

SUPERSIZE YOUR SUCCESS

Achieving Your Purpose Series

Book I: Discovering Your Purpose

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Supersize Your Success: Achieving Your Purpose Series

Book I: Discovering Your Purpose

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Acknowledgements

I dedicate this book to the two who have given me the greatest opportunity to Supersize My Success and live a purposeful life:

God and Mom!!

Eternally Grateful!

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Introduction

Have you ever placed an order at a fast food restaurant, and the cashier asked you if you want to ‘Supersize’ your order? Maybe you turned down the offer, but if you said yes, of course they gave you enough food for three people to eat. Maybe you were hungry enough that day, and you were able to wolf it all down.

Well, just as you can ‘Supersize’ your food order, you can ‘Supersize Your Success.’ You can take your success in life to the next level by learning and implementing various personal development tips, techniques and strategies that you will learn in this three-book series. Book I of the series is *Discovering Your Purpose*. Book II is *Believing You Can Achieve Your Purpose*. Book III is *Developing Your Plan to Achieve Your Purpose*.

These strategies fit into what is called the Three R’s, Reminders, Reinforcements, and Revelations. Reminders are tips that you are already using consistently and need to continue using. Reinforcements are tips that you are using from time to time and need to use more. And Revelations are tips that are new to

you and that you need to start using. The ‘Supersize Your Success’ series is full of these tips, techniques and strategies, and it will give you the tools you need take your personal success to levels you have always dreamed of.

One such strategy is “Discovering Your Purpose.” In order to achieve your desired level of success, it is important to make sure you are living your true purpose. In Book I of the ‘Supersize Your Success’ series you will:

- Learn why discovering your purpose is important.
- Learn the steps for discovering your true purpose.
- Learn how to write your personal purpose statement for your life.

Let’s get started!

“The person without a purpose is like a ship without a rudder.”

—Thomas Carlyle

Chapter One

The Importance of Discovering Your Purpose

One reason it is important to have a clear purpose is because without one, your life will be very frustrating. Without a clear purpose you will feel unfulfilled, insignificant, unimportant, hopeless, unmotivated, irrelevant, unfocused, out of control, off track, misguided and powerless. I don't know about you, but simply reading those words is a little depressing.

No one wants to be depressed, so it's important that you not go another day without a definite purpose. However, with a clear purpose your life will be very rewarding. With a clear purpose you will feel fulfilled, significant, important, hopeful, motivated, relevant, focused, enthusiastic, in charge, in control, on top, on track and powerful. Just reading or speaking these words will give you goose bumps. Remember, having a clear purpose brings these rewards.

Another reason that a clear purpose is important is because without a purpose it is easier for you to end up involved in the wrong vices in life. The famous Bahamian preacher Myles Munroe said it so eloquently this way: "When purpose is unknown, abuse is inevitable." Powerful!

If a Martian comes across a VCR and does not know the purpose of it, he is likely to shove a CD inside it and destroy it. Just the

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same, if you and I don't know our purpose, we are likely to entertain any and every vice that crosses our path. For example, if we didn't know that we were gifted with an angelic voice for singing, we could spend our life smoking cigarettes and destroying our gifted voice. Or if we didn't know that we were gifted to teach, we could spend our life associating with the wrong crowds and end up in prison. It is truly important to know your purpose in life.

The third and final reason that I will offer for why you need to know your purpose is that it's not about you. Yep! *It's not about you.* It's about the lives that you can change or positively impact when you are doing what only you can do best. There are some people on the planet who will be more easily inspired by you because they can relate to you, your story, or your experiences. You have walked a mile in their shoes, you have lived a life similar to theirs. And you have earned the right to have them listen to you.

Think of the very popular holiday movie titled *It's A Wonderful Life*. If you haven't heard of it, here's a quick summary. The famous actor Jimmy Stewart plays the role of a guy named George Bailey. George feels that his life is worthless because he didn't get a chance to leave his small town and conquer the world. Well, an angel named Clarence shows up and allows George to see what his small town would have turned out to be if he were not born. Clarence shows George this horrible, dark world, and after seeing enough, George screams out, "I want my life back, I want my life back."

Well, you are George. If you were not born, there are certain events that would not have taken place, and there are certain

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people who you would not have touched. Furthermore, if you were not living your purpose, there are certain struggles and pains that many would have suffered because you were not in your rightful position to assist them. I know, I am giving some tough love right now, but it is important because people in this world are hurting, and in many cases you are the only person who can ease their pain.

Your rightful position could be something grand, or it could be something humble. Dr. Martin Luther King basically said that it doesn't matter how prestigious your position is when he said, "It doesn't matter if you are a street sweeper, sweep streets like Michelangelo carved marble, sweep streets like Picasso painted paintings, sweep streets like Shakespeare composed poetry. Sweep streets so well that all the hosts of heaven would have to say, 'There lived a great street sweeper who swept his street well.'" Who knows, because you lived your purpose of being excellent at sweeping streets, people of the community may have had less stress because they had beautiful scenery, and people may have led healthier lives because they enjoyed the germ-free environment that you so excellently provided. Even as a street sweeper, you could live your purpose in life and leave a legacy for your children, your children's children and the ages to come.

The legendary football coach Vince Lombardi spoke to this idea when he said, "The quality of a person's life is in direct proportion to their commitment to excellence, regardless of their chosen field of human endeavor."

And finally, the importance of your purpose in life to even one person can be summed up in the tale of the little boy on the

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beach trying to save the starfish dying on the beach from the scorching sun. As he tossed one starfish in the ocean at a time, an apathetic man walked up to him and told him that he was wasting his time because there were thousands of dying starfish on the beach, and the boy could not make a difference to all of them. At that, the little boy reached down, picked up another dying starfish, tossed it in the ocean, turned to the man and said, "I bet I made a difference to that one." So, too, do you make a difference when you live your purpose, even if it is to one person on this planet.

Live your purpose!

Chapter Two

How to Discover Your Purpose

Be, Do, Have

The first step in taking your success to the next level is clarifying your purpose and determining who you were created to *be* in the first place. Notice that I didn't say that the first step involves determining what you were created to *do*, or what you are created to *have*. I said the first step involves determining who you were created to *be*. There is a huge difference between the three. Typically when people think of discovering their purpose in life, they begin to think and ponder about what career they are passionate about or what job they are excited to do. There are others who believe that they have become successful in life and achieved their purpose if they have wealth, possessions and other material things. Wrongo!!!

We are Human *Beings* not Human *Doings*. That is why probably billions of people are frustrated with their lot in life. They're thinking that their primary purpose is found in their vocation and in their stuff. Well, here's some good, sobering news for you: your primary purpose is not what you are put here to do or to have, but who you are put here to *be*. Be comes before Do, and Do comes before Have!

Groundbreaking!! Let that sink in.

That's right, your primary purpose in life has more to do with who you were created to become than what you were created to do or to have. Of course, what you were created to do is a part of your purpose; it just happens to be your secondary purpose, not your primary purpose. And what you were created to have is a part of your purpose; it just happens to be your tertiary purpose. Think of all of the people in the world who achieve their financial and material goals only to discover that they still are not happy and fulfilled. It's because they are putting the cart before the horse and focusing on the temporal things in life rather than the eternal things.

So, in summary, your primary purpose is what you are supposed to be, your secondary purpose is what you are supposed to do, and your tertiary purpose is what you are supposed to have. If you focus your attention first on whom you were created to become, you will find it easy to immediately discover your primary purpose. After discovering your primary purpose, then we will work on your secondary and tertiary purposes, but for now let's focus on the *BE*.

Your Primary Purpose is to Be

By the time your life is over, you will have become something, and that something could be good or bad, vice or virtue. What do I mean? Well, you could live an entire life and become a person of many vices: a hateful person, an arrogant person, a selfish person, a bitter person, an apathetic person or a liar. Or, you could live an entire life and become a person of many virtues, like a patient person. There is an age old saying that 'Patience is a virtue.' Well, yes, but it is only one of many virtues. Love is a virtue also. So at the end of your life you could

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have become a loving person. You could have become a humble person, an unselfish person, a forgiving person, an empathetic person or even a person of integrity.

Either way, by the end of your life, you will have become something: a person of virtue or a person of vice. Which would make you feel like you achieved a greater purpose in life? It's just my guess, but I think you would probably prefer to become the person of many virtues instead of the person of many vices.

“But thou, O man of God, flee these things and follow after righteousness, godliness, faith, love, patience, meekness.”

—1 Timothy 6:11

“Success is something you attract by the person you become.”

—Philosopher & Speaker Jim Rohn

Seek The Ultimate Purpose

“And we know that all things work together for good to them that love God, to them who are the called according to his purpose. For whom he did foreknow, he also did predestinate to be conformed to the image of his Son....”

—Romans 8:28, 29

If becoming a person of virtue sounds like a worthy purpose to you, how would you like to immediately discover your primary purpose in life? I hope you are ready and are seated with your seatbelt fastened, because I am about to hit you with something so profound that it may knock you right out of your seat. Here it is! I believe your primary purpose in life is simply to become like God! Yes, that's what I said, to become like God! And according to 1 John 4:8, God is love. So since God is love and your primary

purpose is to become like God, then your primary purpose is to become love. Yes, that's what I said, *to become love*. Profound isn't it? Did you feel the earth tremble beneath you when you read it? Did you hear the rumble? Did a burning bush appear before you speaking some mystical answer? I doubt it.

It may not seem like the earth-shattering answer you may have been expecting, but that does not diminish the power of what you just read. Even though it is a simple answer, it is profound. The late great philosopher Jim Rohn said that *the profound things in life are simple, and the reason people don't do the simple things that will bring them greater success in life is because the simple things in life are easy to do. That's the problem. Because they are so easy to do, they are just as easy not to do.*

The same is also true with the primary purpose of *becoming love*. It seems too simple to be true, and that makes it easy to ignore while searching for a more complex answer. Don't ignore it! Your primary purpose is simply *to become love*. Why? Because if you become love—or, to put it another way, if you become loving—you are then able to give love to your Creator, your loved ones and even your enemies.

You don't need to read tons of other books searching for your purpose in life. You just found it. Become love so that you can love your Creator and love others. If you achieve that one goal in life and fail at everything else, you still will have achieved your ultimate purpose on this planet. This may seem like a pretty strong opinion, but as you ponder it further, I think you will agree.

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In a spiritual sense, another reason that becoming love is the ultimate and primary purpose in life can be found in these scriptures:

“By this everyone will know that you are my disciples, if you love one another.”

—John 13:35

“These things I command you, that ye love one another.”

—John 15:17

“Owe no man anything, but to love one another, for he that loveth another hath fulfilled the law.”

—Romans 13:8

“...love is the fulfillment of the law.”

—Romans 13:10

Are there other purposes in life? Yes! There are other purposes in life, like determining your ideal calling, determining your career, or finding your ideal mate. But striving for those without first striving for the *ultimate purpose* is like trying to learn algebra before learning addition and subtraction. Seek first the ultimate purpose and all additional purposes will be attracted to you.

Enlightening, isn't it? It's refreshing too.

Now, even though *becoming love* is your primary and ultimate purpose, it is obvious that your *most immediate* purpose is *to live*—or, stated another way, to stay alive. This is in line with the widely accepted teachings of the great Abraham Maslow who

said, in his famous hierarchy of needs, the first human need is survival and the last need is self-actualization. Even though *to live* is your *most immediate* purpose, for now let's further discuss the importance of seeking your *ultimate* purpose: *to love*.

Master the Ultimate Purpose

There are many benefits you gain by seeking the ultimate purpose, but one of the main benefits you gain is the comfort of knowing that achieving the ultimate purpose of learning *to love* creates an even playing field. It shows you instantly how you can immediately be as accomplished as anyone else on the planet. You don't have to have some notable career, achieve some great goal or acquire an abundance of material things to be considered successful; you simply need to master the ultimate purpose of *learning how to love*. That's the main reason you are on this planet anyway. Every additional accomplishment after that is extra—or what people in my neck of the woods would call 'the gravy on top' or 'the icing on the cake.'

Let's keep it simple. Mastering love begins with first loving your Creator. What does loving your Creator mean? It is simply obeying His will, and His will is for you to love others. In other words, if you simply love others, you are loving your Creator because you are obeying His will. For example, how can you love your Creator, who you cannot see, if you don't first love others who you can see? It goes back to what I mentioned earlier about trying to learn algebra before learning addition and subtraction. It's important to put first things first.

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The same is true for loving others; loving others simply starts with loving your family. Then it moves on to loving your friends, and it finally ends with loving your neighbor and your enemies—if you have them. How can you love your friends if you don't first love your family, and how can you love your neighbors if you don't first love your friends? Once you learn to *love* in this order, you are loving your Creator, because loving your family, friends and neighbors is, in itself, loving your Creator. So remember, seek the ultimate purpose first and the additional purposes of life will have more meaning.

In the end, you can say you lived your purpose if you became more loving than you were when you were born—if you became more caring, gentle, compassionate, patient, honest, humble—in other words, if you became more virtuous. Why? Because life is a scale or a continuum, and in the end, you are successful if you were closer to the end of the continuum that contains more of the virtues—loving, caring, etc.—than you were to the end of the scale that contains vices—hatefulness, impatience, etc.

“Man is not a being who stands still, he is a being in the process of becoming. The more he enables himself to become, the more he fulfills his true mission.” —Rudolph Steiner

Seek Additional Purposes

Now that we have looked at finding your primary purpose in life, let's take a look at ways to determine the secondary and other purposes in your life that we spoke of earlier.

Your Secondary Purpose is to Do

Are you ready for another earth shattering statement? Here it is! It's possible that your secondary purpose is not something that you discover; it is something you create. That's right! If you have not already discovered the great and mighty purpose you were put on the earth to accomplish, don't sit around waiting for an angel to show up and spell it out for you. Go ahead and *choose your purpose*, unless or until it chooses you.

"Life is not discovery of fate; it is continuous creation of future."

—S. Sahay

"Life isn't about finding yourself. Life is about creating yourself."

—George Bernard Shaw

"People often say that this or that person has not yet found himself. But the self is not something one finds, it is something one creates."

—Thomas Szasz

Allow Your Purpose To Choose You

Here's what I mean by your purpose choosing you. In many cases, people's purposes are revealed to them by fate, but then they decide whether or not to act on it and create a future out of it. Think of the great John Walsh of *America's Most Wanted* whose son Adam was abducted and murdered. Before that tragic event, he was enjoying a career in another area, but as a result of the abduction, his life took a drastic and immediate turn, and his purpose— to prevent child abductors from

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harming kids—became obvious. If you asked John Walsh before the incident what he thought his life purpose was, do you think he would have said, “I read a book that had a quiz in it that showed me I was supposed to be America’s face for the prevention of child abduction?” I don’t think so! His purpose *chose* him, and he chose to respond. I say that he *chose* to respond and create his purpose out of that fateful tragedy because there were scores of people whose children were abducted but who didn’t choose to use the tragedy to become world renown for preventing child abduction. John Walsh chose to take the mess and turn it into a message. He chose to take the test and turn it into a testimony. And he chose to be a victor, not a victim.

Or consider the great Helen Keller, who despite being deaf and blind achieved world fame as an American author, lecturer and activist and whose story has inspired millions for generations. As a little girl she developed an illness that left her deaf and blind. Because of this disability, she grew up to become a world-famous speaker widely known for her advocacy for people with disabilities. Do you think that as a child Helen Keller internally knew that her life’s purpose would be world renowned fame? I don’t think so! Her purpose *chose* her by fate and she chose to respond and create her future out of it. She could have done what countless others in that same situation did. Nothing!

Lastly, consider the history making African-American icon Rosa Parks who one day simply decided she was not going to allow racial segregation to force her to sit in the back of the bus. Before that day, Rosa Parks was an everyday American citizen going to and fro. After that day, her purpose was revealed as

the face for the great American civil rights movement of the 1960s. Did she know earlier from some great motivational speaker or preacher what her purpose in life was? I don't think so! Her purpose *chose* her, and she *chose* to respond. Think of the hundreds or maybe thousands of people who chose to sit in the back. Rosa could have easily done what they did. Well, you know the story. She chose to stand, and by doing so she created her purpose in life.

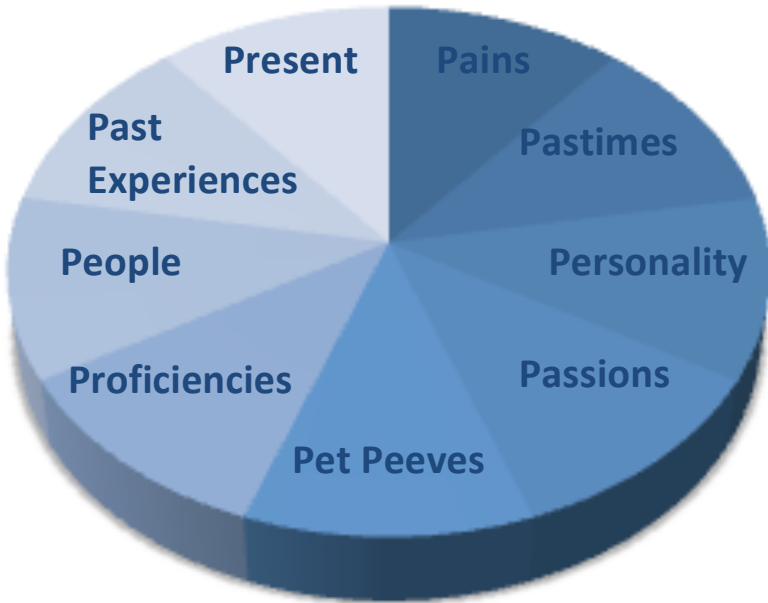
So again, your purpose may not be something that you meditate on and that suddenly comes to you. Your greater purpose may just happen to you on its own before you leave this earth. If or until that happens, I suggest you consider *choosing* your own purpose.

“Wisdom is knowing what path to take next... Integrity is taking it.”

—M. McKee

Choose Your Purpose

There is a famous quote that says, “Good things may come to those who wait, but only those things left by those who went and got.” In other words, if your purpose hasn't chosen you yet, you might want to get busy using what I call the Powerful 'P's of Purpose to go ahead and choose your own purpose. The Powerful 'P's are the Past Experiences, Present, Pains, Pastimes, Personality, Passions, Pet Peeves, Proficiencies and People.



Consider these examples:

Past experiences

Did you have a past experience as a member of a particular group or situation that you could choose to work closer with in the future? For example, I was a member of a fraternity that sponsored a boy's mentoring program. My purpose could be to work closer with that kind of program.

Present

Your purpose may not be a certain thing you are supposed to be doing; your purpose may be doing whatever you happen to be doing so well that the excellence with which you are doing it propels you to even greater purposes.

“The purpose of life is not to fight against evil and misfortune; it is to unveil magnificence.”

—Alan Cohen

Vince Lombardi, the greatest football coach ever, said it this way: “The quality of a person’s life is in direct proportion to their commitment to excellence, regardless of their *chosen* field of human endeavor.”

Dr. Martin Luther King Jr. said it this way: “If it falls your lot in life to be a street sweeper, sweep streets like Rafael painted paintings, like Michelangelo carved marble, like Shakespeare composed poetry, sweep streets so well that all the hosts of heaven would have to applaud and say there lived a great street sweeper who swept his street well.”

These statements suggest that your purpose just might be taking what you have chosen to do already and doing it with excellence until some greater purpose chooses you.

Pains

Did you experience a tragedy in the past that caused you great pain and, as a result, makes you compassionate for others who experience the same tragedy? For example, someone who lost a loved one to cancer could choose to become an advocate for the cause of cancer and thereby take this pain and use it for purpose. Don’t let your past pains hinder you; instead, turn your test into a testimony, and turn your mess into a message.

Personality

Could your personality type speak to the kind of career you could pursue? For example, the analytical personality does well

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in the technical field, the assertive personality does well in the leadership field, the social personality does well in the sales field, and the people personality does well in the service field. Take a personality test that reveals your personality type and suggests careers or interests that fit your personality. There you might discover your purpose.

Passions

Could you have a passion that could lead you to a greater purpose? For example, if you are passionate about politics, instead of watching it from the sidelines, you might throw your hat into the ring and find your purpose in it.

Pastimes

“Time flies when you are having fun.”

—Anonymous

What hobbies or activities are you so involved in that, when you look up from doing them, you find that time has slipped away?

Pet Peeves

Is there something that frustrates you so much that you just can't stand it? For example, many people have found purpose by inventing a product or creating a solution that solved a burning frustration they had. Or maybe there is a problem you see in society that you truly wished were solved. Your purpose may be solving that problem.

Proficiencies

Do you have certain skills or talents that would serve you well if you applied them? For example, you may be a natural-born singer, and your purpose might be to use that gift to inspire the

world. You might be a natural-born chef, and that gift might inspire you to bless the world with excellent cuisine.

Or it could be found in your spiritual gift. According to the book of *1 Corinthians* in the Bible, some are gifted to be teachers, and others are gifted to be evangelists. You might study the Bible further to see which gift you were given to bless the church with.

Another way to determine your possible purpose is to ask yourself what people typically ask you for help with. What are you able to easily teach someone else to do? What do people tend to compliment you on or say you are good at? This could be your purpose.

People

Who are the people that inspire you the most? Think of your family, friends, famous people, philanthropists, athletes, leaders, etc. Maybe your purpose can be found in modeling the life of the person or people who inspire you most. For example, I was partly inspired to the purpose of speaking and motivating when I first listened to the great motivational speakers Zig Ziglar and Les Brown. As they say, the rest is history.

Finally, you might ask yourself who are the people that you have the most compassion or love for. Your purpose might be found in serving these people.

“The best way to find yourself is to lose yourself in the service of others.” —Mohandas K. Gandhi

Once you review the Powerful ‘P’s and discover what opportunities are right in front of you, get busy! Get busy doing

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the tasks in those areas with the excellence spoken of by Dr. King and Vince Lombardi, because it is possible that your purpose has already chosen you, but you passed over the opportunity and chose not to respond. And guess what. “Passing Over Opportunities Repeatedly” will keep you “P.O.O.R.” It is possible that your past tragedies and experiences were opportunities for you to respond to in a purposeful way but you chose to pass over the opportunities.

“Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbour. Catch the trade winds in your sails. Explore. Dream. Discover.”

—Mark Twain

“It's never too late to be what you might have been.”

—George Elliot

I'm sure it is not your goal to be poor, neither financially nor emotionally. So if you are procrastinating and not taking advantage of opportunities, get started by using another Powerful 'P' called Prayer to go back and visit your life's experiences and pains to see if your purpose lies within them. Your Creator will reveal it to you if you 'ASK.' Remember that the acronym ASK stands for “Ask and you shall receive, Seek and you shall find, and Knock and the door will be opened unto you.”

With all of that said, realize that if you are excellent at whatever you have chosen to do, I believe you are already living your current purpose. But I also believe that your purpose can evolve and change over time. In other words, there may not be one

thing you are supposed to do for the rest of your life. As you are living your purpose with excellence, you may move into greater purposes. So keep living in excellence in your present purpose unless or until the Powerful ‘P’ called Providence (God, The Creator) leads you to greater purposes in your future.

Live your purpose!

Your Tertiary Purpose is to Have

Just like one of our purposes for our children is to make sure that they have an abundance of success in their lives, I believe God’s tertiary purpose for our life also is to make sure that we, His children, have an abundance of success as well. Again, your tertiary purpose is to **have** success!

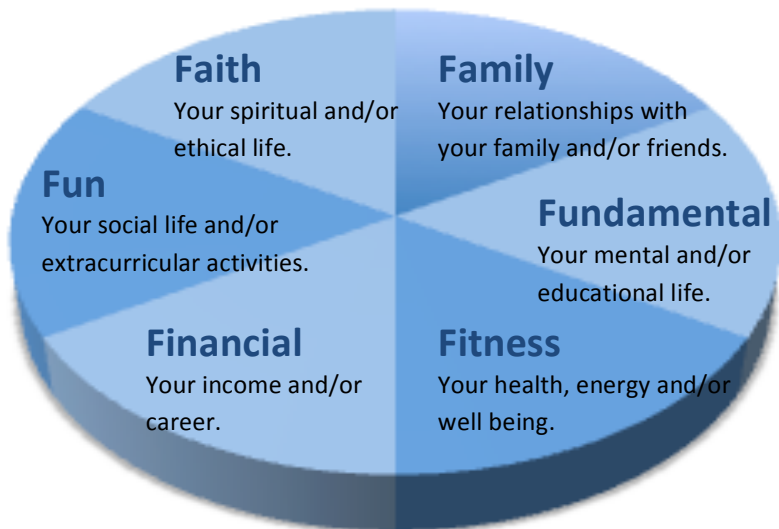
You see, in the beginning, you were created to have dominion over *all* things in the Earth. Not some things, not several things, not many things, not most things—*all* things. In today’s world, the word many use to express having dominion is the word ‘success.’ And just as with dominion, you were not created to have success in *some* areas of life; you were created to have success in *all* areas of life. If you have achieved success in some areas but want to take your life to the next level, then it is time for you to ‘Supersize Your Success’!

In order for you to ‘Supersize Your Success’, it’s important to first define success. There are many definitions. For some it may be money and/or material possessions. In their minds you are not successful unless you are rich. That’s fine. For others it may be power. Success to them is being in a position of status or authority. That’s fine as well. Whether you define success as

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having money, having power, or having anything else, thank God we all have a right to define success the way we want to.

Since everyone can define success the way they choose, here is the way I define it. I believe true success is best defined as 'wholeness in every area of life.' Yes, 'wholeness in every area of life.' And I believe this wholeness can be found by having balance in the six areas of life I call the Six F's. They include Faith, Family, Fundamental, Fitness, Financial, and Fun.



You may have success in some of these areas of life, but I believe true success is wholeness in *all* of these areas. For example, you may have mastered your financial life, but your family life and relationships are a nightmare. Or, you may have mastered your physical life, but your spiritual or ethical life is nonexistent. In other words, it is possible to have success in one

or two areas of life but not have total success because other areas of your life are neglected. Again, you were created to have *dominion* over *all* things, not some, so let's 'Supersize Your Success' in all areas of your life.

With that said, let's also acknowledge that everyone is successful in some areas of their lives. For example, you may not have mastered your physical life, but you have a happy family life. Or, you may not have mastered your financial life, but your spiritual life is flourishing and bringing you great peace and joy. These are small successes, and they are important. Be grateful for these small successes because you probably have some success in many areas of life, but you just have not acknowledged it yet.

In other words, relatively speaking, you are already successful. This is because success is relative to what you compare it to. You may think you are not successful financially because you do not earn a certain amount of money or because your home is not as nice as your friend's, but if you compare yourself to someone in poverty, relatively speaking, you have an abundance of success.

Or you may not think you have success in your family life if you compare yourself to a couple who seems to have the perfect marriage, but remember that there are many couples who are totally miserable. If you compare yourself to them, relatively speaking, you have a successful relationship.

The point I'm making is that it's your choice. You can choose to compare yourself to those who are more accomplished than you and consider yourself unsuccessful, or you can compare

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yourself to those who are less accomplished than you and consider yourself successful. To be safe, realize that there will always be those who are more or less accomplished than you in certain areas of life, so it is best to determine the goals and values that are important to you and focus your energy on them. In that sense, you will always focus on your own success and not the success or failure of others.

Chapter Three

How to Write Your Personal Purpose Statement

Now that you understand the importance of knowing your purpose and have discovered your primary, secondary and tertiary purposes, let's pull all of your desires together into your Personal Purpose Statement. The process is quick and simple but very powerful!

Take a moment to think about what you believe you are purposed to be, do and have in life. Use the Virtues, the Powerful P's and the Six F's stated above to trigger your thinking, or simply do a 'Brain Dump' and list everything you can think of.

Step One: Be

'Brain Dump' the list of virtues that you want to *Be*.

Examples of *Be* are:

Loving, caring, patient, kind, honest, wise, confident, forgiving, etc.

An expanded list of virtues includes:

Dependable, honorable, loyal, altruistic, grateful, empathetic, respectful, assertive, giving, merciful, gracious, conscientious,

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diligent, ethical, fair, gentle, helpful, sincere, thoughtful, dedicated, creative, focused, etc.

For an even greater list simply Google 'List of Virtues.'

Think through them, contemplate them, and compare them over and over until you can narrow them down to the three that are most important to you. There is no right or wrong here; different virtues are of different levels of importance to all people. The ones that are important to you are a part of your unique purpose.

Step Two: Do

Review the Powerful P's of Purpose, search your heart, and decide on your purpose. Remember, if you can't decide, don't be dismayed; your current purpose lies in doing with excellence what you are currently doing unless or until you discover a greater purpose.

Examples of *Do* are:

Start a foundation, work with at-risk youth, serve in the Peace Corps, earn a Masters Degree and work in the area of your passion, heal people as a doctor, inspire people as an artist, lead people as a politician, help people as a counselor, serve people as a customer service specialist, teach people as a teacher, bless people as a minister, solve problems as an inventor, empower people to live healthfully as a nutritionist, protect people as a police officer or other public servant, etc.

Step Three: Have

Do a 'Brain Dump' of all of the things you desire to have in the six different categories of life found in the Six F's. As before,

How to Write Your Personal Purpose Statement

think through them, contemplate them, and narrow them down to your three most important ones. You can pick one of the three to go into your personal purpose statement, or you can use all three of them. Also, there is no set standard for the length of your statement. If it is short and sweet, it will be easier to remember, but if it is detailed, it will fully cover all of the important purposes in your life. If you decide to make a detailed statement, save it electronically or in print and review it daily so that you implant it in your mind. This increases your passion for your purpose and makes it easier to achieve.

Examples of *Have* are:

A successful business, a successful church, a successful marriage, successful relationships with your children, successful relationships with others, a certain net worth, certain material possessions, a healthy body, an excellent reputation, a great name, an abundance of friends, an abundance of peace, an abundance of joy, an abundance of happiness, good experiences, good times, good food, good fun, fame, respect, etc. And the list goes on and on.

Action: Write your Personal Purpose Statement

Sample Personal Purpose Statement: To be an honorable, caring, altruistic being who exists to protect my fellow citizens as a public servant, and to have an abundance of friends, fun and family happiness.

My Personal Purpose Statement: To be a loving, grateful and Godlike human being who lives to help people achieve their dreams as a personal development expert, and who has an abundance of peace, joy and happiness.

Supersize Your Success

P.S. Your Personal Vision Statement can simply be your Personal Purpose Statement written in present tense as if it is already achieved.

For Example: I am a loving, grateful and Godlike human being who lives to help people achieve their dreams as a personal development expert, and who has an abundance of peace, joy and happiness.

Conclusion

Congratulations! You have completed step one in the series and have learned the importance of knowing your purpose, how to discover your purpose, and how to write your personal purpose statement. I hope that completing this first step towards achieving your purpose in life makes you feel glad, elated, happy, joyful and hopeful. You should be proud of yourself, because you have taken a step that billions of people will never take for many different reasons. But you have! You took the time to read through and apply these strategies, and your harvest for your effort will be great. Though your beginning is small, your end will be great.

Now, there is a second step. Book II addresses any limiting beliefs that would put the brakes on your quest and sabotage your efforts to achieve your purpose. There is an old saying that 'my enemy is my inner me.' Well, my goal is to make sure that your enemy is slayed. I will be coaching you in Book II and inspiring you to believe, and I believe that you will respond and emerge with greater motivation and passion to achieve your dreams than you've ever had.

Supersize Your Success

As a personal development coach, I am privileged to work one-on-one with individuals, helping them to achieve their goals, and I thank you for allowing me to be your personal development coach through this book. I look forward to continue coaching you towards winning your championship and 'Supersizing Your Success.'

I wish you grace, peace, mercy and love.

Sincerely,

Jonathan 'JD' Williams

About the Author

Jonathan 'JD' Williams is a powerful speaker, author and personal development coach who is recognized by tens of thousands of people as an expert on personal and professional development. For nearly 20 years he has used his expertise to teach nearly 100,000 people around the world success solutions that empower them to become better employees, leaders, entrepreneurs and citizens.

He has delivered over 2000 presentations in 49 of America's 50 states and has presented worldwide in countries including Scotland, Ireland, England, Saudi Arabia, Canada, Puerto Rico and the Bahamas. He is an organization's best friend in that he is a certified and seasoned presenter of over 80 topics including Goal-Setting, Strategic Thinking, Project Management, Time Management, Personal Development, and Peak Performance.

As a certified personal development coach, JD works one-on-one with individuals, helping them identify their goals, develop a plan of action to achieve them, and overcome any and all obstacles to their fulfillment.

JD is the author of the personal development book *Parables of Success* and the book series *Supersize Your Success*, as well as the author and presenter of the Time Management Video Series entitled *How to Get Things Done*. He has also written numerous professional development workshops for clients on topics ranging from time management and communication to team building and leadership skills.

To learn more about JD Williams Personal Development, or to purchase the other books in this series, visit www.jdwilliamspersonaldevelopment.com.

Book II: Supersize Your Success by Believing You Can Achieve Your Purpose

Book III: Supersize Your Success by Developing Your Plan to Achieve Your Purpose

Imagine you are at the end of your life reflecting on the life you have lived. As you reflect, you think about the person in life you wish you had become but didn't. You think about the things in life you wish you had done but didn't. And you think about the things in life that you wish you had attained but didn't.

And now re-imagine. Earlier in your life, you searched your soul to discover your purpose and worked hard to fulfill it, and you are now at the end of your life reflecting on the life you have lived. As you reflect, you think about the person that you are, and you are proud of who you became. You think about the difference you have made in the lives of others, and you are proud with what you have done. And you think about the things in life that you aspired to attain, and you are proud of what you have. You are proud of the life you lived, all because you discovered your unique purpose in this life.

Personal development coach JD Williams is an expert at helping people imagine or re-imagine their ideal Dream-Life, and he is ready to help you as well. This is the first book in a three-book series, and in this book you will:

- Learn why it is important to discover and fulfill your purpose in life
- Learn how to discover your unique purpose in three different areas of your life
- Learn how to form all of your desires into a focused and powerful Personal Purpose Statement

In ***Book II: Supersize Your Success by Believing You Can Achieve Purpose***, you will discover and overcome any limiting beliefs you have concerning achieving your purpose.

In ***Book III: Supersize Your Success by Developing Your Plan to Achieve Your Purpose***, you will develop a master plan to achieve your purpose.

Get ready, because it's time for you to Supersize Your Success!



Jonathan 'JD' Williams is a speaker, author and certified personal development coach. He is the President of JD Williams Personal Development and has delivered personal development solutions to nearly 100,000 people over a nearly 20-year span. Visit www.jdwilliamspersonaldevelopment.com for complimentary tips and solutions.