

Purpose Exercise

Reflect on this quote for yourself:

“When the deepest part of you becomes engaged in what you are doing, when your activities and actions become gratifying and purposeful, when what you do serves both yourself and others, when you do not tire within but seek the sweet satisfaction of your life and your work, you are doing what you were meant to be doing. The personality that is engaged in the work of its soul is buoyant. It is not burdened with negativity. It does not fear. It experiences purposefulness and meaning. It delights in its work and in others. It is fulfilled and fulfilling.”

—Gary Zukav, (1989) *Seat of the Soul*

According to Gary Zukav, as you develop your multisensory personality and begin to trust your intuition to guide you, you become authentically empowered. You begin to seek harmony, to experience synchronicity, to release fear, to see and feel connection, to choose the vertical path of ethical responsibility, and to build spiritual partnerships. You become self-engaged.

If you know and live your life purpose, congratulations! If you are becoming aware of your life purpose, congratulations! If you are struggling to find your life purpose congratulations! If you were unaware and now wonder about a life purpose, congratulations! Enjoy your journey wherever you are. Reflecting enhances the journey and paves the way to your future.

Vision, Mission, and Purpose

Many companies, organizations, and community groups have some kind of vision or mission or purpose statement to help them define their intention and align people in a common direction. Branding is another form of identification that organizations use – branding their image or products for marketing and recognition.

Groups try to identify themselves and their unique contribution to help differentiate themselves from others. While everyone seems to be trying to be different from each other, in fact, as humans, we have more in common than we do in difference, and we each contribute to our society and global community.

Collaborating and looking for what we have in common can help us remember your purpose, even in difficult circumstances. Exploring and developing your leadership offers

you the opportunity to further your understanding of purpose, enjoyment, and engagement.

“ A personal vision statement is a picture of the person’s ideal life as he or she views it.”
Paul Mohapel.

Exploring your purpose:

Ask these questions in order to understand your own personal vision, mission, or life purpose is:

- What do you contribute?
- Where does your expertise lie?
- What are your natural gifts, talents, and strengths?
- How can you blend these into your work, your community, and the world?
- What do you want to be known for?
- What legacy do you want to leave?
- As a leader, how will you know what purpose is foundation to those you lead?