



FINDING MY PURPOSE

BY:

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Finding my purpose

This new journey started when I joined  and they talked about finding your purpose, writing it down, and then setting your goals.

How could I set a goal when I had no vision of my purpose?

I had a huge problem with this; I just didn't know how to do it. I was still bankrupt and afraid that the future didn't look too rosy for me. I just couldn't think of where I wanted to go when all I was doing at that moment was surviving.

The first task was to understand the difference between dreams and goals. Dreams are what you wish for and there is no time frame. Dreams just sit there, they may or may not happen and you know that, but you just dream about it anyway. I never had big dreams like owning a boat or flashy cars, because to me those things simply seemed out of my reach.

On the other hand there are goals. Goals are an outgrowth of your dreams, but a goal has a specific deadline. So, you dream about something and by putting a deadline on it, it turns into a goal.

For me, I started backwards by setting some goals, as I still couldn't wrap my head around "my purpose." What amazed me when I did finally set some goals, and they were only little ones at first, was after I wrote them down they came true.

What is the difference between a purpose and goal? **A purpose is a dream or goal that is never ending. It has no deadline, no beginning or end, it is a guiding principal.**

That was why I was getting stuck on the "purpose" thing. I didn't know why I was on this planet. I felt I was put here to be more than a wife and mother or friend, but what? What could that purpose be?

As I have said, I have attended many life-changing seminars and Anthony Robbins is just one person who has taught me so much. He took me through the whole process of finding "me," which is a book in and of itself. If you can't get to one of his seminars, then buy one of his books. I highly recommend "Awaken the Giant Within."

I'm not going to take you through that whole journey, but remember it's a step-by-step process. Here we are just talking about finding your purpose, and to get to that purpose we will talk about your values and goals, which are the building blocks of your passion and dreams.

"The mind contains all possibilities."

– Buddha





"Dreams are the fuel that drives you through your life. Dreams are what give purpose and direction to your life. Dreams are what keep you going even when you think you can't."

- Anthony Robbins



How do you think?

Many of the limitations you face in life are self-imposed. What you believe about yourself can keep you locked behind your fears or push you forward into living your dreams. It takes courage and commitment but you can do it. Believe me, I did it, so can you.

I was in this bad space for so long; I had no faith in myself and it is only because I decided to step away from my old beliefs and move forward that I was able to break the chains. I did it because I didn't want to feel the pain anymore, that feeling of failure can destroy you.

I had years of conditioning I had to undo and believe me it wasn't easy. Actually, it was damn hard, not only getting rid of the beliefs, but the whole process. **The key to changing your belief system is changing your thoughts.**

You become whatever you believe you are. So you need to think wonderful things about yourself; if you believe you are worthless you will be worthless. I began to believe I was worth more and could do more, even if I had no idea how to get there.

What you create through your thoughts is a belief system, and that belief system ultimately determines whether you live a successful and fulfilling life. If your belief system believes you are going to live a life of poverty, then you will.

Looking on the internet I came across Orison Swett Marden, who wrote "*How to Get What You Want.*" In it he stresses, *Stop thinking trouble if you want to attract its opposite; stop thinking poverty if you wish to attract plenty.*



Refuse to have anything to do with the things you don't want. Instead you must think about those things you want to attract.

Marden writes about how much our thoughts influence the outcome of our life, for example how often do we hear people talk about someone and mention that everything that person does succeeds or "'Everything he touches turns to gold?' Why? Because, that person can visualise the success of all his work; he is backing up his vision by his efforts.

By clinging to his vision, by vigorous resolution and persistent, determined endeavour he is continually making himself a powerful magnet to draw his own to him. Consciously or unconsciously, he is using the divine intelligence or force by the use of

which every human being may mould himself and his environment according to the pattern in his mind."

Our mind is such a powerful tool. At a seminar I attended they had everyone in the audience hold onto a fork, which wasn't flimsy, and relax our minds. I was told to visualise a big burning ball above my head and feel that heat go into my body, down my arm, into my hand and



then into the fork. It was amazing, I could feel my arm getting hot and then my fingertips got so hot that I just grabbed the fork and twisted it three times, as though it was made of soft metal. Then I took the prongs and bent them back. Once that fork cooled down, there was no way you could move them back. Every now and again I pull that fork out and remind myself just what the mind can do.



Mark Shearon once posed a very enlightening question to an audience, "Are you thinking about what you're thinking about?"

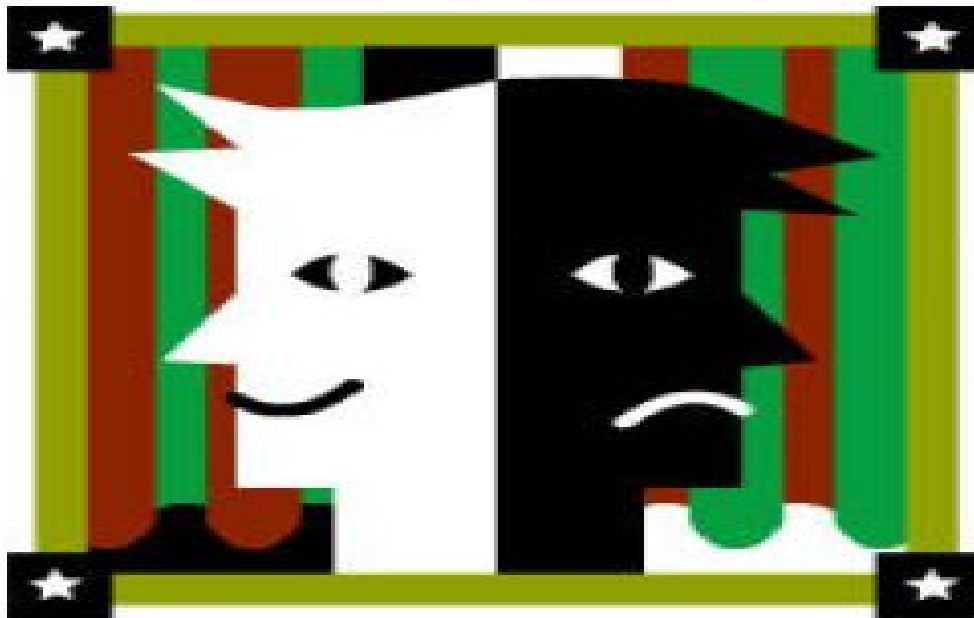
Read that sentence again and read it carefully. It's not a play on words.

"Change your thinking, change your life."

- Ernest Holmes.

"If you think you can, you can. If you think you can't, you're right."

- Mark Twain.



"We are what we think"

- Buddha.



How does a purpose make you feel?

When you find your purpose it's as though a light bulb has been turned on. It pushes you out of bed in the morning. What might have been drudgery for you just a day before is now grand opportunity and discovery, you are on fire. Purpose gives meaning to why you're doing what you're doing. Listen to that voice talking to you.

It pushes your ambition through the roof.

Don't listen to the people trying to pull you off track, criticising you, there are no negativities here, you know what you want and you are going to go for it.

Don't let anyone steal your dream or pull you down, you have now found that passion, that purpose of your life, so now you are going to go for it.

You must recognise the unique gift of "you." You're an individualised, phenomenal expression of life. There is only one of you; you are special because there is no one on this planet like you.

When you have the right purpose, you'll easily develop the right vision. When you have the right vision, you'll quickly recognise the right goal. As I said, step-by-step you will find it, I never thought I would, but I have.

It is like when I was at school, I didn't get good grades in some subjects, mainly because they bored me, but then I got good grades in others because I enjoyed, and in some cases loved, what I was doing.

And this is like life. If you enjoy your "work," for example, that's wonderful, it means you look forward to going to your job. But if you hate it, and every morning when you wake up you are filled with dread.



Your purpose taps into passions, inspiration, and commitment on a grand scale. Being able to know and communicate your purpose, to yourself and others, is what sustains it.

"What you consistently speak with emotional intensity, you will experience, you will create, and you will become.

The words that you speak with emotional conviction become the life you live- this is your heaven or this is your hell."

– Anthony Robbins



How I found my purpose and how you can too

Everything on Earth has a purpose, your purpose will provide your inner drive once you tap into it, and it can give your life immense fulfilment and certainty.


You will have a life full of meaning; we have been put here for a reason, but what is it?

I truly believe we are all on this planet for a reason, a purpose, a mission, and most people have difficulty getting focused on what it is they're here for because they are already doing something else day in, day out.

Working 9-to-5 can often block your progress towards that better and higher use of your time and talents. I have seen it so many times, friends of mine who are talented, but they get stuck or afraid and don't move towards what they really want to do, their purpose. They think, "who is going to pay the bills?" And "it's better to be safe than sorry." They are caught up in the trap of "making a living" rather than "designing a life."



On this journey of finding your purpose, you have to make sure your basic needs are met, but you must understand the difference between what you want and what you really need in order to move forward.

In other words, don't quit your job to follow your purpose if you don't have the money to sustain yourself and your family. This whole journey I have taken, starting with , Rob has always worked and supported me. He knew it was something I had to do and he has never stopped me, and that is one reason I love him so.

Don't listen to the naysayers who complain, "I know what I am good at, and what I love to do, but I can't make money from it." Don't even think about the money side of things. If you think your purpose is drawn towards money, it shouldn't be. You are not here for that.



There are so many people who will focus on you and what you're doing because it distracts them from the disappointment of their own lives, but you're different. You want to be creative, you want to have passion in your life, that fire in your belly that gets you moving.

In order to do this, I had to get rid of all the negativity and that "failure mentality."

What I did was find my purpose, once I had found this I started to create in my mind my vision for the future and what it means to me, how I wanted it to look, what I wanted to achieve, who I wanted to become, and this then lead to me putting a strategy in place and setting my goals. By setting these goals it keeps you on track, and you start to move forward.

Your purpose taps into inspiration, passions and commitment on a grand scale. I am not a creative person, but when I knew what I wanted my creativity exploded. I don't know where all these ideas were coming from, but they just kept coming.



I decided to set up a [website](#) where I would offer free public-domain books; I also wanted to write my memoirs, not just an ordinary memoirs, but one that can help people. Since I have “been there and done that” I wanted to share with people my experiences. Yes, I have been there, but I have overcome obstacles and I wanted to let people know that these can be overcome – and explain exactly how to do it.

My memoirs, combined with the public-domain books such as *Think and Grow Rich* by Napoleon Hill, became my passion and it is my purpose, because I know it will be never ending. The purpose is not setting up the website, it is what I want to achieve with that website, and that is helping people with [Overcoming Life's Challenges](#).

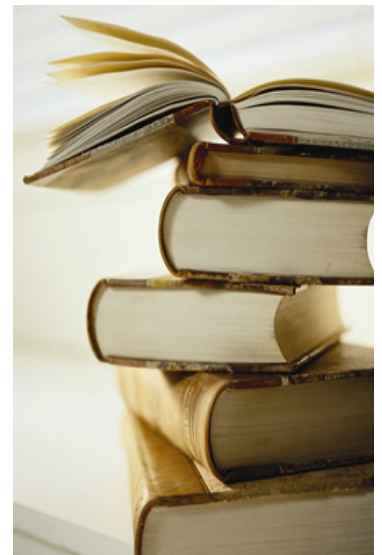
But I had a lot of obstacles. First, I am not a computer whiz. I didn't know anything about websites or where to start. So I began by buying bits and pieces and I

had no idea what I was buying! Everything was so technical; keywords, "adsense," SEO and on and on, I had no idea what they were talking about but I didn't give up.

About six months ago I found a company where for a yearly fee you can buy the steps needed build your own website. As you know, to learn something I have to do it myself. Well, I thought you just "put up a website," I had no idea what I was in for!

It all looked so complicated that I just put it aside and I kept researching and learning. It was really doing a number on my head and my husband said to me so many times, "I can't believe you're still hanging in there!" But I was determined, I had a purpose and that was what was driving me. Then there was another brick wall, and another, and another, and I was crying with frustration, eventually I got through each brick wall, step-by-step and each time I learned a little more.

So then it was time to start building the website, a 10-day process. However, a "day" can be misleading, as "one day" took me two weeks. I am not a patient person, I just want to get in and get it done. But they say take it slowly, which sometimes goes against my grain, and don't rush because if you do you'll have to go back and fix your mistakes, which will take even more time.



Then I had to write this book! So all at once, I am trying to write my memoirs, find out what programmes I need for my computer for the e-books, and set up a website. It can be totally overwhelming some days, but I have my values in place, a purpose, a huge passion, and a goal. With all of that moving me forward, I won't – and I mean *I won't* - ever give up on what I am doing no matter what anyone says or how hard it is. I know what I want and what I want to achieve.

It has been some journey and I really didn't think I was getting any closer, but **I kept breaking it down to small goals and I knew eventually I would get to my big goal.** This is why I am personally involved and focussed on the whole process.





The process to finding your purpose

I would love to share with you what worked for me and the process I used to find my purpose.

I identified a time when I could have a few hours alone and uninterrupted. I found a comfortable spot where I knew that nobody could disturb me. I got out a pen and paper, burned some lavender and I started to think.

I had a lot of "stuff" in my head I needed to hash out. I wanted to find my purpose, and really it wasn't that long ago I didn't even believe there was such a thing.

So, the first thing is to believe that you are here for a reason and identify it. Put aside time when you know you'll be alone. On top of the page write, "What is my true purpose in life?"



Now close your eyes and think about that question and then let the answers flow. Don't judge yourself or think that anything is too silly, just think. The answers can be

anything: words, sentences, drawings, but just write. You may get a lot of rubbish, but eventually the true answers will start to come through. You may get similar answers, it doesn't matter, just keep asking the question and writing.

Think back on when you were a child, what did you want to be when you grew up? Why? Who was your role model and why? Try to understand why you wanted to be this or that.



Think of a time when you were on a roll and thought, *Life is fantastic!*

How did you feel, what did you see, what did you feel? What were you experiencing, what were you doing? Try to smell it, hear it, see it and taste it. Were you writing, singing, dancing? Helping someone?

Are any of these feelings similar?

Now take yourself back to being a child again, a child that can have anything you want. You only have to express your heart's desire and it will instantly be yours. What is it?

If you think of something but some little voice says, "You can't do that," write it down anyway. I have done things that never, even in my wildest dreams, did I think I could accomplish.



Or you may hear nothing but dead silence. You may think nothing is coming through, that this process isn't working; you may get impatient and think this is

ridiculous. Push it aside and keep listening. If there is anything that you write down that brings up strong emotions, circle it and keep writing.

You may be looking for something huge. You may think it needs to be massive, but it may not be. A life of significance is a life of growth and contribution. The biggest struggle will be getting out of the old level, trying to get to the next level; this is the growing process, stick with it. You may be



scared or nervous about getting to the next level, so you procrastinate or not really push yourself. The worst part is getting started; it's not too hard. Just remember why you are doing this.

One thing I will say is don't get so caught up with planning and charting your future that you never begin living it. Smell the roses.



We are also property investors, and yes, I have been to quite a few seminars and talked to many people. You see the same faces all the time and I like to find out how people are doing. Sometimes people are going to all the seminars, reading the books, doing the planning but they just can't step out of their comfort zone and move forward. They get stuck because while they are going to seminars, they do nothing with the knowledge they are acquiring.

What are you willing to sacrifice or endure for your purpose and mission on this planet?

What would you sacrifice in order to move into a new life, in order to obtain your dream of doing what you love every day? Your purpose in this lifetime is to do the thing that you love to do, if you don't love it don't do it, simple.

But without your purpose identified firmly in your mind, you will wander through life, never quite feeling right. There is so much change around us, if you find something internal inside of yourself, it doesn't matter what happens in the outside world this part of you does not change.



You cannot change disasters or death, but you can control what you do. If you have your values in place, and a purpose, all of this will pull you through. When I went through my alcoholism, bankruptcy, etc. I didn't have these ideals in place because I never heard of them. As I said, it was a whole new world to me so it took me longer to get to where I am now. If I had of known of "this world" earlier I believe I would have been successful a lot more quickly.

Discovering your purpose is the easy part. The hard part is keeping it with you on a daily basis and working on yourself to the point where you become that purpose. I have been so guilty with this; don't get so busy with everyday life that your purpose and goals are forgotten, or put on hold as you haven't got time.

Don't overanalyse things. It makes life more stressful and sweating the small stuff gets you nowhere. I tend to be a bit like this and sometimes it can be a good thing, but don't analyse things so much that you do nothing about anything. Don't suffer from "analysis paralysis."

As many wiser people have said: It's not the destination -- it's the journey that counts.s



“What a different story people would have to tell if they would adopt a definite purpose and stand by that purpose until it had time to become an all-consuming purpose.”

– Napoleon Hill



Your vision

Don't get caught up with confusing your purpose with your vision.

In our solar system, the sun is the one stable element around which all the planets revolve. Your purpose is your sun, it doesn't move, it doesn't change. Your vision and its subsequent goals are the planets that revolve around your purposes perimeter.

When you are on your purpose, your goal guides you toward the good you desire. And through the law of Vibration and Attraction, the good you desire is moving in your direction. Keep going through the resistance and as Henry Thoreau said, you will "meet with success unexpected in common hours."

"It's not about getting what you want it's about experiencing what you really need by becoming more."

– Anthony Robbins



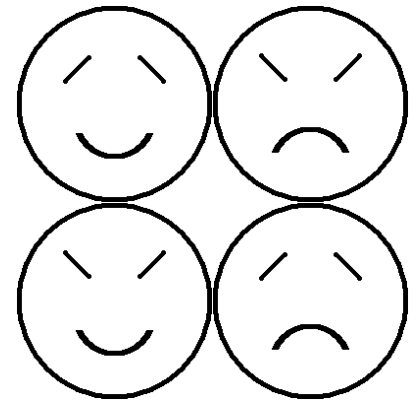
What are values?

Values represent what's most important; those things that bring you alive like nothing else. What gives you an overwhelming sense of love, or peace, or excitement? These are all expressions of your values: they're like light bulbs plugged into your core, waiting to be electrified.

Anything that you hold dear and that you place importance on, it can be called a "value." There are two types of values: ends and means, and most people don't know the difference and experience a lot of pain. So often people are too busy pursuing "means values," that they don't achieve their true desire, their "ends values." The ends values are the important values, as they are the ones that will fulfil you and make your life rich and rewarding.

Our purpose in life is closely interwoven with our value system. Personal values are the core of our personality and play a large part in unifying our behaviours. They are something we instinctively move toward prompted from within.

Our values influence the way we respond to people and events, they are what makes you content, angry, cry or laugh, and motivates you towards certain goals and even influences your choice of career and partners, they are the basis for every decision you make, from the clothes you wear to the vocation you choose.



Our values are what drive each individual's behaviour. Your values points to what is right. Once you understand your values you will be able to make decisions confidently and consistently, and you will be able to explain the reasoning behind your decisions.

Here is an example of values. Sue's boss wanted her to lie to a client, she was so stressed and didn't know what to do, as honesty is one of Sue's most deeply held values. As honesty is one of her values by lying would go against her values so she couldn't do it.

Ask yourself, *what values and virtues do I most admire and wish to incorporate in to my life?*

Do you want to discover your strengths in work, and then what are your values with regards to your life? **The values you choose, and the order of priority you place on your choices, will determine your approach to your life and work.**

If you change the way you think, you change your beliefs and you change your life. Yes you can actually improve your life and your body by having a positive attitude and a positive belief system. With that in place you'll live a healthier, longer life.

Values are the “how” of the process, understand and have them in the right order of your beliefs and you will see your life change for the better.

What are your values?

Your values need to be in order to achieve your ultimate destiny, your purpose.

What values do you need to eliminate in order to achieve your ultimate destiny or purpose?

What other values do you need to add in order to achieve your ultimate destiny or purpose?

Let's look at some values.

Security, freedom, self improvement, financial independence, adventure, honesty, passion, recognition, love, fun, wisdom, integrity, family, spirituality, health, money, accomplishment, power, beauty, to create, To catalyse,, to discover, to lead, to relate, be sensitive, to win, to contribute, to feel, Acceptance, Affection, Being Different, Challenge, Commitment, Change, Courage, Excellence, Harmony, Growth, Efficiency,



Making a difference, Loyalty, Stability, Success, Resilience, Self-awareness, Support, Teamwork, Serenity, integrity, innovation Caring for others, freedom to express our opinions, happiness. Please add

your own and they can be anything we strive to keep or gain. They represent what are important to us. Values can be anything concrete such as money, cars or they can be abstract things like a challenge, or adventure.

Now let's put them in order.

Start with your top ten, for example in no particular order you write: family, security, passion, health, money, acceptance, growth, support, affection, love.

Now let's start with this list, if you had to choose between health and love, perfect health and no love, or fantastic love but poor health, which would you choose?



Now go through the whole list like this so you get to your top five values, but you can have more.

So what do you value most? You might answer love, family, and money.

So love would be your end value, because it is the emotional state you desire, family and money are simply a way for you to trigger the emotional states you really desire.

Then you might ask, *what does family give me?* You might say love, security and happiness. What you truly value, or the end you desire, are love, security and happiness. Then I could say what does money really mean to you? What does it give you? You might say freedom, the ability to contribute, and a sense of security. Again

you see money is merely a means to achieving a much deeper set of values, a set of emotions that you desire to experience on a consistent basis of life.

So often people are too busy pursuing means values that they don't achieve their true desire, their ends values.



What should you do with this list?

First, make your own list so that you have a better understanding of what you really value. Once you have your values list, for the next two weeks, at the start of each day, choose a value from the list and make it your "value for the day." What you're doing, in other words, choosing a "place to stand" for the day.

Let that value become a part of you for 24 hours.



Let your daily value be a compass by which you guide your day. Let yourself align with your daily value. And notice, at the close of each day, what has opened up.

Notice who you now are in relation to you. Reference all your choices, actions, and conversations against that value and you'll notice everything that's not a match. You need to course-correct.

Notice what you've accomplished. Sales closed, smiles received, offers to do new business, invitations. And, of course, notice the feedback from your family, friends, and colleagues.

You may not realise it but your life is guided by a set of core values. We all have a subconscious list, whether good or bad, and it may have come from going through difficult times in our lives, or we may have inherited from our parents, friends or family. You may not be aware they exist. But by going through the list it makes you aware of them. By doing the above exercise you have identified a set of values, life will start to change as you start attracting situations, and people that support that system.

Have you heard the saying when the pupil is ready the teacher appears and it has happened to me so many times on this journey? When I need an answer, it's either in my head or with someone I meet. It is incredible. So keep an open mind and look out for the signs that are trying to talk to you.



Values all share the same goal and that is to provide inner happiness, greater personal awareness, and increase confidence, better decision making, create balance, fulfilling relationships, and clearer direction.

We make decisions upon our values.

They help us to choose between good and bad and they are the rules for all of your decisions and actions.

Your values system also keeps you from making poor choices, which would throw you into personal conflict. Choices, which make you unhappy, and mess everything up.

Well understood and clearly expressed values can propel you through the most difficult change periods, and keep you on track.

Here is another way to use your value list.

The remarkable Benjamin Franklin, (1706 – 1790) a printer by trade, a scientist by fame, and a man of action by all accounts, continues to shape American thinking and action.



Here are Benjamin Franklin's 13 virtues or values. These are his, you should create your own.

1. **Temperance:** Eat not to dullness and drink not to elevation.
2. **Silence:** Speak not but what may benefit others or yourself. Avoid trifling conversation.
3. **Order:** Let all your things have their places. Let each part of your business have its time.
4. **Resolution:** Resolve to perform what you ought. Perform without fail what you resolve.
5. **Frugality:** Make no expense but to do good to others or yourself: i.e. Waste nothing.
6. **Industry:** Lose no time. Be always employed in something useful. Cut off all unnecessary actions.
7. **Sincerity:** Use no hurtful deceit. Think innocently and justly; and, if you speak, speak accordingly.

- 8. **Justice:** Wrong none, by doing injuries or omitting the benefits that are your duty.
- 9. **Moderation:** Avoid extremes. Forebear resenting injuries so much as you think they deserve.
- 10. **Cleanliness:** Tolerate no uncleanness in body, clothes or habitation.
- 11. **Chastity:** Rarely use venery but for health or offspring; Never to dullness, weakness, or the injury of your own or another's peace or reputation.
- 12. **Tranquillity:** Be not disturbed at trifles, or at accidents common or unavoidable.
- 13. **Humility:** Imitate Jesus and Socrates.

He made a point of committing to one virtue each week, so after 13 weeks he had moved through all 13. After 13 weeks, he would start again, so over a year he did the whole process four times.

FORM OF THE PAGES.

TEMPERANCE.

Eat not to dulness: drink not to elevation.

	Sun.	M.	T.	W.	Th.	F.	S.
Tem.							
Sil.	*	*		*		*	
Ord.	*	*	*		*	*	*
Res.		*				*	
Fru.		*				*	
Ind.			*				
Sinc.							
Jus.							
Mod.							
Clea.							
Tran.							
Chas.							
Hum.							

He tracked his progress by using a little book of 13 charts. At the top of each chart he put one of the virtues. The charts had a column for each day of the week and thirteen rows marked with the first letter of each of the 13 virtues. Every evening he would review the day and put a mark (dot) next to each virtue for each fault committed with respect to that virtue for that day.

Industry.							
<i>Lose no time. Be always employed in something useful. Cut off all unnecessary actions.</i>							
	S	M	T	W	T	F	S
T							
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M							
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Of course his goal was to live his days and weeks without having to put any marks (dot) on his chart. At first he found himself putting more marks on these pages than he ever imagined, but in time he enjoyed seeing them diminish. After awhile, he went through the series only once per year, and then only once in several years until finally omitting them entirely. But he always carried the little book with him as a reminder. For years successful people and

businesses have been using values such as strategic planning, mission statements, and value statements. Everyone in their business no matter what level they keep them aware of their long term and short term goals, so that everyone is moving in the same direction.

Here are some guidelines to help you find clarity about Purpose, Values, Mission and then Goals.



What is your purpose?

Purpose – Viktor Frankl was a holocaust survivor, psychotherapist, and author of Man’s Search for Meaning. He knew pain, but he had a deeper meaning even though he was in pain at the moment he believed somehow, someday he would survive, his purpose was to survive and come and share the stories that this would never happen to other people in the future. He couldn’t find the meaning now but found it in the future.



He was an internationally renowned psychiatrist. He endured years of horror in the Nazi death camps and partly because of this suffering he went on to develop a new approach to psychotherapy known as logo therapy. At the core of this theory is the belief that man's primary motivational force is a search for meaning. He died in 1997, aged 92.

“We must never forget that we may also find meaning in life even when confronted with a hopeless situation, when facing a fate that cannot be changed. For what then matters is to bear witness to the uniquely human

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potential at its best, which is to transform a personal tragedy into a triumph, to turn one's predicament into a human achievement."

– Viktor Frankl



"Ultimately, man should not ask what the meaning of his life is, but rather must recognize that it is he who is asked. In a word, each man is questioned by life; and he can only answer to life by answering for his own life; to life he can only respond by being responsible."

- Viktor Frankl



"Be an individual of principle. Identify your values. Consider the timeless principles that govern your life. Hold to the faith of your childhood."

– Art Berg

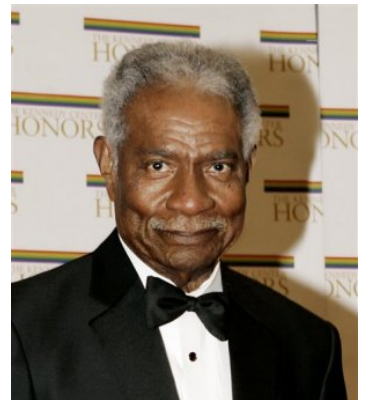


What is your mission?

Mission – This is the complete picture.

Your mission joins the future to the present and moves one to create ways to realise the vision.

Actor and Civil Rights activist Ossie Davis said, "We can't float through life. We can't be incidental or accidental. We must fix our gaze on a guiding star as soon as one comes upon the horizon. And once we have attached ourselves to that star, we must keep our eyes on it and our hands on the plow. It is the consistency of the pursuit of the highest possible vision that gives you the constancy, the encouragement, the way to understand where you are and why it's important for you to do what you can do."



Your mission is your "guiding star."

Write a mission statement for yourself that encompasses your purpose and values. Make sure it's



broad enough to include everything and specific enough that it guides your every action.

Let it thrill you, even scare you with its magnitude. It should be awesome in the true sense of the word.

The mission is the big bold challenging objectives leading to the realisation of your vision. They are what get the fire in the belly. A mission focuses attention and resources upon a specific desired outcome within a given time frame.



You should only have one mission active at a time. What big steps can you take today which will move you closer to your ideal tomorrow? Then post it on your wall or some prominent place, where it will continue to stir and inspire you.

Another great thing I like to do is a treasure map, which is a big piece of cardboard with pictures of everything I want or want to achieve, you can put a time frame on certain things, place it in a prominent place as well, by actually seeing it all the time will urge you on, and it's visual.



What is your vision?

Vision - Your vision should be an image so compelling, so desirable, that it draws energy and motivation to it. **Your vision is how you infect others with your enthusiasm for what you know is possible.**

Clarifying both your vision and strategy will help maximize your motivation and your success, not to mention your health and happiness.



What are your goals?

Goals – Now you're ready to set some milestones that will get you where you long to go. Make them creative, fun, specific, and most importantly, exciting; an expression of your purpose, values, and mission. They should motivate you with a sense of accomplishment.

I'm afraid most people do not follow through with their goals, they don't understand the process of producing lasting results.

This is what I have learned from Anthony Robbins:

Get clear. Take a minute and think where are you now, what did you do in the last year that you accomplished, and had true magical moments for you, is there something here you would like to repeat? Were there any terrible times that you just don't to go through again? What have you learned from them? Make a decision that it will never happen again.



I find that when you make mistakes it hurts so much that you don't want to go back to that place, so you don't do it again. But when you have truly magical moments you want more of, make those magical moments happen again and again.

Get certain. You now know where you are, you have got your values in place and your purpose is now fixed in your mind. You know where you are going. Now get those juices flowing. Think of anything that was just a dream, goal or desire, no matter how big or small. What you are doing is creating certainty about your capacity to take on anything.



Get excited. Now it is time to work out where you want to go. Write down every single thing that you want to accomplish in the next 20 years, and I mean everything and anything you want to do, share, be, give, create, and have. This can be financial, physical, relationship, personal, contribution, development, something you would like to do, learn or enjoy. There are no limits, your mind is free, just write and write. When you have finished the list write next to everything you have written how long it is going to take you to get there, and don't look at it and think, "I can't do that" or "I can't achieve that." That is negative self talk. You "can" do and you "will" do it.



Get focused. Look at your list and identify the top four that you would like to achieve in the next year and circle them. Look at them. Really look at them. They going to get you moving.

Get committed. As I said before, reasons come first, answers come second. Look at these four goals and write why you want to achieve them. Why must you achieve them? Look at them, do you think, "If I want that, I have to do this, and it is just too

hard." If you want it bad enough it won't be too hard and if it is, think of how you will feel when you have achieved it, how proud of yourself you will be.

I feel like this with my book and website. I can see it and I can feel it, and it has been extremely hard, harder than anything I have ever tried to do in my life. It is not just writing this book and setting up the website, it is that I have to take myself back to those places that I had got rid of and it is very soul destroying. But I know I am doing it for a reason and, as I mentioned before, it is because I want to help people. But the satisfaction I will have when I have completed everything outweigh the pain of me being in that place.

Get momentum. Don't just look at this list and do nothing about it. Just because you have written it down doesn't mean it will take care of itself, it won't. So now you need to start to move on making it happen. Don't do it all at once, break it down and work on how you are going to make it happen.



For instance, if you want to lose weight and it's now Friday, you might say, "Oh, I'll start on Monday." I used to do this all the time and then on the weekend I would pig-out because I would "start my diet on Monday." This is why I don't "diet" anymore. Start NOW. it may not be full-on, but watch what you eat until you have bought the healthy



food that you need to begin. Going to join the gym on Monday? Well, get up and go for a walk right now, get the momentum going, get moving.

Get smart. Have you ever made a New Year's Resolution and then you didn't take



any steps towards it? And then you wondered why you never achieved it! This is what most people do. You have made your goal, you have chunked it down so you know how you are going to get there, now along the way look at it and see how it is going. You may want to do this daily, weekly or monthly. Reward yourself along the way, make it fun and enjoyable, if you don't you won't hang in there.

When you sit down to write your goals, write them for all areas of your life.

Body/health/fitness: This is where I have been stuck for years, although I didn't know it. I didn't see the big picture, it was either exercise, or diet. I now realise I have to have the right mindset, right workout, healthy foods and an understanding of food. Why must I have this? Because if I have all of this the rest of my life will fall into place, I will have energy, and I will feel fantastic. I can take on anything. Get into the habit and make it repetition. Do you want to wake up every day feeling energised, powerful and ready to take on a new day? I do.



Relationships: This is all relationships, romantic, family, business, and social. Surely you don't want to learn, grow and become successful and happy all by yourself.



Emotionally: Virtually everything we do is to change the way we feel. Too many of us leave ourselves at the mercy of outside events over which we may have no control, failing to take charge of our emotions over which we all have control and relying on short term quick fixes.

Financially: This isn't just about being rich, it is not the pursuit of wealth, but changing your beliefs and attitudes about it so you see it as a means for contribution, not the end all and be all for happiness. Getting the mind right, it is understanding what people look at, that word "money." It's how to earn more, maintain what you have, grow your capital, keep what you earned, enjoy it



Career/business: Where do you want your career or business to be? Look at other people who have succeeded, learn from them, educate yourself and set a plan in action.

Spirituality: It is about being physically, emotionally, and spiritually balanced, it is about getting to know who you are, and connection with your heart and spirit. It helps us to achieve harmony.

Time/Life Mastery: I am not talking about time management, I am talking about actually taking time and distorting it, manipulating



it so that it becomes your ally rather than your enemy. Learn how to make a real decision and how to manage your desire for instant gratification, which then allows your ideas, creations, and you own potential time to reach full fruition.

Contribution: Whether it is to leave your mark, create a legacy that makes a true difference in people's lives, or do charity work. Don't expect, if you give you are doing it to get back, do because you want to, you want to make a difference. One thing we love to do and get great pleasure from is going to Bali (usually once a year). We have a very special taxi driver named



Wayan, we have met his family and we try to help him out as much as possible. We always have one suitcase full of clothes, exercise books, pencils and other surprises for him and anything he doesn't need he takes to his village. We are both paying it forward. We always take him food shopping for his family and because he looks after us so well we give him extra money. Any one that we know that is going to Bali we give them his name, so it is not only helping him, but it helps the people he looks after. You get such joy when you can help someone.

"The major value in life is not what you get. The major value in life is what you become."

- Jim Rohn



Setting your goals

A goal isn't a dream; you don't just think about it and expect it to happen. A goal needs to be concrete, a well defined goal and the people who most often reach their goals, have them written down and develop a plan of action of getting there.

Never set a goal without sitting down and writing down why you what to achieve the goal, reasons come first, answers second.

A goal just doesn't happen, there is a process. You have your values, desires or passion and that sense of purpose. So you could say the goal is the "what", the values are "how" the purpose is the "why".

Now take action, you have planned your work, now work your plan. Step by step

Next review the results, mark a date, say the end of the month, and monitor your progress by comparing your plan with actual measured results. Keep it real, don't deceive yourself.

You may need to revise your plan. You may need to tweak it a little, but don't change it, change only the means to achieving



the goal, which is the tactic. Determine what works and what doesn't. Change something if it needs to be changed.

Make goal setting a habit, and do it regularly.

Your vision comes into focus providing a clear view picture of the outcome.

Do you really know what you want to achieve? Have you really thought about who you want to become?

Looking on the internet I came across the easiest way to set goals and it is the S.M.A.R.T., way put forward by the



Franklin Covey®

Specific -- Define precisely the objective or outcome you want.

Measurable -- Define objectively how you will know when you've attained it.

Action-oriented -- Use action verbs to describe the steps required.

Realistic -- Confirm your belief that the goal is indeed possible.

Timely -- Set a deadline for reaching your goal.



The reason for this chapter

I can honestly say it hasn't been easy, but it is, and has been, a pleasurable journey.

My true purpose in life is to enjoy the journey.

The ultimate pleasure in life sometimes requires short term pain to get to it and that ultimate pleasure is who you become.



To me, being able to know and communicate my purpose to others as well as to myself is what keeps it alive.

All the pain I have been through, all the challenges I have come across, have been for a reason. I have been able to help my children on their journey of self discovery, and with all the knowledge I have acquired my purpose in life is to help and inspire as many people as I can.

**I look at it this way: How can I use
this pain to move forward? Learn from it.**

How I am now, I don't look back and dwell on the past. I am here now, but I live in the future, I am always one step ahead of myself. I need challenges in my life and by looking for them I am always growing. I am always creating, modifying and improving my vision of the future.



Life begins when you open your true nature.

Self esteem comes from doing hard things.

Begin by caring for another person more than yourself.

Every great journey begins with a journey of possibilities.

You must begin to live as if your prayers are already answered.



***“When you want something, all the universe conspires in
helping you to achieve it.”***

– Paulo Coelho

“Chunk-Down that Goal and Get Out of Overwhelm.”

by Jack Canfield



"Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow."

– Melody Beattie

For more help on Goal Setting visit:

http://www.1000ventures.com/products/personal_success360.html