

# **BE YOUR PURPOSE**

**Purposeful Living**

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**CJ HAMLIN**

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*Be Your Purpose*



Gova Sports

*Be Your Purpose*

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Second Edition

This title is also available in an audio edition.

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## ***Introduction***

The title of this book is, *Be Your Purpose*. I chose this title for a very important reason. Your purpose in life is not to be thought about, wished for, studied, or thought of only occasionally. Your life purpose is intended to **BE**. You were designed to *Be Your Purpose*. This means that you have to actually do something about it. This is the difference that separates mediocre living from living like a champion.

I wrote this book in a simplistic format but with very deep and thought provoking ideas that I hope will challenge you. I don't want you to just read the words here. I want you to interact with them. I want you to take action. Please use the worksheets in the book. I know that you will have much better results if you write your thoughts down and follow the worksheet instructions because doing so will generate momentum. You can find additional worksheets and purposeful planning tools on the website, [www.gova.us](http://www.gova.us)

My goal is to help you discover your life purpose so that you can experience the joy, hope, gratitude, and excitement that comes

with knowing why God put you on this planet. I want you to start living a purposeful life. I am going to give away the secret to living at the beginning of this book rather than the end. Are you ready? **The secret is this: Your life purpose is not all about you.** The purpose of life is more significant than your own personal success, promotions, achievements, money, or power.

***You can Be Your Purpose.***

To be your purpose means that you are present and **existing** in your life mission. It means that you are following your beliefs and convictions with **intention**. When you find your life purpose, grasp ahold of it tightly and let nothing distract you from it.

**Do you...**

Want to find your purpose in life?

Want to know if you are living your purpose right now?

Think that you don't have a purpose at all?

Think that you found your purpose but still don't feel happy?

Then keep reading.

One of the biggest questions in life is, "**what is my purpose?**" I would argue that it is also one of the most **significant** questions. Maybe you don't really believe that we each have a "purpose" in life. Maybe you think that searching for your purpose is inconsequential or just a waste of time. **I want to change your mind about that.** Why? Because finding your purpose in life will catapult you into **victorious** living. Once you find your purpose for living, you will be able to better inspire the people you care about.

## ***What is a Life Purpose?***

The most incredible thing about the purpose of your life is that it applies to everyone regardless of religion, location, or education. It doesn't matter how old you are or what chapter of your life you are living in. Whether you're 15, 20, 30, 40, or 80 years old, finding your purpose should be a priority. If you desire to live a meaningful life where you feel good about what you do, then a life purpose is just what you need. Some people call it a "Life Mission Statement, life direction, a calling, or The Why." Whatever you decide to call it, finding your life purpose is a journey that brings both disillusion and rewards.

Having a life purpose serves as a laser-like guide that points you towards the most impactful decisions and rewarding experiences. We all tend to get wrapped up in the busyness of life. Sometimes life seems to come straight at us with dangerous speed and unpredictable changes. All of the stuff that we deal with in our lives can bog us down and make finding our life purpose very difficult. It is entirely possible that all of the stuff that you do, the goals and tasks that you have each day, and the things you do in your extra time have absolutely nothing to do with your purpose in life. This is the biggest problem for most people. We are weighed down with all of the things that we **think** we are supposed to be doing. Meanwhile, our life purpose is still out there just waiting to be found and all the while we never feel completely fulfilled. I call all of this stuff, "**The Sand in Your Sack.**" Sand is very heavy and has little value. We carry around a sack full of sand on our back all day. Our backs ache and our energy is spent trying to get this useless sand from one place to the next. Instead, we should be loading our sacks with useful, meaningful, beneficial, and helpful things that will weigh you down far less. When you find the purpose in your life and take action on it, you will notice that it doesn't weigh you down at all. You will feel the weight of that useless sand lifted off of your back and exhaustion will be replaced with an energy that you never knew you had. Sometimes we carry around all of that heavy sand for so long we almost get used to it. Then, 20, 30, 40 years later we realize, "this isn't really what I want to do with my life." **Don't wait any longer to find your purpose.** It's time to dump out that sand and lighten your load.

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***"If the ladder is not leaning against the right wall, every step we take just gets us to the wrong place faster."***

***Steven Covey***

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Unfortunately, there aren't any flashing neon signs that can tell you what your life purpose is. So how then does one know if what they are feeling is really a life purpose? **How can we find our purpose?**

***A life mission sounds like this:***

- ***"My purpose is to inspire others and foster originality one person at a time."***
- ***"My purpose is to help people that had a difficult childhood break through the barriers in their life and help them find hope and mentorship."***
- ***"My purpose is to educate people about healthy lifestyles. I will help people with their fitness goals and show them which foods are most nutritious."***
- ***"My purpose is to be an advocate for animals and educate others about the best ways to care for them."***



- ***"My purpose in life is to care for elderly people and make them feel comfortable."***
- ***"My purpose in life is to use my humor to make people laugh and have fun."***

Having a life purpose doesn't by any means suggest that all of your problems will suddenly vanish leaving you in a paradise setting with nothing but rainbows and smiling people. Rather, knowing your life purpose means that you can be more effective, more impactful, more focused, and have more fun doing what you do. When you have a life purpose and understand what your mission is, you will have laser-beam focus on your goals. Having a life purpose will **inspire** you to set goals that are meaningful and properly **aligned with your beliefs**. Without a mission in life, our goals are scattered and murky.

**Your goals in life, long-term and daily, are drastically influenced and formed by your purpose for living, or lack thereof.**

**Living with a purpose = meaningful goals that are most often completed.**

**Living without a purpose = vague goals that are rarely completed.**

**Living with purpose is powerful.** Knowing your mission in life will generate accuracy, clarity, and transparency for you. The decisions that you are faced with will be more easily deciphered, and the answers to your questions will be presented with comprehensibility.

**You can live your life walking on a clear paved road with meaning and direction or a dark, bumpy trail with triviality and confusion.**

When you decide to go after your purpose in life, you will initially be met with obstacles. When you start jumping those hurdles, you will be met with direction and meaning that comes clearly and quickly. When this happens, you will no longer want to waste your time on a job that you don't love. You will have a burning desire to work towards a career that has significance to you and your purpose. **The idea that money equals purpose will completely evaporate.** The idea of being around people that are not compatible with your purpose and beliefs will diminish. Instead, you will be inspired to find like-minded people that are on a similar journey. When you lock minds with purposeful people, you will feel a jolt of energy and enthusiasm rather than the negativity and lethargy that people without purpose bring.

When you are hot on the trail of your life purpose, you will feel a natural **outpouring of energy** that seems endless. For me, the energy generated by my life purpose is like a bee hive with an endless supply of honey. I feel excited and stimulated about my life and love my work. I move with a purpose and treat people with respect *on* purpose. I look forward to working and inspiring others and when I sleep I dream about my life purpose. This is what having a life purpose feels like. However, if you feel like life is a drag and look forward only to the weekends so that you can watch your favorite reality TV show you might not have found your life purpose yet.

Sometimes your regular job can be distressing and unpleasant because it is not at all aligned with your life purpose. **If you hate your job right now, I have two simple recommendations.**

1. You can still go after and find your life purpose even if you hate the job you have right now. Just because you have a job that you don't necessarily like doesn't mean that you can't live with purpose. Some people stall and procrastinate on finding purpose in life because they have a job that isn't a good fit. Bring your life purpose to work! That's right, do your best to inspire and be happy at work because you know that you have a bigger and better purpose.

2. Don't allow your job to be a wall that separates you and your life mission. Don't let your stressful situation, whatever it is, win the battle. Do what you have to do at work and do it with a smile and positive attitude. Meanwhile, focus your energy and invest more time into finding your life purpose. Once you target your purpose, you will be able to build your own empire which will negate the need for a job that you hate.

### ***Is success your purpose?***

Many people believe that the end-goal of success will unveil their purpose. In other words, they clutch at the idea of finding some kind of success as an end in itself. Consequently, people create an upheaval of real purpose and ignore true talents and passion.

**Success is a journey.** The journey you have on the road to success is full of rewards and excitement. If you don't feel any honor or enthusiasm along the way, you should probably re-calibrate your journey and path. Your compass might be broken. You will have a lot of small successes during your life. **The biggest success will come as a result of doing what you love - your life purpose.**

**Your life purpose is not wholly contained in any sort of success, rather, success is a likely outcome from living with purpose.**

First, I recommend that you define what success means to you. The most important part of defining success is understanding that success should be measured by you. Success is the volume that you measure. Your life purpose is the instrument that holds or contains that success. Your life purpose enables true and meaningful success. Everyone has their own definition of what success is in life, in business, in school, and in relationships. But nobody should determine what your success should or shouldn't be. Your life purpose and scale of success is yours, not theirs. Don't let others distract you from defining meaningful success.

## ***Fabricated Purpose***

Most people are influenced and manipulated to believe that they should have a *certain* purpose. The simple truth is; nobody knows your mission but you. We can get advice or opinions from other people about our strengths, but we should never allow someone else to direct us to one purpose or another that we don't feel comfortable with. We are conditioned from a young age to believe that our purpose is to go to school, acquire as much money as possible, and then retire. Your closest friends and family will try to impose a purpose upon you. This can be very confusing and misleading. When a life purpose is pushed on you without your own will, it is most likely a fabricated purpose.

The society we live in is infamous for imposing life purposes on people. It is usually quite subtle and happens slowly. The majority of people rarely give much thought to the purpose that has been imposed on them. If you don't feel a burning passion, a desire to do more, a feeling of joy, a yearning to help other people, and a pang of hunger to learn more about what you are doing, chances are you are not living with purpose. You are probably unconsciously adhering to an imposed purpose. Most commonly, these imposed purposes have to do with materialism, money, power, greed, and lust. If rather, what you are doing right now is a result of finding your own purpose based on a **conscious evaluation** of your calling, your mission, and your passions to help others, you are living with purpose. The time you invest, the money you spend, and the people you associate with are a **life purpose compass**. These things are excellent indicators that will reveal whether or not you are living with purpose. Fabricated purpose feels dull and ensnaring. **Real purpose is liberating** and vibrant. Fabricated or fake purpose produces confusion and chaos. **Real purpose cultivates a burning desire for clarity, a fire that produces precision, a spark of creativity, it ignites an explosion of direction and meaning in your life, and a blazing thirst for more of it.**

Clearly, we know that having a life purpose is a good thing. Now, how do we find our life purpose?

### Ask yourself these questions:

*What do I love doing?*

*How can I help others?*

*Where is my heart?*

Take a moment for a *purposeful pause* here and quietly think about these questions. Before you answer them, remove all of the outside influence and dictated ideas that might be clouding your thinking. The answers to these questions will serve as a guiding light on your journey to finding your life purpose.

### *These are my favorite ways to zero-in on a life purpose:*

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I struggled with finding my life purpose for a long time. Through trials and challenges, I learned **where** my purpose was, **why** I couldn't find it, and how to polish it. I know what works and what doesn't. Now, I know the most advantageous approach to locating your life purpose and the most effective way to do it. Some of these techniques may seem a bit radical or "against the grain", but I encourage you to give it a try. An **objective** and **nonpartisan** approach to ideas and thoughts is one of the greatest skills that I have developed. Please be open-minded and willing to try. You will be glad that you did.

### ***Focus on your strengths***

We all have special talents and gifts that come naturally to us. Sometimes they are all too obvious to us and may even seem insignificant. We often don't realize that what is overt and normal to us might in fact be rare and treasured. To others, our talents and skills are valuable and appreciated. Focusing on your strengths is a wonderful way to find your life purpose.

The problem is, for most people, we allow our weaknesses to overshadow our strengths. We focus on the weak areas in our life and forget to nurture and fertilize our strengths. Remember, your strengths come naturally and make you feel happy. Your strengths make **others** feel good and inspire them to be better. Your talents and strengths can often be used to generate income too, but we let fabricated purpose stand in the way of that. Identify your strengths, write them down, and then start exercising them. You may find that your life purpose has been hidden in those strengths the whole time.

Some strengths or talents can be developed over time and with incredible dedication and determination. It is a great idea to develop your skills. It is a **bad idea** to spend years and years of your life building a skill only to learn that you don't enjoy it. **How can you prevent this?** Focus on the natural skills and talents that you innately are blessed with. Build and grow those strengths that make you happy; the skills that you truly enjoy. Avoid



getting sidetracked by imposed ideas or talents that get forced on you.

When you find your life purpose, you will instinctively want to pursue it. You will naturally want to spend more time developing the skills and talents that surround your life purpose. **Then, you will feel your wings open, and a strong wind pushing you from behind. You will soar into victorious living and inspire others along the way.**

## ***Don't Fear Failure***

I see it all the time. Someone identifies their life purpose, but they get stopped in their tracks because they are afraid that if they pursue it, they might fail. Do your goals and desires to follow your purpose get paralyzed because you have a fear that you will experience some degree of failure? The presence of fear is normal and natural, however, having fear stand in the way of your victory is not acceptable. I want to help you with understanding the best ways to handle fear and move forward.

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**F: FRENZY** (ALL THE STUFF IN YOUR MIND THAT MAKES YOU FEEL AFRAID TO MOVE FORWARD)

**E: EMBARRASSMENT** (ALLOWING THE OPINIONS OF OTHERS TO CREATE ROAD BLOCKS FOR YOUR JOURNEY)

**A: ABSTRACT** (GOALS THAT ARE EXCESSIVE, NOT REASONABLE, NOT SPECIFIC)

**R: RUPTURED** (THE INABILITY TO MOVE DUE TO A BREAK OR SPLIT IN YOUR PLAN)

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Have you ever wondered what would have happened if you had actually moved forward with the goals or ideas that you had? All of the business plans, self-improvement goals, volunteer work, fitness goals; and dreams you had that never happened because fear of failure got in the way. What if you actually did it? Would it be successful? Would it really work? What if it didn't; would you get up and try again? I recommend that you write down all of the reasons, people, or thoughts that stopped you from following through on your most recent goals. This will help to identify the wall that is blocking your life purpose.

Do you have doubt in your abilities? Read the following slowly and carefully: You have extraordinary value and others need it. You would be doing the world a disservice if you starve it of your talents and ideas. You have talents and unique skills that make you special and valuable. We tend to be our biggest critic when it comes to moving forward with our goals and ambitions. Stop doubting your abilities right now and **start moving forward towards your life mission**. Don't let any outside voices get in your way from experiencing your life purpose and victorious living. Don't allow fear to control you any longer. Right now, this is the time for you to evict *fear* **of failing** from your life.

**Failure is a valuable part of your success. Don't fear it.**

## ***Get physical***

Moving forward toward your life purpose takes motion. It requires real physical action. This action creates momentum that carries you to places that you have never been to before. Real physical action shakes off all of the fake purpose that might have been imposed on you in the past. Once you take that first step forward, you will gain **courage** and **valor**. With this courage, you will be equipped to battle any obstacles that stand in the way of you and your life purpose.

**Energy that moves you forward: create change with motion.**

It sounds very simplistic; however, your physical energy controls much of your destiny. Getting active while pondering or planning your next step will create instant change to the current situation.

This leadership fundamental directly correlates to what I call, "**Moving With A Purpose.**"

Get excited! Bring your energy about your life purpose in the form of excitement. This acts as a contagion for your family or people that you influence.

Instead of standing in one place wondering what will happen if you make that next move, **get up** and **get physical**. Yes, I mean real physical movement. This will create amazing momentum that will help to pull the sheet off of your purpose, exposing your life mission.

**Physical action = Progress.**

Are you ready to get physical?

Its time for action. I challenge you to write down specific ways that you can create an action that will move you **forward**. Keep it simple. These should be measurable movements that will launch

you beyond the fabricated imposed purposes and towards your real life purpose.

Like a key that unlocks a chest full of treasure, *Purpose Keys* are the keys that can unlock your life purpose. Have you felt an urge to act upon your conscious discernment? Sometimes we know that the key exists but we are afraid to unlock the chest. Thoughts like, “what if it doesn’t work”, or “this isn’t realistic or responsible” (in the eyes of judgmental, materialistic society) might be running through your head. If you’ve identified a key, then you need to start unlocking things. The key might not fit at all, but trying is the best way to learn. Will you commit to trying?

Take a *purposeful pause* here. Think about what you can do that would be a real physical movement. How can you create a motion that generates momentum? Below are a few ideas:

- You enjoy working with elderly people and think it might be a **key** to finding your life purpose. **PHYSICAL ACTION:** Get up, go to the local nursing home and volunteer. Ask a church if you can provide transportation for elderly people. Ask your elderly neighbor if you can pick up groceries for them. Get physical. Do something that creates motion and momentum.
- You love being outdoors and have always wanted to have a farm. You think this might be a **key** to finding your life

purpose, but you live in an apartment and don't have access to land. **PHYSICAL ACTION:** Get up, go to the local feed store and post a sign advertising your desire to learn about farming. Look for a local farm offering free classes or internships. Or, start growing tomatoes on your apartment balcony. The important thing is to do something physical rather than just wishing and waiting.

- You have always dreamed of being a florist. You love flowers and enjoy arranging them in beautiful bouquets. You think this might be a **key** to finding your life purpose, but you don't have the money to start a business or buy the expensive flowers that are needed. **PHYSICAL ACTION:** Start small by growing your own flowers or asking a local community garden if you can grow flowers there. Then, make your gorgeous arrangements and give them away to cancer patients, nursing homes, and as gifts to friends and families. People are bound to notice your talent. You will be doing what you love and bringing joy and smiles to others at the same time. **Doors will open**, and momentum will create incredible opportunities for you. **Taking just one step ahead can provide the energy needed to propel you into your life purpose.**

Write down your ideas and include a target date of completion.

***Embrace challenges***

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*"Adversity is the ultimate catalyst for finding your purpose. Challenges in life push us to purpose."*

*-CJ Hamlin*

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I have found that the greater the difficulty the closer you are to the **birth of purpose**. The disappointment, the betrayal, the hard times...these are understandably difficult to deal with. But with the right approach and the correct mindset you can use these turbulent times in your life as fuel that can propel you right toward your life purpose.

Some of you have experienced failure and extreme challenges of some sort in your life, and you've given up, thrown in the towel, raised the white flag, and surrendered. But I want to tell you today that it is **not** over for you. There is something better planned for you. It is healthy and good to be aware and even appreciative of our failures. Because sometimes our failures make us take our eyes off of what is good and onto what is better! The enemy wants you to focus in on your failures and challenges so that you miss out on that which is greater. When you experience terrible hardships and failure in your life, I want you to

remember two things if you remember nothing else: **failure first of all does not have to be final.** And it doesn't have to be fatal. **If you are going to fail, I suggest that you, at least, fail forward.** One of the greatest lessons learned is just because you have experienced failure and hardships in your life one time, two times, three times, four times; it doesn't make you a failure. If you put on a pilot's uniform, that doesn't make you a pilot either.

Allowing failures and challenges to weigh you down blocks your purpose. When you are faced with challenges in your life, embrace them knowing that they will most likely help to reveal your purpose. Keep moving forward. Never stop. During these hard times, I highly recommend that you talk with a close friend, pastor, or family member that you trust. Communicating our thoughts, ideas, and feelings is an important step in the right direction and a necessary part of overcoming challenges.

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*Allowing failures and challenges to weigh  
you down blocks your purpose.*

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***Escape from the box***



We have boxes all around us that we are raised to believe must be kept in place. We live in the box where we are fearful of stepping out because we don't want to take risks. Or, we are afraid that we will upset someone if we do anything different from the societal norm. Maybe you don't want to upset your parents, or maybe you just don't know how to get out of life's box. We are trained to stay inside. We carry around a box in our hand (cell phone), we drive to work in a box, we sit in a box at work (cubicle), we stare at a box all day (computer), we eat lunch out of a box, we drive back home in a box, we watch the news on a box, we sleep in a box, then we do it all over again.

When someone tells you that you shouldn't do anything outside of that box, you listen to it and take it personally. You are told that anything outside of the box would be irresponsible and capricious. You listen to broad generalized statements and think that they are about you and for you. You listen to societies ideas and the media's message that you aren't good enough, you're too fat, too short, too tall, too good, or not talented. You take this personally because you are living in that box where purpose doesn't exist. This weighs down most people and holds them from moving forward like a boat anchor.

When we live inside of the box, we are concerned with our pleasures and comfort. We are **fooled** into chasing material possessions and living up to the expectations of our friends and

neighbors. We spend our time and money on things that make us feel as comfortable as possible. We avoid risks and stay right in the box with no view of real purpose. Ultimately, this leads to a lack of exercise, unhealthy foods, and chronic illness. **Living inside of the box breeds procrastination, entitlement, and fear.** When we finally break out of the box and live a selfless, sacrificial life, we will see incredible things. Once you step outside of the box, you will shed the self-centered, narcissistic approach to life and embrace compassion. Those negative comments that people make won't be taken personally anymore and the idea that you have to stay "comfortable" will be replaced with a desire to experience excitement and opportunity. Once you fold up your box and send it to the recycling bin, you will realize that temporary pleasures are just a mere passing physical sensation that can be controlled. You will understand that your personal desires are quite trivial. **True compassion is the desire to help others before yourself. Acting out compassion brings unparalleled joy.**

**How do I get out of this box?** You can start your escape from the box by tuning in to your discernment. Find a quiet place without any worldly distractions. Stay quiet and focus on the sound of silence and nature. Concentrate on your thoughts. Be still and **listen to your life.** The important point here is to get away from the chaos surrounding you just for a moment so that you can listen for answers and direction. The distractions around us nowadays are unparalleled and destructive.

Life outside of the box is full of selfless acts. Try to understand and feel the pain and sorrows of others. This takes some practice because we have been programmed to block out this spiritual sense. With some time and a little effort, you will break through the programming and revert to the organic and natural desire to help others. Ask yourself how you can curtail the suffering that other people are experiencing. How can you help? Often it can be as simple as just listening or smiling. There is nothing more rewarding than making the lives of other people a little bit better. Try your best to repeat this process each day and you will get better at it. Then, that box you've been trapped in will start to decay and unfold allowing you to step out and experience the **power of purpose**.

## ***Will Money Give You Purpose?***

Growing up in a typical American middle-class family, I never really knew what it was like to have significant wealth. Every so often we would all load up into the van and go out to eat at a chain restaurant to celebrate an occasion or event. At that time, eating out at a restaurant was a big deal. My parents worked very hard for the lifestyle that we had. As I got older, I wondered what it would be like to "be rich." I was curious at how it must feel to have fancy cars and big houses. Would all of that make me happier and a better man? Would it lead to a **purpose-filled life**? Interestingly, I don't remember what I ordered at those restaurants or even if the food was good or not. What I do

remember is that we laughed a lot, enjoyed being together as a family, and made great memories. Likewise, I have little to no memory of the toys or new gadgets that I got as a kid. What I do remember are the family vacations and unique experiences that we had.

For many young people, we are fooled into believing that our purpose in life is to get the best job possible and make the most money possible so that we can retire. This is what "purpose" looks like for most people. This is also the snare that traps and distracts people from finding true purpose.

I got my first job when I was fourteen years old. I was driven by the idea that money could make me happy and was my purpose in life. I was motivated and excited to earn money for myself. I spent ten years working as much as possible so that I could spend as much as possible. Like most people, I thought that buying the latest and greatest television or smartphone would make me happy. Sure, those shiny new toys made me happy for a while, until the newer model came out and then the one that I had wasn't so appealing anymore. The bigger problem was that I bought most of these items using borrowed money. I never found that elusive "happiness" or "life purpose" that was rumored to come with more money; quite the opposite. The stress and frustration that is felt when you are anchored down by debt can be unbearable. When you become buried in debt, the emotional

anguish is discouraging and demeaning. Your ability to focus on real life purpose and your life mission become clouded and polluted. Have you experienced the feeling of having credit card bills and loan statements pile up knowing that you can't pay them? Did you spend thousands on a college education only to learn that what you studied has nothing to do with your life purpose? That certainly is not happiness, but for most Americans this is the path that they choose in order to find their purpose in life and the happiness that they are searching for. This is mostly an imposed, dictated purpose.

Many even borrow money in an effort to find purpose in their life. It is quite remarkable how the human mind works when it comes to borrowing money. We truly don't consider the fact that we will need to pay that money back. We don't think of the future, rather, we think about instant gratification. You Only Live Once. This idea has never been more rampant and attractive to young people. The idea that you should spend aimlessly today because you could be gone tomorrow is fueling an economic landslide, tearing apart families, and bankrupting people at a very young age.

So, will money make you happy? Is earning the most money possible your purpose in life? Money is the means by which we can obtain the things that we think will make us happy. So it's not the actual bank statement or dollar bills that we have that brings

happiness. Money is what we need to get the material things that we desire. The bigger house, the fast boat, the new car, and the latest smartphone. We often justify borrowing the money to make these purchases with the thinking that it will make me or my family happier. We feel happy when we sit on the leather in that new car and breathe in the "new car smell". Then, we feel stress and frustration when the loan statement arrives. As our possessions grow, so too do our aspirations of obtaining more and more. This desire to get more things leads to a loss of time and a is a long detour to finding your purpose in life. We trade our precious time for money instead of making our money work for us. We give our time to jobs so that we can have more money and consequently miss out on creating the experiences that foster long lasting joy. This economic circle of personal debt is a learned behavior. We pick up these habits from the people that raise us and then they are reinforced by the schools that we entrust to teach us. These are the ideas that are imposed on us. **These are fabricated life purposes.**

**Important:** It is not money or the ability to get the things you want that will help you find your life purpose or bring happiness. **Lasting happiness** is found in the experiences that we have with our faith and the people that we love. The time that we spend with the people we care about will outlast the gadgets and toys that are destined for the landfill. The time that we invest in our faith and family is what brings true and lasting happiness. **Your mission is** to avoid the snares of debt and consumer

commercialism that are trying hard to sidetrack you from your purpose in life. Whether you have debt right now or not, express gratitude for what you do have and be appreciative for your health. Focus on strengthening your faith and the relationships that you have with the people that you love. Do this, and you will experience real and enduring happiness. Do this, and you will be much closer to finding your purpose in life.

“Do what you love and the money will come.” I’m sure you’ve heard that before haven’t you? It is true for a lot of people. A much more accurate and healthy approach is, “Do what you love and **happiness** will come.” Yes, it’s nice to have money but making more money will become an afterthought if you discover happiness in what you do. I recommend that you uncover your life purpose and aim your attention at helping other people in some form or fashion. Turning your purpose into a job creates happiness and enthusiasm, happiness and enthusiasm attract paying customers, and paying customers bring more money. Doing what you love and living in your purpose is worth much more than six figures!

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**Do it for money and turmoil will  
come. Do it with purpose and  
happiness will come.**

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## ***Your Purpose Preventers***

Chances are, you really want to feel purposeful in life. You have big dreams, bright ideas, and even a list of goals that you want to achieve. You know that you need to grow and develop as a person to achieve success, but you just can't seem to gain any traction. Like me – and most people that have searched for purpose – you probably have a few false assumptions that are acting as a preventer for your purpose. Recognizing your purpose preventers is a magnificent way to unveil your life purpose and discover your calling in life. Have a look at my top three **Purpose Preventers** that might be blocking your ability to live with intentional life purpose.

### **1. Automatic Purpose**

So many things in life happen automatically without our doing or intervention. You sit down in your car and with a turn of a key or a press of a button an engine cranks up and you can drive away, automatically. As children, our bodies and thought process grows automatically. Your social media feed updates automatically, your coffee pot can be set to brew in the morning automatically, seasons come and go automatically. Our bodies change with time, and our hair becomes gray. Politicians spend tax dollars and



grow our national debt automatically. We go through life expecting things to be automatic and cringe at the idea that we might have to do any actual work to make things happen.

The weeds in your lawn grow automatically unless you use bags of herbicide and chemicals. This can be a very tedious task and is also not good for the environment. However, if you keep your grass strong by cutting it regularly, watering it appropriately, and feeding it with organic compost, the grass will grow thick and strong. Strong grass keeps annoying weeds out, naturally. This same idea can be used for the growing of your purpose. Rather than focusing on the weeds in your life, pay more attention to the grass. The strengths and talents that you have should be nurtured and built upon so that they can become strong and vibrant. Stop dumping herbicide and chemicals on the weeds in your life and start fertilizing the grass instead.

For most people, your purpose won't appear automatically. Rather, it takes fertilizing and focus. If you want your life to improve, you must be willing to get up, get physical, set attainable goals, and focus on **being** your purpose.

## 2. Others Are Better Than Me

This is by far the most **toxic** purpose preventer. It is a plague that sits in the minds of good people and prevents them from achieving victory in their life. I struggled with this purpose preventer for years. I spent a lot of time around very successful people and watched how they worked, how they thought, even

what they ate. Mostly, I was intimidated by their seemingly natural brilliance and ability to speak in such a detailed manner about the area they focused on.

When you look around at all of the business success stories, amazing athletes, and even other family members, it's all too easy to say, "they are better than me, or "I am not good enough." If you have felt this way or feeling this way right now, I want you to read the following carefully. **You have incredible value.** You have a talent or a skill that other people need. You have a purpose and a reason for being happy. So, how can you get over this purpose preventer? How can you overcome the invasive thoughts of unsuitability, deficiency, and mediocrity? I realized that in order to find my own purpose I needed to learn how to get comfortable with being uncomfortable. I knew that getting outside of my comfort zone was necessary if I wanted to find my purpose. Try this, do one thing this week that feels uncomfortable. Ask a question. Ask if you can learn something new. Ask if you can attend a meeting that is usually for managers or owners. If you are an artist, but think you're not good enough...just try doing one thing that makes you uncomfortable such as submitting a piece to a gallery or posting your art on a website. Practice taking small steps forward into areas that typically make you feel uncomfortable.

Remember, you can't learn much from someone who knows less than you about a particular subject. However, you can learn plenty from someone that is ahead of you. If you standby on the sideline and watch everyone else do amazing things you will probably never find your purpose. I want to encourage and inspire you to raise your hand, stand up, ask that question, try something new, start that business, take a step forward and **be your purpose** today.

### **3. I Don't Have the Resources for a Purpose**

When I was in my early twenties, I listened to successful entrepreneurs talk about their life purpose and read books written by famous people explaining how to find your calling. I wanted desperately to find my life purpose but didn't seem to have the resources to get it done. I didn't have money, I didn't have a mentor, I didn't even have any relatable knowledge. The lack of resources actually discouraged me from the idea that having a purpose in life was attainable at all. I was sidetracked by the thoughts in my mind telling me that it takes money, fame, or vast knowledge to discover a life purpose. I want to **expose the truth** about this to you, are you ready? Finding your purpose doesn't require money, celebrity status, or special knowledge.

What I am about to tell you is controversial and radical. **You can find your life purpose without any books, money, education, or elite family ties.** I want you to understand that your life purpose

is just waiting to be unveiled. All you have to do is **peel away** the garbage that has been polluting and masking your view of life. Many people learn their life purpose through the school of hard knocks. Difficult and vexing life circumstances can spawn an array of opportunities for you. If you are struggling with resources right now be it finances, relationships, or education, remain steadfast in your journey and know that you **will** find your life purpose. It doesn't take money or even relationships. Concentrate on your passion for living, fixate on helping others, and ignore the dictated and predetermined purpose that has been forced on you. Do this and your life purpose will be uncovered.

Your life purpose gets pushed to the back of your mental to-do list only because you think you don't have the tools needed to find it. All the while it sits dormant just waiting for you.

Do you have a close family member or relative that never calls you or bothers to communicate? Do you wonder why they don't call? Have you ever wondered if they are thinking the same thing about you? What about that lady in the grocery store that never smiles at you? Have you ever pondered what she might be thinking? Stop blaming your resources for the lack of purpose in your life and start doing something about it. I can give you a first-hand account that finding your life mission and living your life with intentional purpose doesn't require money, mentors, education, or special knowledge. Some things that will help are a

positive attitude, a desire to be yourself, **an acknowledgement that being different is ok**, self-discipline, and consistency. Start by peeling away all of the misleading and erroneous ideas that you have about a lack of resources. The idea that you don't have the tools or resources to have a life purpose is like a giant curtain covering a window. Outside of that window, the sun is shining brightly, and your life purpose is exposed. Do you have a curtain blocking your view of that window? Once you make a small crack in that **purpose preventing curtain** you will see growth opportunities and your life purpose waiting for you. That curtain will unravel quickly once you get started.

#### 4. Time Is an Investment

Tick tock, tick tock, the clock waits for nobody. Time is such a precious commodity. Everyone wants more time, but nobody can create extra hours in the day; we only get 24 of them. How you spend each minute is an important decision. 1,440 minutes. You get no more and no less each day. Did time rob you of your life purpose? Or did you rob the time? We often blame a lack of time for our inability to focus and grow as individuals. We think that finding a purpose in life is for someone that has plenty of extra time to meditate or take off on an adventure to a far away mountain village in Northern China. The reality is, **time is a fair game**. We all get dealt the same cards in terms of time allotment. So how are you using your time?

On most cemetery headstones and grave markers, you will see a person's name and two years. Those years indicate the amount of time spent living here on earth. **In between the two years is a dash.** That dash is your life. That dash is the time that you had. The dash determines your legacy. How are you spending your dash?

I want to focus on what I think is the biggest purpose preventer in the area of time management. We spend too much time on our flaws, our weaknesses, and our problems. Think of it like this, a very wealthy uncle gives you one million dollars and tells you to invest it to the best of your ability. The decisions that you make with that money will determine how much it will grow and what your rate of return will be. Your time is that money. How do you invest your time? Do you invest in companies that have excellent fundamental indicators and a solid probability of earning more revenue? Or, do you invest in a company that is suffering to stay afloat, on the verge of bankruptcy, and in need of a total makeover? I am going to give you some fantastic investment advice that might score the biggest return on your investment ever. Invest your time into building your strengths and passion. Stop investing all of your time focusing on your flaws.

Sure, getting better at our weaknesses is a good thing but spending all of your assets and resources on it is a recipe for chaos and stagnation. We spend money on books, videos,

seminars, and products that claim to help our weaknesses meanwhile our strengths never get completely developed.

Regarding your weaknesses, this might be the most radical thinking you have heard. Why in the world would someone tell me to ignore my weaknesses and focus on what I am already good at? Those areas in your life where you excel are exactly what you are designed and created to focus on. It is quite possible that your life purpose is buried in your natural talents. It is likely that your life mission is right in front of you, but you are too focused on your weaknesses to see it. Spending time on our weaknesses is frustrating, discouraging, and disheartening. So why are you doing it? Most likely it is because you are listening to society tell you that you are not good enough. **The “I’m not good enough” syndrome causes us to aim our attention at our weaknesses and nothing else.** Are you tired of obsessing over what you aren’t good at? Do you feel overwhelmed by the weaknesses in your life? I challenge you to liquidate your time and reallocate it into your strengths. Developing your strengths is a wise investment.

- Your strengths develop and evolve much faster than your weaknesses. If you invest in your strengths, you will see rapid growth and renewed energy.
- Like a strong and firm foundation that walls and doors stand upon, building and developing your strengths will naturally improve your weaknesses.

- Focusing on your weaknesses is discouraging and dissuading. Building your strengths will encourage you to chase your life purpose and be a better you.
- You can easily outsource the things that you are not designed to do to others that are. If your weakness is accounting and your strength is speaking, outsource the accounting to someone that loves numbers and spreadsheets and focus on speaking even better. If your weakness is social interaction but your strength is web design, find someone that can talk to customers for you and focus on being the absolute best web designer. Yes, always improve your weaknesses. No, don't spend all of your time and resources doing it.

I used to invest loads of time working on my weaknesses. I thought that if I turned my weaknesses into strengths, I would be more successful. What I didn't know at the time was that spending all of my hours trying to bolster my weaknesses just left me with a few *stronger* weaknesses and **undeveloped strengths**. Time spent building your weak characteristics will yield tolerable flaws. **Your weaknesses will become *better* weaknesses**. Time spent improving and building your strengths will yield **fortified** and **polished** qualities. **Fortified strengths are the framework for mastery and expertise.**



## ***Never give up on your purpose***

The majority of people that I have mentored struggled with identifying their life purpose. Having trouble locating your mission in life is completely normal. Not caring about your purpose is abnormal. Some people know their purpose instinctively while others have to endure a search and rescue operation to find it. I always knew that I wanted to be an entrepreneur and help others find purpose in life, but I didn't know exactly how to do it or where to start. I was exposed to the same imposed purposes and dictated paths that you were. I listened to the proverbial media megaphones and the societal instructors that distract and confuse us. I too thought that money, a big house, fast car, mortgage, retirement, and the end result of some sort of unidentified success was my purpose. It wasn't until I experienced **challenges** in my life that I was able to see clearly my life purpose. Sometimes taking a good look at your past can help you to chart your future. Now let me be clear, **your past does not dictate your future**. However, your past holds valuable data that you can decode and use to help map your life purpose. Sometimes you have to listen to your life to hear where you need to go next. Listen to your life to learn more about what mistakes were made and how to avoid them. Listen to your life to learn more about what decisions were made that provided you with happiness and fueled your passion to live with purpose.

When you find your purpose in life, you will be met with additional challenges and obstacles. The big difference is that you will now have the energy and determination to leap those hurdles and tear down the walls that block your way. Just because you have a life purpose doesn't mean that you won't experience challenges. My challenge to you is this; when you are faced with challenges, **never give up**. Move forward in everything you do. Be One more Step Ahead today compared to yesterday. Achieving victory and finally realizing your passion is difficult, but you will find that the challenge and journey along the way is **invigorating** and **satisfying**.

**Pressure makes diamonds**, and I want you to shine with brilliance in your life purpose. Athletes that find true life purpose in what they do spend countless hours painfully practicing their skill and talents. This arduous journey can be full of sweat, tears, and even blood. But if you are living in your purpose your heart remains strong, and your spirit exudes passion. Your life purpose is true and authentic if it naturally converges with other people. Once you find your groove and get a clear focus on your path, you won't have a job or a career at all. **You will have a life mission and a purpose for living.**

Living with purpose means that you recognize the needs that other people have, and you do your best to meet them. Even if it is a small impact, you know that you are treating others with compassion. The benevolence and grace that you show others fuels your desire to be even better at your life purpose. Having a life purpose that is fueled by compassion has a remarkable

impression on your own life too. You may decide to choose your foods more wisely so that you become healthier. You might want to exercise more often so that you can perform at your peak.

When you live with purpose, you will develop and hone specific skills that you have or acquire abilities in order to make people's lives better. The important fact is that you want to make a positive change in the world. You want to be a positive influence for the people you care about. The specific skills that you have or the career that you choose doesn't matter. What matters the most is your bigger purpose. What matters is that you want to be bigger than yourself. What matters is that you want to live with valor and treat others with compassion.

## ***Step by Step***

A journey of a thousand miles begins with a single step. You won't get to your destination until you take that first step forward. Let's recap the necessary steps to uncovering your life purpose.

1. Recognize that you want a life purpose.
2. In your mind, what does a life purpose look like right now?
3. Empty the sand out of your sack. Examine all of the stuff in your life to determine if it is helpful and beneficial. If not, dump it out and lighten your load.
4. What does your life mission sound like? Write down a few sentences describing what you think your life mission is.

5. Understand that finding your life purpose doesn't mean you won't encounter challenges.
6. Are you setting meaningful goals and accomplishing them? Or, are your goals scattered and rarely completed?
7. Evict fabricated and dictated purposes from your life.
8. Focus on your strengths. Invest your time into strengths rather than weaknesses.
9. Understand that fear is normal, but fear of failure is no longer acceptable. Pull up the anchor that has been holding you down.
10. Create physical action. Generate momentum with real movement.
11. Embrace the challenges that surface.
12. Fold up and recycle the box that you've been stuck inside of. Start with one thing that normally makes you uncomfortable. Try it. Get outside of your comfort zone.
13. Identify the Purpose Preventers in your life and remove them right away.
14. Use the included worksheets as a way to tangibly step ahead into your life purpose journey.
15. Find like-minded people that you can share your experience with. Exchange ideas, encourage others, show compassion, and live with purpose.

We live in an amazing world full of brilliant people and beautiful places. However, this is also a world filled with **corrosive distractions** that can strip you of purposeful living. The best way to survive the debilitating temptations that surround us is to

focus our attention on the wholesome and **edifying** things in life. Let compassion be the compass that guides you there.

I sincerely hope that this book has been helpful to you. Above all, I pray that you embrace compassionate living and find your life purpose.

Wishing you a life filled with purpose and victory,



CJ Hamlin

.....  
*“The purposes of a person’s heart are deep waters, but one who has insight draws them out” (Proverbs 20:5).*  
.....

## ***Bonus Material***

# **Now that you’ve found Purpose: Are Your Expectations Realistic?**

You discovered your life purpose and want to create a business around it. You want to live with purpose. You want to take life by the horns and ride it into the sunset. That is great! Let’s be sure that your expectations for results are properly calibrated first.

***Here are 3 Smart Ways to Manage Your expectations***

The excitement is building, your ideas and dreams are manifesting, your life purpose is exposed, and your vision for a new business is slowly coming together. You are finally doing what you want to do with your life. You've compiled a list of goals to help you achieve the outcome that you want.

**Six Months Later:** The stress is growing, you might not meet the deadlines that you set, your business seems lost in a jungle of other start-ups. You did the research and looked at similar entrepreneurs but you are nowhere near where you thought you would be. Why are so many other start-ups taking off with what seems like booming growth and butterfly-like ease. What are you doing wrong? How should you advance financial performance on one end and keep focus on family relationships on the other?

If this scenario sounds familiar you should read the following carefully: The very best entrepreneurial leaders set **reasonable and honest expectations** from the onset of any venture.

**Important:** It is acceptable and wise to adjust the expectations or, forecast, for both financial growth and customer capture. First and foremost, it is advised that you set the expectations and clearly identify them in writing. You can review these often to get an idea of progress. Then, make adjustments as needed.

You started your journey as an entrepreneur because you wanted the freedom to create your own destiny. You chose to do what you want with your life. You found your strengths, identified a niche, uncovered your life purpose, and went after your passion.

This is such an amazing feeling and a real joy in your life. However, many of us, over time, begin to **forget the reason why we started doing this in the first place**. You soon forget that you are doing what you want. There are two main reasons why this happens:

- 1. You set your expectations too high**
- 2. You are working towards or living up to somebody else's expectations and not your own**

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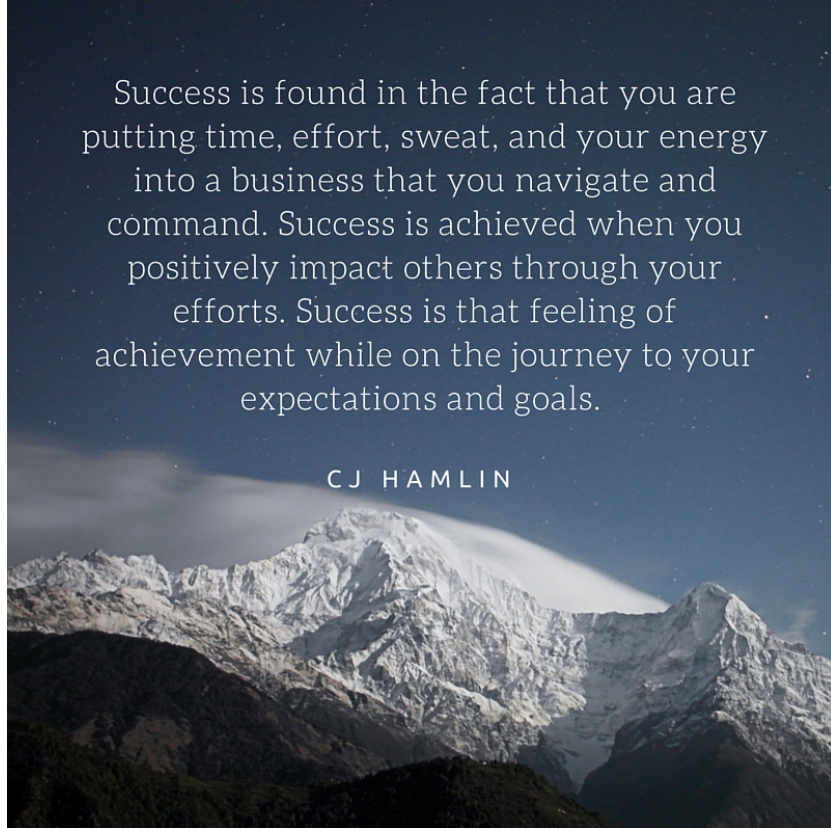
*Talent is God given. Be humble. Fame is man-given. Be grateful. Conceit is self-given. Be careful.*

*Coach John Wooden*

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Success is found in the fact that you are putting time, effort, sweat, and your energy into a business that you navigate and command. Success is achieved when you positively impact others through your efforts. Success is that feeling of achievement while on the journey to your expectations and goals.

CJ HAMLIN



Success is not just meeting your goals or expectations, although this is a part of it. The real success is the fact that you are doing what you want to do with your life. Success is found in the fact that you are putting time, effort, sweat, and your energy into a business that you navigate and command. Success is achieved when you positively impact others through your efforts. Success is that feeling of achievement while on the journey to your expectations and goals. Comparing yourself to others and disregarding your own expectations is not a healthy practice.

**Below are three ways to manage your expectations:**



- 1. Balance:** Running your own business can be hectic. Customers are emailing at all hours, commenting on social media and expecting feedback, your employees are calling your cell-phone just as you sat down to eat, your email inbox is 150 deep, you have a stack of invoices to review, and you got stuck in traffic on your way home. Understanding how to balance your productivity expectations is crucial. Investing your time with the people that matter most in your life will help you maintain sanity and stay focused on why you started doing this. Before setting business expectations, balance them with your home life. Setting reasonable and relative expectations cultivates operational momentum and mitigates stress and anxiety. You can use the Be One Step Ahead Six Pillars as a guide for this.
- 2. Adjustments:** Making game-time adjustments is both strategic and wise. There is absolutely nothing wrong with taking a step back and reevaluating your goals and expectations. So many of us get caught up in this area thinking that it is a violation of our self-agreement; or, could it be an issue of pride? Calling an audible or “flexing” your entrepreneurial and life expectations should be handled in a responsible and timely manner. No doubt about it, life is complex and full of storms that take us off course. The way in which we view and respond to the challenges in our journey will reveal your foundation. Sometimes we need to strengthen that foundation by adjusting our expectations. Those adjustments may include: the reasoning behind what we do, and our own character. Making strategic adjustments

mid-game is a fundamental skill that will safeguard your continued progression toward your goals. **Important:** Whatever it is that you are doing, do your very best. Give it everything you have and don't hold back. Make the necessary adjustments and keep moving. Never give up.

3. **Benchmarking:** A very common mistake made when developing expectations is comparing yourself to others. Every industry has a miraculous success story. Such as that company that rose to the top in a matter of one year. When setting your goals or expectations be sure that you first look at the majority of **comparable** companies or people that are doing what you are doing. Your comparable set should be as close to what you are doing as possible, similar size, scope, product, customer, financial backing, and resources. With proper benchmarking you will have an accurate depiction of both your competitive set and your own realistic progress. Of course, you should strive to be better than the best! **Important:** Don't expect to have instant success or a perfectly paved path upon which you can travel. Instead, embrace the bumps and turns and allow them to **strengthen** your character.



Don't over-manage your expectations either. If you ever have trouble measuring your expectations and success, think back to that know-it-all boss you once had that never said thank you and always micro-managed you. Remember, being your life purpose and living your life mission should be **liberating** and **FUN**.

**Challenge:** Finding your life purpose naturally spawns incredible excitement and enthusiasm. Sometimes, this excitement can cause irrational decision making and unattainable goal setting. It is wise to start slow and move at a steady pace. Alas, life is a marathon, but this doesn't mean that you should run slowly. In the marathon of life, you should *move with a purpose* while holding a compass in your hand. The compass that you are holding is driven by your life purpose. The pace at which you move is guided by your intuition and spiritual acumen. Take an honest survey of your expectations, step back and evaluate them with sincerity. Then, use balance, adjustments, and benchmarking to properly calibrate them.

## Dealing With Fear of Failure

*Below, write down all of the reasons, people, or thoughts that stopped you from following through on your most recent goals:*

1.

2.

3.

4.

5.

**Who is the biggest barrier?**

**Me:** Any thoughts that you have of failure.

**Them:** Others telling you that you will never succeed.

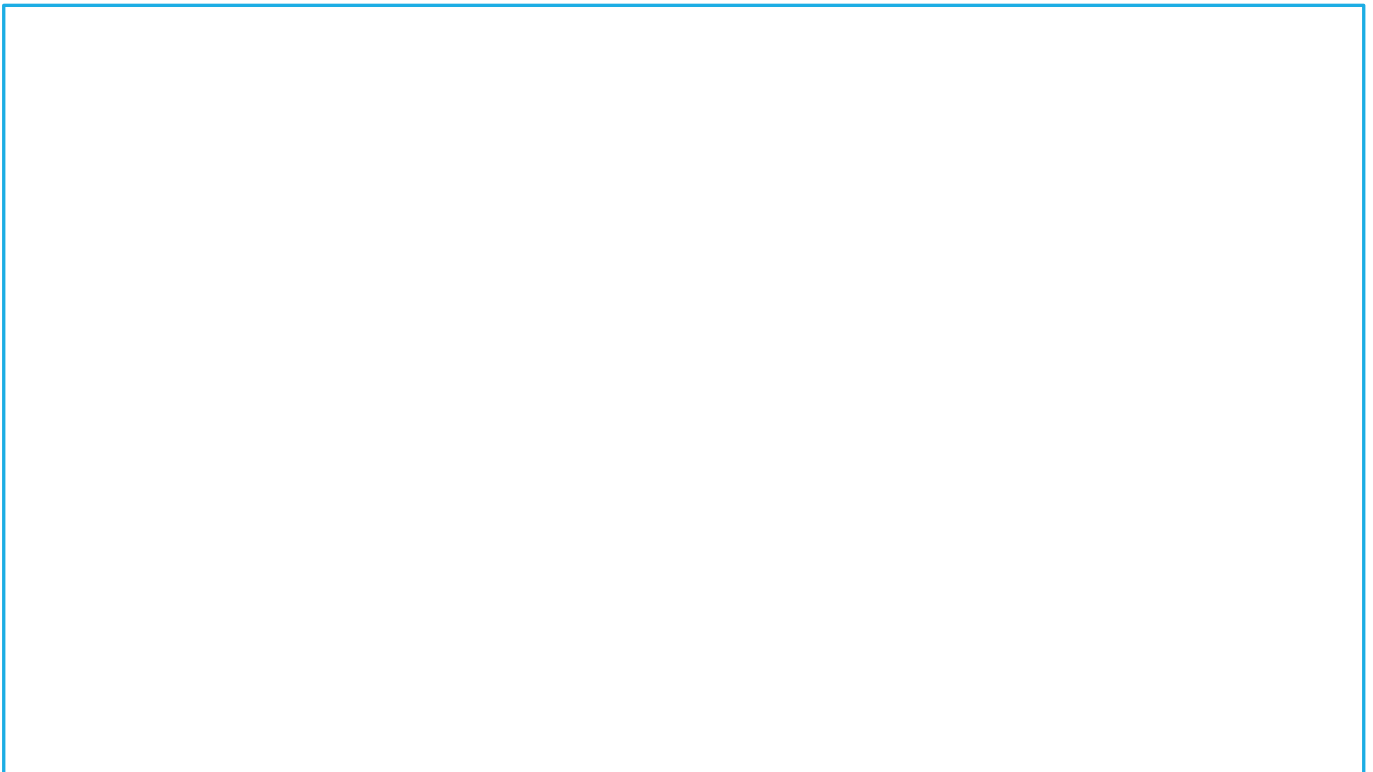
**Using your answers above, go back to each one and mark it with one of the following: Me or Them.**

*What did you find?*

**Do you have doubt in your abilities?** Read the following slowly and carefully: You have extraordinary value and others need it. You would be doing the world a disservice if you starve it of your talents and ideas. You have talents and unique skills that make you

*special and valuable. We tend to be our biggest critic when it comes to moving forward with our goals and ambitions. Stop doubting your abilities right now and start moving forward. Don't let any outside voices get in your way from experiencing victory.*

**What is your biggest fear relative to failure? Write it down here:**



*Moving forward beyond the fear of failure takes motion. It requires real physical action. This action creates momentum that carries you to places that you have never been to before. Once you take that first step forward you will gain courage and valor. With this courage you will be equipped to battle future bouts of fear.*  
**Energy that moves you forward: create change with motion.**

*It sounds very simplistic; however, your physical energy controls much of your destiny. Getting active while pondering or planning your next step will create instant change to the current situation. This leadership fundamental directly correlates to “Moving With A Purpose”.*

- *Get excited! Bring your energy in the form of excitement which acts as a contagion for both your family or people that you influence.*
- *Instead of standing in one place wondering what will happen if you make that next move, get up and get physical. Yes, I mean real physical movement.*
- *Physical action = Progress.*

***Are you ready to get physical?***

*Its time for action. In the box below, write down specific ways that you can create an action that will move you forward. Keep it simple. These should be measurable movements that will launch you beyond the fear of failure.*

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*"We cannot for a moment afford to relax. On the contrary we must drive ourselves forward with unrelenting zeal." -Winston Churchill*

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## Create Syncopation

*Identify Your Weaknesses*  *Create Syncopation*

**Syncopation is:** An instance of temporarily accenting a normally weak beat in music to vary the rhythm / musical rhythm in which stress is given to the weak beats instead of the strong beats. This exercise will challenge you to highlight the areas that typically are weak relative to your major goal. Those areas that prevent you from experiencing victory in your life. This step will help you identify your strengths whilst overcoming the weaknesses that are road-blocking your journey towards the attainment of your life victory and goals. Although it is not an easy task, this rhythmic change in your life is sure to strengthen your skills, self-image, and desire to Be One Step Ahead.

It isn't easy talking about your weaknesses, however it is an important part of clearing your path to victory and being your very best. It is important to note that you should not continually focus on

your weaknesses, rather, **I recommend that you pay more attention to your strengths.** In this exercise we will identify your areas of opportunity relative to your goals or Life Mission. Important: the areas of opportunity/weaknesses that we discover should be directly related to your goals/mission (it might be a business, career growth, parenting, or an entrepreneurial venture).

In order to identify and pinpoint your weaknesses, so you can combat them and improve in those areas, you must first completely understand the question: “what are my weaknesses.” Your areas of opportunity should be relevant, specific, and explainable. First, we will take a look at what it is that you are wanting to accomplish in your life. For example, if you’re trying to become a great entrepreneur, it wouldn’t be particularly relevant that you can’t dance very well (unless you plan to open a dance studio and you are the instructor). Another example: If you want to improve your leadership skills as a church pastor the fact that you are not skilled in the area of forklift operation and HTML computer coding would not apply.

I want you to begin by focusing on what it is that you want to do. I want to identify the one major goal that you have. You need to be as specific as you can by naming your current mission. For example, just saying “being a leader” or “I want to be an entrepreneur” is not specific. It wouldn’t be sufficient to say, “I want to be great at parenting.” It should be an exacting, laser-like goal, such as, “I want to spend one day per week focusing on each child, one-to-one,” or “I want to teach my son how to live with valor,” or



*if you want to eliminate debt: “I want to spend less than I earn, pay off my credit card debt, pay my car loan off, and start saving money that will be used for investments.” The key here is to identify exactly what it is that you want to be great at.*

*Below: Identify what you want to be great at. This is your major goal, your mission, the business you want to start, the product you want to create.*

**Your Mission:** *This is the specific goal or area that you want to have victory in.*

**Why:** *It’s important to support your mission with the reasoning behind it. Why do you want to do this?*

**Who will benefit:** *Your answer should not be “me”. Who do you want to impact with this mission? Do you want to help others? If you focus on meeting the needs of others your business or life mission will be a success. Use the BOSA Six Pillars for guidance: Faith, Family, Forward, Value, Valor or Victory.*

Your Mission

Why?

Who Will Benefit?

**IDENTIFY THE WEAKNESSES:** Now that we know your mission we can start identifying the areas of opportunity that might be holding you back from success. Let's identify the weaknesses related to your mission and score them using the table below.

You have three options:

- 1.) ~~Spin a negative into a positive~~
- 2.) ~~Deny having any weaknesses at all~~
- 3.) Be completely honest and specific.

**Important:** Dig deep and pull out all of the weaknesses that have specifically been creating a barrier in your life. While doing this, don't allow these weaknesses to create discouragement or frustration. Instead, stay focused on the bigger picture. Stay positive and know that your life purpose won't be held back by your weaknesses. We simply want to expose your areas of opportunity in an effort to manage them and peel them off of your strengths. **Peeling your weaknesses back will open the curtain that is hiding your life purpose.**

# Areas of Opportunity Survey

Name:
My Life Mission/Major Goal:

<p>Score each item in the list according to how much of a weakness it is relative to your major goal. If the item is Not Applicable or you don't know check the appropriate box. Some items may be especially important for the success of your mission; for these items check the box in the "Very Important To My Mission" column. If an item stands out as a major barrier or road block and requires your attention, check the Target Area box.</p>	Very Strong	Strong	Neutral	Weak	Very Weak	Not Applicable To My Mission	Very Important to my Mission	Target Area
<p>List all of the areas that you think are weakness or an opportunity. Take your time, think deeply and be honest. <b>TIP:</b> you can ask friends, colleagues, or family members for their opinion too. Take a look at someone already successful in your area (Life Mission or Goal) and list items that make their mission, product, or company successful.</p>								

*Be Your Purpose*


## **CREATE SYNCOPATION:**

*Now that you've identified your mission, focused on areas that really matter for that mission, and listed your areas of opportunity; we can create a syncopation. The challenge is to add focus on the identified weak areas whilst bringing them to the surface. It's time to change your rhythm. Using the area below, list the weaknesses that are **"Very Important to your Mission"** and **"Target Areas"**:*

**Important:** Don't get sidetracked by weaknesses that have little to no impact on your mission or life purpose. Too often we get dragged down and discouraged by weaknesses that have nothing to do with our life purpose. This exercise is designed to separate your weaknesses into two categories. Category one is for the weaknesses that are **important** for your life mission. Category two is for the weaknesses that really **don't matter**. Once these weaknesses are categorized, I challenge you to aim your attention only on the weaknesses that matter. Remember, don't invest too much time on your weaknesses. Your time is better spent on your strengths where the return will yield greater results.

*Your Identified Weaknesses*



*Your Actionable Solutions*

**Syncopation Planning and Accountability:**

The goal now is to create a plan that will bring this project full-circle. Ultimately you want your weaknesses to become additional strengths. To accomplish this, you will need to go after your actionable solutions fiercely. Although some of your weaknesses may never be a total strength for you, you can still gain an understanding of those areas and become proficient in them. None of this will happen if you don't take real physical action. Accountability is a great way to ensure that you stay on track. Find someone that you trust and ask him/her to help you track your progress for each of your identified opportunity areas.

You (and/or your accountability partner) can use the following indicators to check your progress along the way:

<b>Syncopation Accountability Questions</b>	<b>Yes / NO</b>
<i>Your Business Focus: Are you making decisions based on observed or anticipated effect on the goal?</i>	
<i>Confidence: Are you approaching syncopation of your weaknesses with tenacity and courage?</i>	
<i>Creative Thinker: Are you exhibiting creativity in turning your areas of opportunity into something better?</i>	
<i>Determination: Are you persevering through difficult, even seemingly overwhelming, obstacles?</i>	



<i>Knowledge-Seeker: Are you constantly searching for information that is relevant to improving your weaknesses?</i>	
<i>Relationship-Builder: Are you having high social awareness and an ability to build relationships that impact your syncopation?</i>	
<i>No Fear of Failure: Are you moving <b>forward</b> and dealing with any fear of failure? Never give up!</i>	

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**F: FRENZY** (ALL THE STUFF IN YOUR MIND THAT MAKES YOU FEEL AFRAID TO MOVE FORWARD)

**E: EMBARRASSMENT** (ALLOWING THE OPINIONS OF OTHERS TO CREATE ROAD BLOCKS FOR YOUR JOURNEY)

**A: ABSTRACT** (GOALS THAT ARE EXCESSIVE, NOT REASONABLE, NOT SPECIFIC)

**R: RUPTURED** (THE INABILITY TO MOVE DUE TO A BREAK OR SPLIT IN YOUR PLAN)

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# Your Target Destination

*My natural talents - that I love*

**Top five talents (ask your friends and family for their thoughts as well). Be sure to focus on the talents and skills that you enjoy and feel happy doing.**

1

2

3

4

5

## **Why do you want to find your destination?**

It is helpful to start with “Why”. Take your time here...why do you want to do this? It is usually quite easy to explain how you do something or what it is that you do in life. However, it can be difficult to explain why you do it. I want you to really dig deep on this one. I want you to think hard about why you want to find your life purpose or your destination in life. Why are you selling what you sell? Why do you work where you work? Why do you want to develop your strengths and discover your purpose? Your answers will reveal truths that need to be surfaced.

## What Others Expect

*What is your perception of the outside expectations? Be honest. [What do others expect your destination to be? List at least five ideas here.]*

1

2

3

4

5

## Primary Skills That I Have

*These are skills that you have developed over the years / at school, work, home. [List the skills that you have developed over the years. Maybe you don't LOVE doing them...however, these are skills that you are good at.]*

1

2

3

4

5

## What Do You Value In Your Life?

*List the people, places, products, ideals, or any other areas in your life that you value/hold in very high regard.*

1

2

3

4

5

6

## What Are Your Hobbies

*What do you enjoy doing? Which activities make you feel happy?*

1

2

3

4

5

If you don't have any hobbies right now, think of the hobbies that you would enjoy. Which hobbies have you always wanted to try?

## Motivation

*What or who motivates you to be better, move forward, keep going?*

1

2

3

4

5

## Differentiation

*Ask three people what they think makes you different from others with the same talents?*

1

2

3

4

5

6

**Hint:** You can ask these questions via email or social media if it is easier for you.

Skills ← → Talents ← → Hobbies ← → Outside perception

<i>List the items that appeared more than once here. Items that are similar can go here too. Example: if you listed cooking as a talent <u>and</u> as a skill, you should list it here.</i>	<i>List the items that appeared only once here.</i>

## Your Dream Business

	<i>If you could open/start/run any business of your choice with no limitations, what would it be? List your top five ideas below:</i>
<b>1</b>	
<b>2</b>	
<b>3</b>	
<b>4</b>	
<b>5</b>	

<i>Mapping Questionnaire</i>	<i>Answers</i>
What do you feel is your “calling”?	
What do you feel is your greatest strength?	
How soon do you want to reach your destination?	
What is your biggest goal right now?	
What do you have that others need?	

.....

***“Alas, life is a marathon, but this doesn’t mean that you should run slowly. In the marathon of life, you should move with a purpose while holding a compass in your hand. The compass that you are holding is driven by your life purpose. The pace at which you move is guided by your intuition and spiritual acumen.”***

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## Wrap It Up

*Below, list ONE area that had commonality throughout this questionnaire. Which talent or skill did you mention as well as a family member or friend(s)? This should also be something that you enjoy and find interesting. This one skill or talent is special and valuable and others want access to it!*