation, exist as a part of a greater whole. For example a husband in a family, whilst a unique individual with specific interests, abilities and aspirations has an

obligation to serve and attend to the needs of his wife and vice versa. At the same time, the parents have a responsibility to serve and attend to the needs of their children. In addition, such a family is part of a greater whole which includes their local community, their state in which they reside and their nation. Individuals and families that make a contribution to their community and /or nation via their business activities, charitable and voluntary works, government, education, religion, sport etc become recognised as model citizens and patriots. Those individuals that transcend their nation, religion and culture and make a contribution on the world level, which includes figures like Mother Teresa, Mahatma Gandhi, the Dalai Lama, are elevated to sainthood.

What specific trait forms the common denominator amongst all those individuals whether on the level of family, local community, state, nation and world that we hold in highest esteem? It is the practice of living for the sake of others. This is the practice of fulfilling our whole or public purpose.

Let me now briefly apply this principle of complementary purposes to other levels not addressed so far.

At the sub atomic level, particles cooperate with other particles to form atoms. Atoms whilst existing as individual entities combine with other atoms to form molecules. Molecules interact with other molecules to form living cells such as root cells in plants, blood cells in animals. Cells whilst existing as individual entities in their own right, interact with other cells of the same type to form tissues such as skin, hair and bones. Tissues interact with other tissues to form organs such as the heart, lungs, eyes etc. Organs interact with other organs to form systems such as the respiratory and digestive systems in animals.

Systems through a higher centre, such as the central nervous system in human beings, work together to form a whole human being.

On the planetary level, planets are designed to not only maintain their own existence but to revolve around the sun to form the solar system. The solar system existing for a higher purpose or whole purpose contributes to the creation of the Milky Way. And so it goes, we observe in operation, entities fulfilling both an individual (private) purpose whilst simultaneously fulfilling a whole (public) purpose.

These complementary or dual purposes exist for all beings. Both purposes are related and interdependent. In a team sport, the individual seeks to develop and execute their skills and to enjoy themselves. At the same time, the same individual has a desire to contribute to a successful winning team. The trick in sport as in life is to balance these two purposes.

What then is the relationship between these two purposes? The purpose of the whole should have priority offering a moral context and guidance for the purpose of the individual.

If the purpose of the individual has priority, the whole purpose suffers. In a team sport, if the individual is more intent on scoring goals and basking in personal glory than anything else, that player will threaten that team's success.

A family falls apart if each parent and child is concerned only about themselves.

On the other hand, when the whole purpose is over emphasized, conformity and the suppression of individuality results, which is also problematic. When this happens not only is the purpose of the individual frustrated but also the purpose of the whole suffers.

For harmony and true success to occur both purposes must be fulfilled cooperatively and simultaneously. The individual should act for the sake of the whole and the whole should respect and nurture the best interests

of the individual. This is what the best parents, teachers, leaders and coaches do.

Clearly human beings would benefit greatly as individuals, families, communities, nations and the world at large by living in sync with the universe which is designed to balance individual and whole purposes.

What To Do?

Answer these questions:

1. On the basis of your understanding of complementary purposes outlined above, how would you describe your role as it relates to your relationships in:

-→ your family?

-→ at work/business?

-→ whilst engaging in your hobby ie sport, music etc

2. Given your answer for question 2, what changes or adjustments do you think you need to make in order to become a better partner, parent, teacher/leader/ coach?

3. It's been said that a "champion team will always win over a team of champions". Explain what you think this means. If possible use some examples that you know of.

Module #4

God or No God?

“The highest expression of man’s life-the climax of the evolutionary process and still a biological fact-is his spirit, the inner, questing, desiring, aspiring part of him...The human spirit is a bridge to the Divine. Man’s spirit, rooted in life, may actually be part of the Universal Spirit, emerging from it and returning to it again.”

E.W. Sinnott, 20th Century American biologist

Back in the 1980’s when I was living in Sydney I came across some graffiti painted in huge letters sprawled across a building at Bondi Junction. It read “God is Dead Fred”. Some weeks later I noticed that someone had come along and changed it to read “Fred is Dead God”. So the question remains, “who is dead, Fred or God?”

The purpose of this module is neither to prove or disprove the existence of a First Cause, Ultimate Reality, Infinite Intelligence, Universal Spirit, Divine, Allah, Jehovah or in the terminology of Western religions, God. Rather the purpose of this module, as with all the modules in this series, is to get you to think, to reflect and discover for yourself the answers to the questions that you seek, as you take advantage of the resources available to you.

You may ask why the question of the existence of an Ultimate Reality is a vital question when considering one’s life purpose? To answer this question, contemplate the following:

1. If we as human beings were created by a Creator, some say that it presupposes that there is an overarching purpose to human existence. This is based on the premise that everything that exists (for example: human beings) must have a reason or purpose for

being. In other words, a design comes from a Designer who determines the purpose of the created object.

When I as a human being decide to create my favourite dessert which is a New York baked cheese cake, I the creator decide what I do with it. I may decide to eat it all piece by piece over several days watching my favourite TV shows or alternatively I may invite my friends over and share it with them.

2. Some people have argued that “if God does not exist, all is permitted” since a godless world is one without moral judgment. This then opens the door to the justification that a world where the strongest and most selfish rule is okay. On the other hand if God does exist and we view God as the source of all that is good and true, then we may naturally come to conclude that life inherently has meaning and purpose before we were even born. This may cause us to consider that our purpose is connected to pursuing our own character development and a life of goodness.
3. If God does not exist then we can feel justified in disregarding religion in the pursuit of our unique life purpose.
4. If God does exist, it opens the door to the notion that humans are made up of body and spirit where-in the latter continues to exist after the cessation of bodily functions.
5. It’s been said that a person who rejects the existence of God, is inclined to develop a set of values based on moral relativism and to reject any notion of universal values. Whereas a believer is inclined to view truth as something eternal and absolute even though our understanding of it may be limited and relative.

From the above we can conclude that whether we believe that God exists or not, impacts in a major way, our view of life, our view of purpose, the kind of choices we make in life and indeed our destiny.

What to Do?

Reflect and write down answers to these questions:

- (a) What reasons can you think of that point to the existence of God from looking at (i) nature? (ii) human society? (iii) personal experience?
- (b) What reasons can you think of that point to the non existence of God?
- (c) What impact did your parents, family, upbringing have in shaping your view of the existence or non existence of God?
Do you find yourself just passively inheriting what you have been told or have you gone through a process of seriously questioning and coming to the point of really owning what you believe?
Explain.
- (d) Some people criticise religious people on the grounds that they are narrow, intolerant and stuck in their views. Can the same be said of some people who are atheists and agnostics?
Explain.

Module #5

You Have Only Two Years to Live

Shell Shocked

In 1999 after my wife and I had built our first home and with four children under the age of ten I woke up to a dream that left me “shell shocked” for days on end. I had dreamt that I would be dead within two years. The dream felt so real. At that time I was 41 years of age and feeling like I was working just to pay the bills, going through the motions and lacking enthusiasm for life. Anyone been there?

Following My Heart

I desperately felt I needed some new challenges and to connect again to my passion which was to teach things related to personal development. Within that same year we sold the home that we had built and the following year, moved to Sydney, and got involved in reconciliation and leadership programmes working with indigenous Australians and people of various faiths. Later I ended up travelling and working in 16 Pacific Island nations. All the while I had a deep sense that this is exactly what I wanted to do with my life. I was living my passion. I was alive. There was no concept of a five day work week and ‘hanging in there’ till the weekend rolled around. My gut feeling was that I was in the right place at the right time doing exactly what I wanted to do and lovin’ it.

A Much Needed Kick in The Butt

That dream of a premature death was the kick in the butt that I needed to spur me to deeply reflect and get my life ‘back on the track’ of living my passion.

I want you to cast your mind back to Module # 2 titled: Who Am I? which called for you to ask yourself how you would like to be remembered at your funeral. The thought of death is a shocking thing for many, especially teenagers. However thinking about your own death, which inevitably comes to all of us, has a very healthy and positive upside. I can think of two very powerful reasons to say this. ***Firstly thinking about your death can cause you to genuinely appreciate your life every time you wake up to a new day.*** If you don't believe me, ask anyone who has had a close shave with death thinking that they surely were going to die and yet find themselves amazingly still alive. ***Secondly by thinking about your future death it can cause one to think about what is really really most important in your life.*** It is an opportunity to do a serious reality check and decide where your priorities really lie. For me fulfilling my life purpose and making a constant investment in my family relationships lies at the top of my list.

What To Do

Answer these questions:

1. Do you feel that you are unhappy with your life at this time? Do you feel stuck or dissatisfied in your relationships?
Do you feel like you are living each day to pay the bills and/or you are struggling to make it? Do you lack enthusiasm for life? Do you find yourself getting weighed down by petty concerns? Do you find yourself being tired a lot and/or being overly stressed ? If you answered "yes" to any of these questions, spend five minutes to just allow your mind to really embrace how any or each of these things really feel. Try to put some labels to the emotions that you feel. Write them down.
2. Ask yourself: "if I continue with this/these situations, where will I be in 10 years time?" Answer honestly.

(Remember a basic life lesson: If you don't do anything, nothing happens)

3. If you were given conclusive evidence that most likely you will be dead in two years, how would your life change?
What would you do over the next week or two? What plan would you have for your life over the next two years?

Module #6

Into A Box and That's All?

Soon after the collapse of the Soviet Union, I had the good fortune to work for about two years, with the blessing of the Russian Ministry of Education, in promoting a character education curriculum called “My Journey in Life”. At the time I was based in the port city of Vladivostok and I travelled and lectured thousands of school principals, teachers, administrators and curriculum writers across 10 cities in the Russian Far East including Siberia. The audience included people of all religious persuasions including atheists and agnostics.

Bear in mind that for seventy years, atheism based on “scientific socialism” was the state ideology.

In all my travels and communication with seminar attendees it became very apparent that out of a curriculum that covered 96 topics related to character development, by far the topic that captured the greatest attention and interest of high school students, including the most ‘unmotivated students’, was the question of life after death. One can only guess why this was and is the case. Could it be because this topic was taboo for seventy years and it’s kind of human nature to be curious about something you can’t have? Or is it because human beings intuitively sense that life does continue after the grave? Or is it a notion that human beings simply would like to believe? However one thing is for sure and that is many people are having paranormal experiences described as “out of body experiences”, “spiritual experiences” and the like, for which they are seeking to understand.

Now you may be wondering why I have included this as a module in “Your Guide To Discovering Your Own Unique Life Purpose”? Here are a few reasons:

-→ If you think that life/consciousness ends when your body stops functioning and you end up in a box six feet under or as a small handful of ashes, you may be apt to think “hey guys, eat, drink and be merry because when you die that’s it”.

-→ If you think that there is no life after death you probably do not adhere to the view of most religious adherents that a human being is made up of a physical body that houses a distinct spirit self and that like the body that has certain needs in order to grow so too the spirit has certain needs for its growth. Such a person will gravitate more toward fulfilling the needs/desires of their physical body.

-→ If you think that there is life after death or life after life (take your pick) you will be more inclined and interested in nurturing and growing your spirit in preparation for entry into the next life. Developing your character and living a life of goodness become hot topics.

-→ Belief in the immortality of the human soul can support our search for life’s deeper meaning (Although this does not mean that life can only be found under this belief).

-→ Some people that believe in life after death are less likely to harbour a fear of death. On the contrary such people may be empowered to great acts of bravery and heroism or simply to go places and do things that the ‘average’ mortal would not even contemplate.

-→ Some people that believe in life after death take great comfort in and purport to being assisted by spirit guides and angels.

What To Do?

Answer the following questions:

1. Have you had “out of body experiences”, “spiritual experiences” and the like? If so, do they cause you to believe in the existence of the human spirit and the continuation of life after death? Why?

2. Read this excerpt from Dr. Raymond Moody's book titled "Life after Life" It is a testimony of a person who experienced clinical death but revived. [emphases my own]

Since then, it has been on my mind constantly what I have done with my life, and what I will do with my life. My past life-I am satisfied with it...I really did everything that I wanted...and I'm still alive and I can do some more. But since I died, all of a sudden, right after my experience, I started wondering whether I had been doing the things I had done because they were good, or because they were good for me. Before I just reacted off the impulse, and now I run things through my mind first, nice and slow. Everything seems to have to go through my mind and be digested, first.

I try to do things that have more meaning, and that makes my mind and soul feel better. And I try not to be biased, and not to judge people. I want to do things because they are good, not because they are good to me. And it seems that that the understanding I have of things now is so much better. I feel like this is because of what happened to me, because of the places I went and the things I saw in this experience.

There is a remarkable agreement in the "lessons" as it were, which have been brought back from these close encounters with death. Almost everyone stresses the importance of trying to cultivate love for others in this life, a love of a unique and profound kind. One man who met a being of light felt totally loved and accepted, even while his whole life was displayed in a panorama for the being to see. He felt that the "question" the being was asking him was whether he was able to love others in the same way he was being loved. He now feels that it is his commission while on earth to learn how to do so.

3. Take a few moments to reflect on the possible relevance of the above testimony to your life and how it might impact your choices.

Module #7

Are You A Human Doing? A Human Having? Or A Human Being?

If you take time to cruise around the web sites that belong to successful business entrepreneurs including wannabe's you will notice a common refrain that goes something like this:

*“And you too my friend can have your cake and get to eat it as well. In other words, YOU can **be, do and have** to your heart's content.”*

As a budding entrepreneur myself I totally agree with this statement. I believe in playing full out and having it all.

At the same time I ask myself and put it out to those reading this: are these three calls to action (being, doing and having) of equal merit or should we prioritise here?

What if I focus on travelling the world and doing lots of cool things and this is what is most important to me?

What if I amass lots of wealth beyond my expectations that enable me to acquire lots of the best things that money can buy and this is what is most important to me?

Alternatively what if I focus on the kind of person I want to become as my priority and at the same time do and have to my heart's content?

An Aussie friend of mine who went to live in the USA back in the 1970's went on to become a huge success in the business of repairing the bodies of luxury automobiles in San Francisco. His success was measured not only in the profits he accrued but also in taking quality standards to a whole new level.

In addition he became a person who became greatly trusted and respected in his industry across the entire nation. His name became synonymous with quality and integrity.

However before he got established in the automobile industry, he teamed up with a person whom he had regarded as a trusted friend. Together they were arguably the pioneers of the phone card. However my friend was shocked at how his business partner underwent an abrupt character shift when he realised the fortune that was there for the making. Rather than place a priority on their business relationship, the pursuit of wealth per se, whatever the means, became the be all and end all.

As a result my friend walked away from a \$400 million contract, rather than, in his words “taking the money and going to hell”.

The more I think about it the more I realise that the things that human beings value the most are the things that are internal or intangible that money or power per se cannot acquire. Is there anything that you can have or do that is greater than love, trust, respect, compassion, generosity or good health?

Also think of this, if you spend decades of your life accumulating money and things or experiences, it could all be taken away in a moment's notice. The economy could crash, technology could overtake you or your physical body, at any moment could be rendered unfit to pursue what you love to do. However, the kind of person you become can never be taken away. Your mindset and skill set remains as your unchanging asset. Remember too that people will truly love you for that and not for what you have got or what you can do.

What To Do?

1. Think of five (5) people that you have great respect and admiration for. It could be a parent or relative, an historical figure, a current or former teacher or coach. Write down their names.
2. Beside each name, write down exactly what it is that is most important to you about that person, that causes you to admire them.
3. Go through all of your answers and classify them under two categories as follows: "INTERNAL" and "EXTERNAL".
4. There is a saying that goes “the best things in life are not things”. What do you think of this statement? How does it relate to your life?
5. What conclusions can you draw from your reflections today?

Module #8

21 Questions to Release Your Passion

If suicide figures, death by alcohol and substance abuse and other indicators of self harm are any guide, it appears that alarming numbers of people are seriously unhappy. The numbers are even greater of those people who don't go to such extremes as taking their life or attempting to do so, but rather persevere through life, in the words of Thoreau, "most men lead lives of quiet desperation and go to the grave with their song still inside of them". Is this an inevitable phenomena, particularly in the more developed countries as a result of the stresses of modern living or is it a result of immaturity resulting in bad life choices?

Whichever view you take, don't you just envy those seemingly rare individuals who have a job or are involved in business where what they do happens to be their hobby/what they really love to do and on top of that they make a ton of money? For me, as a teacher in various forms, I have lived most of my life as described above **but** without all the money. So I have at least lived half of the dream.

Now if you are a person that wants their cake and to eat it as well, in other words, you want it all, take a few moments to answer the following 21 questions that are designed for you to tap into the wellspring of your heart and discover what you are most passionate about. By doing so, you can get to love what you do every single day of your life becoming mind, body and time rich and quit waiting for the week end to come around. How good would that be?

The starting point is to know clearly where your passion lies.

You may be a person that already is clear about your passion, if so, well done. You are a major step ahead of most people. However if you are not

completely clear about what you are most passionate about, I suggest you take 30 minutes to an hour out of your life right now and answer the following questions as honestly as you possibly can.

1. *What do you enjoy doing the most?*
2. *What is your hobby/ies?*
3. *In those moments when you completely lose track of time, what are you doing?*
4. *In those moments when you feel most alive, what are you doing?*
5. *What do you like better, routine or variety?*
6. *Do you prefer being part of a team or doing things on your own?*
7. *Are you more introverted or extroverted?*
8. *Are you more of a thinker or a feeler?*
9. *Which do you prefer more: cooperating or competing?*
10. *If you had all the time and money that you desired, what would you be doing with your life?*
11. *What kind of people are you attracted to?*
12. *Imagine yourself in a public setting like an airport. What would people be talking about that would cause you to irresistibly want to get involved in the conversation?*
13. *What are your quirks or idiosyncrasies (what makes you unique and different from others)?*
14. *What are your gifts/talents?*
15. *When you are in a library or book store, what kind of books do you naturally walk toward?*
16. *What were your dreams when you were young?*
17. *Imagine you went 20 years into the future. What would you like to see? How could you contribute to that?*
18. *What would you be doing if no one was watching and you didn't get paid to do it?*
19. *Who were you going to be when you grew up?*
20. *Being, doing or having: which one is the MOST important to you?*
21. *If you were God and you had unlimited power what would you do?*

Module #9

Pursuing Your Life Purpose But....

Stuffing Up Big Time!

So you reckon you have got your act together?

Now you may be one of those person's blessed with clarity and know clearly what you love to do and be pursuing your definite major life purpose. For years I have considered myself in this category. However little did I know that my family was suffering and I was on the verge of being the big loser. The scary part was the fact that I was oblivious to it as it unfolded gradually over several years. I was a bit like the frog in the pot of water that was slowly heating up and not realising that I was tracking toward my own death.

“Damn It, I Wish I Had Of Spent More Time At The Office”

For years I consciously disregarded that nice sounding cliché that urges us to live our “life in balance”. When I was single-mindedly committed to achieving a goal, I simply felt that I didn't have the luxury of time to take care of everything UNTIL I realised I was losing my greatest treasure: my family. I was doing what was my number one priority without realising that mastering life involves taking care of more than one or two things.

I read somewhere once that no one ever on their death bed uttered the words “damn it, I wish I had of spent more time at the office” as they gazed into the eyes of their loved ones.

I want to share briefly on the relationship front, an example of my failing **in the midst of pursuing my life purpose.**

Several years ago as an international volunteer, involved in leadership programs for youth I took pride in “caring and loving” people (see point

#3 below under “Ten Qualities of Wellness”). However I tended to disregard the relationships that were most important to me, that is, my family. My justification was that I was pursuing my dream and living for a higher purpose. As noble as that is, I was threatening the very foundation of my happiness. I was spending months at a time away from my family doing some great things that I received accolades for from my peers. However those great things did absolutely nothing to build my relationships on the home front.

In the movie, “Flash of Genius”, (based on a true story) the main character, Bob Kearns, played by Greg Kinnear, became a victim of corporate America.

Kearns was so hell bent on making sure justice prevailed, that he eventually was vindicated and in addition received \$18.7 million in compensation for his troubles. Despite all the pleas and promptings of his wife and children, who just wanted their husband and father back, after 12 years, his family was destroyed.

Crying Every Day Like an Alarm Clock.....

From the beginning my wife was on the same page, and she made huge efforts. However over time the reality began to bite harder than she and the children could handle.

Many times in tears my wife would report that one son would start crying every day like an “alarm clock” going off. It usually lasted for about an hour.

A couple of years earlier our four children had taken delight in building a big kennel for our new dog Milo. But the joy in building that dog house, was soon was lost for one son, who would from time to time, enter there-in, shedding inconsolable tears “for daddy”.

Another child would unexpectedly unleash their temper and scare family members.

In frustration our children were becoming disrespectful toward my wife.

When I did come home, even though they were compliant, our children were not excited as they used to be. Knowing that I would be going away again soon, to protect their hearts, they reasoned that they could cope better by being reserved and keeping an emotional distance. At first I struggled to understand why they didn't want to talk over the phone anymore. I found myself having these one sided conversations and saying the same things over and over again. Anyone been there?

In the beginning, all I can remember our children saying is "when are you coming home Dad?" A couple of years later they stopped asking.

I was clearly becoming a stranger in my own home.

My Mouth Dropped and My Heart Sank

Then finally, the wakeup call came one day, when for the first time in 25 years of marriage, my faithful and devoted wife refused to come to the phone. That day I just sat in silence beside the phone. My mouth dropped and my heart sank and I determined there and then that I have to restructure my life. That we did and for the last two years it's been 'catch up time'. Thank God for that. Hopefully hearts have healed but probably scars remain.

My Life's Lesson

So whilst it's great to discover your passion and actively pursue your life purpose, DON'T lose sight of the big picture and the long term consequences of what you are doing. Admittedly to achieve great things, sacrifice is needed but don't forget to factor in the cost and ask yourself is it really worth it?

Better still, ask yourself "can this be done in a better way?" to avoid or minimise the fall out and yet continue pursuing the dream. I have chosen

the latter by rearranging the game plan, becoming a multi tasker and consulting the family board of directors. God is good.



Here is a photo of my family taken in January 2010.

What To Do?

Take a look at the ten points of wellness outlined below. [taken from Michael Arloski's book titled: *Wellness Coaching for Lasting Lifestyle Change*]

If you are a person that wants to be a whole rounded human being that has decided to be in life for the long haul and ready to deal with ALL of life's challenges see how you measure up with the following list.

As a school teacher about to administer a class test, I would often tell my students that they were about to find out what they didn't know so that later they would know where to focus their efforts.

In the same way, the ticks you give yourself as you go through the list is great for your self esteem but the real issue is being man or woman enough to face up to your deficiencies and doing something about it. That is real strength.

Ten Qualities of Wellness

1. *Deeply committed to a cause outside oneself.*
2. *Physically able to do whatever one wants with intensity and great energy; seldom sick.*
3. *Caring and loving starting with those closest to you and being a person others can lean on in a crisis.*
4. *In tune with the spiritual, having a clear sense of purpose and direction.*
5. *Intellectually sharp, able to handle information, possessing an ever curious mind and a good sense of humor.*
6. *Well organized and able to accomplish plenty of work.*
7. *Able to live in and enjoy the present rather than focusing on the past or looking forward to the future.*
8. *Comfortable with experiencing the full range of human emotions.*
9. *Accepting one's limitations, handicaps and mistakes.*
10. *Able and willing to take charge of one's life, to practice positive self care, and to be assertive when necessary.*

Module #10

The Question Of Love And Relationships

It is my observation that so much human happiness and sadness is the result of human relationships. In fact I would suggest that human beings in the main, are happiest and saddest because of the quality or the lack there- of, of their relationships. Therefore any discussion of life purpose would be incomplete without seriously considering questions such as:

- Should I get married?
- Live in a de facto relationship?
- Live as a single person
- Should I have a family?
- What role and significance will relationships have in my life?
- Am I more career oriented than relationship oriented? Or should it be the other way round?
- How much should I persevere in relationships that are difficult?
- What do I think of values such as loyalty, filial piety, chastity? fidelity?
- Do I desire to have a lifelong partner or am I okay or expect to have a series of intimate relationships in the course of my life?
- What do I expect from my relationships?
- Do I believe in true love or is it just a fanciful notion?
- Am I aware of my own social conditioning ie the impact of my family and environment in shaping my opinions and answers to the above questions?

It is not uncommon to meet people who have negative attitudes about getting married or having a family simply because they did not have

healthy role models as they were growing up and worse still, they may carry scars (emotional/physical) of abuse inflicted upon them.

For some people having a miserable/ horrible upbringing where there was a lack of real empathy and care or having to witness fighting between parental figures or being the subject of abuse can cause them to become pessimistic and wary of getting married or any kind of binding relationships. Whilst this may be the safe option it may also be viewed as a loser's choice.

Whilst on the other hand, the same kind of experience can cause some to hunger for having stable, loving and lasting relationships.

What To Do?

Relax and calm your mind for at least 20 minutes.

Take a pen and paper and start writing answers to the questions listed in this module. Use the questions as stimulus material and allow yourself to explore past memories, experiences and your reflections of them. Share your thoughts with someone.

Module #11

Your Capacity To Practise True Love

Is The Quintessence Of Who You Are

The Quintessence Of Human Identity

What is it that most essentially defines what it means to be truly human? In other words, what is the most endearing and enduring quality that is held in highest regard by fellow human being across the width and breadth of our planet? What is most important to God?

A moral relativist might argue that the question is flawed by saying that since people are all different with differing value systems, it is naive and simplistic to suggest that there is one universal human quality or trait that is quintessential.

That response may be viewed as a cop out by some. Another may counter argue by saying that whilst human beings are different in terms of values and cultural backgrounds the things that human beings share in common is of far greater significance and are more meaningful than the differences that set them apart.

Others would argue that the moral relativist position is based on the premise that "God does not exist" and therefore cannot be trusted.

Wise or foolish, I am taking the liberty to think outside the box of certain others and to put forward that "yes" there is an answer to the question of what it is that is overwhelmingly significant about human identity.

So what could that be? Is it the ability to acquire and retain knowledge or to exercise great mental or spiritual powers? Is it the capacity to create per se, in other words, what a person can do or achieve? Or is it all to do with position? status? power? charisma or personality? material affluence? perfection of the human physical form? or faith itself?

Wired For True love

From all my research and life experience including working with people of all faiths, cultures and ideological perspectives across more than fifty nations and being married to a Japanese woman for the past 28 years and raising four children, my unequivocal and unreserved answer to the question of what constitutes the essence of human identity is that human beings are designed with a true love nature. In other words an inherent insatiable desire to truly love and to be truly loved. When human beings experience true love as a giver and receiver they are happiest. Simply put, human beings are 'wired' for love.

Before outlining a case for this position it is necessary to briefly define the words: "true love". Is this some kind of idealistic 'pie in the sky' psycho babble practiced by perfect people?. **The answer is that true love is real, it is simple, down to earth and practiced by ordinary people.**

True love is a force that is by nature, unselfish, unconditional, unchanging and eternal. The most widespread expression of true love most evident in our world today is seen in the relationship between parent and child. It is the kind of love that causes a father to dive into a raging river to save his drowning toddler child. It is the kind of love that causes a mother to sacrifice her sleep to wake up at weird hours of the night to tend to a crying child. It is the kind of love that causes a grandmother to work a factory job to pay for a grand child to get the best possible education. These are but a few, of countless examples of true love practiced by ordinary everyday people irrespective of their cultural-religious-racial-national heritage.

The Case For True Love

In short, what are some of the most powerful arguments to support the assertion that the quintessence of human nature lies in the desire to truly love and to be truly loved?

Firstly. If you look to the holy books of the major world religions you will find that true love is the supreme human value. Words such as patience, compassion, respect, sacrifice, service, generosity, humility, forgiveness, giving and so on, when embodied, are simply expressions of true love.

Secondly. If you look to popular culture, it is obvious that the most prolific theme of literature, art, dance, music that has most captivated creators and audiences alike all throughout the ages irrespective of the cultural settings, is love.

Thirdly. In families the world over, what is the glue that binds couples and families together and when misused tears them apart? It is love.

Fourthly. In the world of Creation, from the particle level right up to the planets there is a principle of creation at work where-in all things exist with dual purposes. One purpose is individual or private, allowing entities to maintain and develop their individuality and uniqueness but which is subordinated to a whole or public purpose. Through such phenomena the universe displays a "love ethic".

Life Lesson From A Dog

As I interact with our family dog, Milo, it is clear that he loves to go for a run around the block and take in a myriad of smells, to jump into a body of water, have a feed, a bone to chew on, the chance to bark at passerby's, to dig a hole under the fence, to show off his power by pressing his teeth against a defenceless bird and more. However what excites and causes his tail to wag the most is when he meets another dog

and simply when I am there just for him. Our pet Milo will choose love any day, before anything else. What about you?

What To Do?

1. So what can you take away from this module that can impact your life in a major way?

→ Don't reach the end of your life with feelings of deep regret because you spent the bulk of your life time climbing up the ladder of success (or whatever) only to realize that the ladder was up against the wrong wall.

→ Don't end up lying on your death bed looking into the eyes of your loved ones wishing you had spent more time with them.

→ Don't wait until you are old, grey and wrinkled and then realise when it's too late, that you failed to really give of yourself to others from the core and depth of your being.

→ Don't let your life become a bloody waste!

2. Based on the definition of true love provided in this module and using the three examples cited, please describe your experience of true love as (i) as a receiver (ii) as a giver at any point in your life. How did those experiences leave you feeling? How might those experiences be instructive for you now?

Module #12

The Role Of Family In Search Of My Life Purpose

In reflecting on your life purpose have you taken into consideration whether or not you plan to have a family? If so, what role or value will that family have in your life? Will it be central to your life purpose or an accessory?

This module presents a case for the family given that the family is perhaps the oldest and most fundamental of human institutions and yet has come under serious attack on many fronts in today's modern society.

Simply speaking, increasing numbers of people are opting to live with someone as their 'partner' as opposed to becoming legally married as husband and wife. For many getting married is not cool.

Philosophers and social scientists have long been fascinated by the impact of the family on society.

Sociologist Brigitte Berger points out that the family is the most basic building block upon which all other social forms rest. She says that:

The family is the culture creating institution par excellence

Anthropologist, Margaret Mead says:

As far back as our knowledge takes us, human beings have lived in families. We know of no period where this was not so. We know of no people who have succeeded for long in dissolving the family or displacing it...Again and again, in spite of proposals for change and actual experiments, have societies have reaffirmed their dependence on the family as the basic unit of human living- the family of father, mother and children.

Karl Zinsmeister says that the key to solving social ills is to rebuild strong families. He writes:

There is a mountain of scientific evidence showing that when families disintegrate children often end up with intellectual, physical and emotional scars that persist for life...[We] talk about the drug crisis, the education crisis and the problem of teen pregnancy and juvenile crime. But all these ills trace back predominantly to one source:

broken families.

One could argue from a selfish viewpoint that “what I do has little or no bearing on society” That may literally be the case. However one view point that is popularized and multiplied by a thousand or a million or more people can pose a significant impact in society.

A Quick Overview Of Various Images Of The Family

1. Historically, in virtually every society, the family is defined by marriage, that is, by a publically announced contract that makes legitimate the sexual union of a man and a woman.
2. Social scientists have observed that when families fall apart, so do communities, as crime soars.
3. There is a lot of evidence that reveals that the family has a role in ordering love and sexuality and providing for children and that this is the backbone of a civil and prosperous society.
4. Families contribute to people’s emotional well being. A person’s character and destiny is largely determined by their degree of altruism, empathy and capacity to love and be loved. These qualities are initially developed in the family.
5. Families are the “cells” of community and the “seed beds of virtue”.
6. The family is a cocoon or nest, a place of comfort and refuge from ‘storms’ within and without.
7. The family is the “school of love” which integrates both private and public functions of the family and constitutes the ultimate arena for personal development, particularly in matters of heart and ethical development.
8. Family has become a dirty word for some who have suffered under the yoke of master-servant type relationships. However, a healthier

model of family allows for more fluid roles and an expression of individual needs and desires, opportunities for leadership and ownership development, all of which are subordinated to the greater good.

9. Scriptures of the holy books of the world's religions point to marriage and establishing a family as integral to one's life purpose.

What To Do?

To act as a stimulus for your own individual reflection here are some questions to ponder:

→ In reflecting on your life purpose have you taken into consideration whether or not you plan to have a family? If so, what role or value will that family have in your life? Will it be central to your life purpose or an accessory?

→ What was your experience of family growing up? What were the positives? negatives?

→ What impact might social conditioning have on your views of family?

→ What are the most important qualities would you need to develop should you become a spouse and parent? Would the development of those qualities have a positive carry over to other dimensions of your life? If so, how?