

The background of the entire page is a vibrant, ethereal image. It features a woman's face in profile, looking upwards and to the right. Her face is partially obscured by a dense, colorful cloud of light particles, including blue, purple, and green bokeh lights and streaks. The overall effect is dreamlike and spiritual.

ACTIVATE YOUR *True Calling*

**How To Awaken Your True Purpose In Life
and Do Work That You Actually Love**

What is Purpose?

Cognitive process

Defines your goals

Provide you with personal meaning

Manages behavior

Directs your decisions

Guiding your use of finite personal resources

Different from goals

Goals are more precise

Goals serve to guide our behavior

Purpose is a goal manager

Make it easier to move from goal to goal

Purpose is a three-dimensional continuum

Strength

Scope

How purpose affects actions, thoughts, and emotions

Extent that purpose affects your life

Awareness

How knowledgeable one is about their purpose

Critical Elements of Purpose

Consistent behavior

Help to overcome obstacles

Maintain focus

Seek alternate means

Psychologically flexible

More flexible with changing demands and obstacles

Helps you experience fewer problems

Ability to allocate resources

Time and energy to pursue your passion

Keys to Finding Your Passion

Give yourself opportunities

Must align your identity with your passions
Allow yourself to explore
You may have more than one passion
Look closely at what you're doing
Change your perspective
Question yourself
Set aside time to figure out what makes you excited

Setting Personal Goals That Fuel Your Purpose

Goals help you concentrate your actions and energy
Measures your progress
A gap exists between setting and communicating goals
Importance of Goals
Reflect your purpose
Point you toward the expected quality of performance.
Affects your overall level of motivation
Affects our capacity to perform
Must meet three conditions for setting motivating goals
Must have commitment to reach your goals
Must set specific and unambiguous goals
Must have goal-directed behavior and happiness
Harnessing the Power of Setting Goals

Self-efficacy

The belief that you hold about your ability to perform
Task complexity
Must include short-term goals with complex tasks
Provide immediate guidelines and incentives

Goal commitment

Two main categories needed to enhance commitment
Prioritization
Self-belief
Feedback
Timely feedback needed for effective goal setting

Satisfaction

As your success increase, your overall satisfaction grows

Set challenging goals

Being Proactive

Your own behavior is holding your back from finding your true purpose

Your behavior is a direct product of your choices

Take initiative

Choose your responses to the circumstances around you

Must be able to recognize your personal responsibility

Become more aware of your proactivity

Analyze where you focus your resources

There are things you have no control over

Only worry about those things you can control

Begin with the End in Mind

Helps you align your life with your purpose

Will enhance your personal understanding of your purpose

Design or default

Must develop a sense of self-awareness

Must become responsible for your mental creations

Otherwise you empower others to shape your life

Write your own script

More effective with your deepest values and principles

Develop a personal mission statement

Focus on what you want to be

Focus on what you want to do

Focus on your values

Leveraging Positive Visualization

Visualization is instrumental in achieving your goals

Your mind can't differentiate between the real and imagined

Building a foundation for your visualization

Thoughts can create great change with visualization

Creative visualization

Mental technique

Uses power of imagination to make changes in your life

Can shape your character, habits, and circumstances

Integrating creative visualization in your life

Visualization requires persistence and patience

Should practice for 15 – 20 minutes a day to start

Mastering Personal Management

Helps in directing you on the right path

The planning, organizing, directing, and coordinating aspects of your life

There are four rules of self-management

You must map your life

You must review your assumptions

Discover your strengths and weaknesses

You must organize yourself

You must develop your abilities

Time management is also an essential personal management skill

Helps you organize and execute your tasks

Learning to Overcome Negativity

Will face challenges as you move toward your purpose

Resilience can help you overcome negativity

Personality characteristics of resilient people

Optimism

Independence

Control and responsibility

Developing personal resilience

Incorporate positive affirmations in daily routine

Enhance your communication skills

Improve decision making skills

Leveraging Mentors and Coaches

Has a tremendous impact on personal development

Develop your skills

Improve your performance

Maximize your potential

Become the person you want to be

Learning to Live a Balanced Life

Four dimensions of a healthy, balanced life

Physical dimension

Spiritual dimension

Mental dimension

Social dimension