



*Empowering You to "Master Your Life!"*

The Warrior Concepts Life-Mastery Program

**Module 1:**

**Taking Command of Your Life**

Personal Development Process: BE- 0020

# Your Life Purpose

*Envisioning a Life Worth Protecting*

A Personal Development Publication of

**Warrior Concepts International**

*Life Mastery Academy*

Sunbury, Pennsylvania, USA

# Your Life Purpose

## Envisioning a Life Worth Protecting



### OVERVIEW

The Warrior Concepts Mastery Program

Module 1:

Taking Command of Your Life

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*"... (life) needs a lifting purpose greater than the struggle of materialism."*

- Herbert Hoover

#### Definition

Your Life Purpose is about just that - your life. It is not about anyone else's life, your career, family, etc. While these things are important and worthy of your consideration, energy and focus, they are but individual parts of your life.

Your Life Purpose is the primary essence of what you want your life to be about. It is a brief statement summarizing whatever it is in your heart-of-hearts that is the source of your energy, focus, and purpose - of your vitality, your commitment and your passion.

Your Life Purpose isn't about material things. It's about life.

#### Why Do You Need to Understand Your Life Purpose?

Understanding your Life Purpose empowers you to be able to live your life intentionally - rather than randomly - by making choices that are consistent with what is most important to you. It helps you set your life's real priorities and allows you to put each part of your life into proper perspective. It enables you to understand where the real purpose of your life lies, and how better to serve that purpose.

#### Key Points

1. **The Life Purpose is intensely personal. It's all about you.**
2. **It is a positive statement.**
3. **It is *not* about goals or possessions.**
4. **Consists of 1 positive phrase or sentence.**
5. **In the present tense ("I am ...")**

#### The Life Purpose Discovery Process

- ✓ List what you don't want in life
- ✓ List what you do want in life
- ✓ Set priorities and identify limitations
- ✓ Write your own eulogy
- ✓ Write your Life Purpose Statement

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# Your Life Purpose

## *Envisioning a Life Worth Protecting*

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*"It never fails to amaze me how disconnected people can be from what should be the central issue of their lives, which is of course . . .LIFE."*

- Michael E. Gerber  
Author

### **It's About Your Life**

Your life purpose is about living your life according to your values, beliefs and innermost dreams. It is the answer to the most important question that any human being could ask of themselves, "what do I want to get out of life - what do I want my life to stand for?" It is the cause that you stand for, that guides your every decision, that gives your life meaning, direction and, well, purpose. Every warrior has a cause for which he or she fights for - a banner beneath which he or she is literally willing to lay down the most precious gift they possess. . . their very own life.

This may sound extreme but, when you think about it, that is what you and I gamble with each and every time we make a decision. From everything as mundane as what we're having for lunch to where we will vacation, live, or from what company we will retire, we are literally gambling with our life. And it's the only life we have, yet it never ceases to amaze me how many people either are willing to give up on their dreams, values and beliefs at the whim of another or, even worse, have never stopped to determine just what, if anything, their life means and is worth - *to them*.

Your Life's Purpose is the key to living a happy, fulfilling and meaningful life. It provides the force behind your every action, achievement and the realization of your deepest wishes and dreams. It is the ground on which every part of your life plays an important role, but not the only role. And, when discovered, is the reason that you live a life of complete and total joy. Unfortunately, it's probably not the life your living right now.

### **What is the Meaning of Life?**

Why would you want to have a Life Purpose? Do you really need one? Can't you just set goals, live a good moral life and let the rest take care of itself? While most people do live this way and get along just fine, my answer, the answer of any warrior - of anyone who is in command of his or her own life, is, "no."

Just because the vast majority of people are not in-touch with their life purpose does not mean that they don't have one. They do. It is there, within each and every one of us, just waiting to be discovered. But, most of us simply haven't made the discovery. Not yet at least.

The answer to "why" you would want to have or know your Life Purpose is quite simple, understanding it gives you the most powerful ability ever developed by man (or woman) - the ability to live a life of your own design based on what makes you happy and fulfilled. It

gives you the ability to a live life *intentionally* rather than *accidentally*. Your Life Purpose gives you the ability to shape your life in a way that makes things happen instead of living a life that just happens to you. Instead of asking yourself, "what do I do with my life?", the more important, more empowering question is to ask, "what do I want to do with my life?" In fact, that's the only reason for bothering to discover your Life Purpose. Otherwise, you can simply live a life of random happenstance, take your chances, and settle for whatever joy, sorrow, pain, happiness, suffering, contentment or discontent that comes your way.

Most people think that their core values, morals and beliefs are shaped during childhood. Even so, they still do not understand their core values very well and more often than not have misleading impressions about them. This in itself is a major problem. We all know or have heard of people who have lived lives according to "the rules," even reaching some high level of achievement only to find that, after reaching as far as they could go, were only left feeling empty and unfulfilled.

"How could this be," they ask of both themselves and others. "I should be happy. I should feel complete, but I don't." They are left alone asking, *why, why, why, why*. Many of these people - great people - famous people - rich people, like Elvis, get to this point and, after realizing, that even though they have everything they're supposed to want and have to be happy, that there is something missing, simply kill themselves, if not literally, spiritually, and simply disappear like Howard Hughes. After all, if years of hard work and accumulating the 'things' that are supposed to create happiness still lead to more of the same dull emptiness or nervous anxiety for fear of losing it all, then why go on another day of working for more of the same?

And, of course we've also known or heard of those who, while they may or may not be successful in the conventional sense of wealth, possessions, career, or whatever other measurements that we have been taught to attain, seem to live life with a joyful contentment and a sense of deep satisfaction. They seem to want for nothing regardless of what they may or may not have. They are never heard to "wish" to be younger, wiser, smarter but instead exclaim how great life is. It is often the single mom, scratching out an existence on her knees scrubbing floors late at night for some faceless company, only to start another job in the morning just to make sure she can provide some kind of better life for her children, who always seems to be able to go on. She, and others like her, who envision a dream for herself or her family, that is better than what she is living today that allows her - no, drives her to do what she must to make that dream a reality. With her, it's not the money which is the fruit of her labor but the fulfillment of a dream.

In the first case, there was no Life Purpose being served, no deeper meaning beyond what could be done or possessed and then displayed for all to see as though these 'things' were somehow the person themselves. In the second example, there was meaning beyond material possessions or achievements. The individual's Life Purpose was being served.

It is sad that so few people know the secret of lasting success, happiness and joy - the so-called "meaning of life." Most seem to live a life according to the formula of 'have' - 'do' - 'be' where what they have or don't have determines what they must do to get or keep it and that their possessions and actions, career, diplomas, etc. somehow justify who they are. Unfortunately, they don't see, and were never taught that a perspective like that can often have disastrous effects. Can you imagine what kind of self-esteem someone must have to believe that their happiness is wrapped up in what they have and what they do - that a big house, a car, a certain job, or even intelligent, loving, and well-adjusted kids somehow can make up for feelings of low self-worth? Can you see how the determining factor in how you feel about yourself and your ability to be happy is really in what you feel about 'you' when you don't have anything else? Can you imagine the anxiety, jealousy or sense of wanting when you see that someone else has a nicer bigger house, or a newer, shinier, more expensive

car? Can you imagine the emptiness and sense of loss felt by a parent whose entire life has been focused on their children - meeting their every need, guiding their decisions, having someone there to remind them that, "yes" I am special, needed, loved - only to be left alone when the child leaves home to find his or her own place in the world? Can you imagine any of this? *Can you feel it?*

Now, please don't confuse this with the notion that I'm saying that you should give up everything that you own. It's not about the 'things' at all. As one Zen master said once, "it's not about wanting things, it's about living with the things you have." It's not about neglecting your children or not getting the nicer, finer things in life. That's not what I'm talking about. It's about identifying that deep inner-vision, that 'you' that is always talked about but never really defined. It's about knowing what makes you happy regardless of what 'things' fill your days.

No, the real formula for happiness and living the life you want is: 'be' - 'do' - 'have.' With this perspective you first determine the kind of person you want to 'be,' what kind of life you want to live. It always comes down to "who" is doing the living. A mean, cynical, manipulative liar will be a mean, cynical, manipulative liar regardless of whether they have money and fame or not. A kind, loving, honest, Samaritan will be so regardless of what reward they might or might not receive for being so. Then, based on what we want to be, we can see, with much more clarity and direction, what we must "do" to "have" what we want. But, without discovering what is truly important to us - what gives our life meaning, for us and no one else - we will constantly be searching for happiness in places and in faces that cannot provide it or at least not for very long.

## **Knowing Your Life Purpose is More Pragmatic Than You Think**

Discovering your Life's Purpose is much more than some New Age trick to bolster your self-esteem. It's not some kind of self-help gimmick or the latest trend in reaching your goals. When talking about your Life's Purpose, we are literally talking about "you," and what you really get your kicks from. We're talking about a fundamental part of you, a part that has been with you seemingly forever. The part of you that propels you through life joyfully. We're talking about something way down deep, in your heart-of-hearts that, when fulfilled, makes your spirit soar - makes you want to wake up and attack life with zest and zeal rather than dread the morning and watch the clock for quitting time, dinner time, and bedtime.

## **Distractions in the Search for Your Real Life Purpose**

Money, power, fame, possessions, status - none of these things are the real driving force behind your Life Purpose. They can certainly be important, each in its own way, but none could be called 'the' thing that drives you. But, they *can* all be distractions in that we can think they will provide the lasting happiness we seek. Your Life Purpose is something much deeper, something more basic, something more uniquely you.

The trouble with most self-help, New Age, and even religious teachings is that, they cannot tell you what will really satisfy you. Many try to tell you what you should be satisfied with, and may even convince you for a time, but, lying there within your heart is that light of hope, searching each and every experience for a hint of what dreams are made of - looking for the spark that will literally ignite the fire in your belly, that will set your heart and therefore your life ablaze with meaning, happiness, and a sense of completeness.

## **How Do You Determine Your Life Purpose?**

There is a process that you can use that countless others have used to discover their Life Purpose. It is a process by which you can come to a clearer idea of what life is about for you, but it is a deeply personal process. No one else can do it for you just as no one - no teacher, no friend, no book, etc. - can tell you what will make you happy. Some people breeze through it with ease while others struggle and go through bouts of confusion, doubt, and self-appraisal before they ever reach some level of clarity. Almost everyone learns from it, and, once done, no one's life is ever the same as a result of it.

The goal, the end result, is to create something that will literally be a motivating force for guiding your life and the important elements in your life whether they be your career, relationships with friends and family, or simpler things like hobbies and what you will eat regularly or even where you will vacation.

## **It's All About YOU**

Your Life Purpose is all about you. As selfish as that may sound in a world where we are constantly reminded to give and to not be selfish. But, I find it difficult to understand how anyone can be expected to give what they don't have and I believe that it is both rude and unrealistic to even suggest that someone give what they barely do have enough of to sustain themselves. So, let's start where it's important to start if we're talking about building your personal power in the life of your choosing: with *you*. Your Life Purpose is about what you truly want for yourself. It's not about what others expect of you. It's not about the obligations that you believe or others say that you have to them. It's not about anyone or anything else but you. After all, if you can't be true to yourself, who or what *can* you be true to?

Since your Life Purpose is about you, it will be unique - one of a kind in all the world - just like you. It's important that while trying to discover and identify your Life Purpose that you think only about what you want both for yourself and out of life. This is very difficult for many and you may find it a little uncomfortable because we are so accustomed to putting others first or taking responsibility for them. After all, isn't that what a husband, parent, boss, friend, etc. does? For just a little while, let go of all of those imposed, implied, or 'rule-book' "shoulds." Think in terms of you: your dreams and fantasies - those things that you've been carrying around since childhood or, at the very least, early adulthood. Think big. Reach for the stars and you might just get the moon.

It's important that you let your imagination soar. Wish for whatever you like without embarrassment. It's your life. Don't be concerned about or be self-conscious or worry about the expectations of others. The first step in taking command of your life and being an example to others is in deciding what kind of life you want to live.

## **The "Fire" Inside**

Remember my description, the one about setting your heart and life ablaze? You might have thought me crazy or wondered if I was going a little too far. You might even have thought that the words that I had chosen were too strong or even just strange to be used in that context, but I meant them, every word. We are looking for the "fire." You have experienced it before when it snuck out, which it always does, when you're doing something you truly love. It's going to take careful thought to discover this Life Purpose, the one that fits you 'like a glove,' the one you literally feel "in your gut" when the moment is just right. And you'll know it when you find it because it will cause you to sit up and pay attention. It may even send shivers down your spine and make you shout, "yes! That's it! That's me!"

Be careful though, because it's easy to come up with something that "sounds good" or that others have told you or you've come to believe "should" be a good Life Purpose. But, when you read it, say it, recite it, whatever, it just doesn't move you. I know, believe me I know, that saying things like, "raising my kids to be healthy, happy adults is my Life Purpose" sounds like it should be or would be a great Life Purpose but, that's not what we're talking about. Oh, it's a good goal, even a noble one at that, but let me ask you, "who is this person who will be raising the children," and, "what will you do when they're grown and out on their own?" While you're raising them, what will guide what you say to them about them, their world, and your experience of it. No, your Life Purpose is more than goals, it's more than "shoulds" and "coulds." It's what you really want but may have tucked away as "childish," "impossible," or "selfish."

To find it you will need to look deeply and honestly within yourself, in your heart-of-hearts. Then, you must decide what you really want from your life, being crystal clear about your wants and don't-wants. You must decide on what is negotiable and what is not, what you really want and need to be satisfied when you have come to the end of this life. You must take all of this, condense it into a brief statement, and then use it as a guiding light as you set out to create the very life that you have dreamed of.

## **The Life Purpose Discovery Process**

Discovering your Life Purpose is just that, a discovery. It's not an invention. You are not inventing or creating anything that isn't already there, existing within yourself. The Life Purpose Process is a way of discovering what it is that is *in* you.

Part of the process may be completely new to you in that very few of us have ever turned the microscope inwards on ourselves. We have learned to be critical of others yet never question what or why *we* do what we do, or the way we do things. For some, it will involve new ways of looking at themselves and their lives. For others, the insight will come from asking familiar questions in a new way. Either way though, the process will involve questioning your assumptions about yourself, the world, others, your own core values, what you have learned and the beliefs you hold to be true. It requires, no, it demands that you use your feelings - your internal "voice" - to guide you. It is an intensely personal experience that is designed to get you in touch with what is naturally, fundamentally, and truly important to you.

We have provided worksheets for you to keep your thoughts in order as you proceed step-by-step toward your discovery. Some of the steps may come very easy while others may challenge your views and comfort zones. The process can be intense at times, but I promise you that it will be insightful, enlightening, rewarding, and one of the most valuable things you ever do for yourself.

Discovering your Life Purpose is a five-step process. You'll be going over these steps over the next several weeks in class with your instructors who will share with you, not only the importance of knowing your Life Purpose, but also their own and the discoveries they made along the way toward finding it. The Five-Step Life Purpose Process is:

**Step 1. Determine what you don't want from life.**

The first thing you will do is sit down and make a long list of all the things that you don't want in your life. Don't think about it too much, just write. If you have difficulty making your list, you can use some of the questions provided on the worksheet to help stimulate your thinking. When it's finished, go back over the list and read each item on the list. Look for the ones that strike a deep emotional chord, the ones that are really negative to you and that you *definitely* don't want in your life. Circle the ones, just the few really important ones that really strike a nerve, that, if you could create the ideal life for you, would absolutely, positively, not be negotiable. Remember: don't circle more than a few items. Focus on only the important ones.

**Step 2. Determine what you do want from life.**

Next, make another list of all the things that you do want in your life. These are the things that, again are what you want, not what you're "supposed" to want. They are the things that you want in your ideal life. Stay away from material things and money - they have very little to do with your Life Purpose and what truly makes you happy and content. Now, as before, go back over the list and pick out those things that cause a deep positive emotional response. These are your must-have's, the non-negotiables. Circle the things that have the most attraction but no more than half a dozen.

**Step 3. Setting your priorities and identifying limitations.**

Now, copy the circled items from your "do want" list to a new list. As you do so, try to look at them and prioritize them into an order of importance to you. As you do this, start thinking about what it is that is holding you back, if anything, from having that thing in your life. What is it about yourself or your current life that is getting in the way of you having your "do-wants?" Finally, and this is very important - what barriers do you put in your own way in the form of limiting beliefs about yourself, your world, etc. and what counterproductive habits do you cling to which are preventing you from succeeding.

**Step 4. Write your own eulogy.**

Think forward into the future to that, hopefully, far-off day when you have passed away and all the people that are important to you are gathered at your memorial ceremony. What would you like others to say about you and the life that you lead? What do you want people to remember about you after it's too late for you to do anything about what they think or say? You get to write your own eulogy. What do you want it to say? What do you want to be remembered for?

For some, this step may be a little strong or too uncomfortable to focus on. For these people, try thinking about yourself in the later part of your life and write a letter to a younger you, one of your children or grandchildren or even a stranger. In the letter, tell them what your life has been all about, what has motivated you and what you find important.

**Step 5. Write your Life Purpose Statement.**

Finally, in as few words as possible - no more than a sentence or two - write a statement that sums up the essence of your Life Purpose. Try to find that single phrase or sentence that really describes what you want your life to be like in order for it, as a symbol of you to others, to express what's most important to you.

The worksheets at the end of this booklet will help you through the process.

## **What Don't You Want**

Often it's easier to describe what we don't want than to explain what we do want. A good way to begin the search for the all-important Life-Purpose is in becoming very clear about all the things that you don't want in your life. The key is in thinking, "if I had a magic wand, and by waving it I could create the perfect life, what would not be a part of that ideal world?" Take your time and don't stop writing until you've added everything you can think of to the list.

There is a basic concept at work here. It is that focusing on what you don't want creates more of the same. The things you don't want, the items finding their way onto your list, are probably things you think about a lot. You probably play them over and over in your mind and as a result, you end up mentally "rehearsing" them, practicing them, reinforcing them.

In the ninja's Mikkyo mind-science, there is a technique called "visualizing." The practitioner mentally goes through the correct motions and sees themselves doing everything successfully long before the actual event may happen. It is a centuries-old technique that has proven to produce powerful results in improving everything from performance of techniques to overcoming limiting habits like smoking or over-eating. It is a very powerful tool and can work to improve any aspect of your life.

There is a problem with this though. If your habitual tendency is faultfinding and focusing on what goes wrong, then your mind stays on the negative, and, even though you wish for the positive, you are mentally "rehearsing" the opposite. This is a very difficult habit to overcome. After all, if you are told not to think about a pink elephant, what's the first thing that pops into your mind? If you are repeatedly told, or tell yourself or others to avoid something, even if that thing should be avoided, what stays in your mind?

So why start the Life Purpose exploration process by focusing on the negative? It's a way of reaching or discovering what you really do want. Once you have a clear picture of what you don't want, it's a simple process of reversing the items to determine your truest wants.

## **What Do You Want**

Think back over your life. What is it that makes you feel the most free? When have you experienced the greatest sense of being in touch with yourself? What do you do that gives you the greatest sense of fulfillment? Everyone has had moments of peak performance where you feel complete, whole, and discover a feeling that, "life doesn't get any better than this." What are those moments for you? What do you, no one else, want your life to stand for? What is really important to you? This, above all else, is what your Life Purpose is all about.

Again, find some quiet time when you don't have to be somewhere soon. It's also best, with this and all of the other exercises in this process, that you not be too tired, hungry, upset or distracted. Relax and take your time as you write down all of the things that you appreciate, that are important to you, that, if you could wave that magic wand again and create the ideal life, would definitely be a part of it. Your list can include those things you treasure as-well-as all that gives you your deepest sense of satisfaction. Perhaps it's in creating things, and if so, is it in working with wood, or doing arts and crafts, or writing computer software. Perhaps it's experiencing things like reading suspense novels or hiking or . . . what? What is it for you? If your list fills up with material things, dig deeper. Your Life Purpose isn't about "stuff." It's about being alive.

## **What Gets in Your Way**

Here's a prediction. As you make your list, you will think of some things that you will be tempted to filter. By that I mean that you will have thoughts like, "that's unrealistic," or "who am I to want that," etc. Thoughts like these as-well-as, "I don't have the ability to [whatever]." Avoid imposing limitations on yourself! This cannot be said strongly enough because, the sad fact is, that we have stopped ourselves from achieving what we want simply because we convinced ourselves that we "couldn't," "shouldn't," or that others "wouldn't" or wouldn't want us to. For the most part, limitations are more imagined than they are real and for those that are real, we often find that they are to a much smaller degree than we thought. And even completely unrealistic wishes, if they come from the heart, should tell you something about your core values and what's important to you. This in and of itself, is a very important and insightful thing to know.

The point? Don't ignore heartfelt desires simply because they are seen as impossible, embarrassing, undeserved, difficult, inappropriate or not within your grasp. Dig within yourself for the source of the emotion behind the desire, and see where that leads you. More often than not, it will lead you to a new source of fulfillment.

## **What About Goals and How to Make My Life Purpose a Reality**

We will be exploring goal-setting, achievement, and other key elements of creating a life a value in the coming weeks and months. Discovering your Life Purpose actually comes before all of these. Don't focus on how you will do the things needed to create this new life right now. Just focus on what you want to be and what you want your life to be about. What you will find, as everyone who has ever done this before you, is that, once you have discovered the "what" you want your life to be, the things you must learn, achieve, do - in short, the direction you must take in your life to create a physical reality out of the vision you carry in your heart - will be clear. In many cases, it will be a "no-brainer."

## **What Really Matters Is . . .**

If you have come to the conclusion that the discovery of your Life Purpose is one of the most important things that you will get from Warrior Concepts International, then you get the point. It may seem a bit odd that, in learning how to defend yourself, you first have to look within yourself, but it's really not odd at all. After all, why learn to defend yourself at all if you haven't decided what value your life has or why it is deserving of protection? Without this one vital element - value - all we are left with is the fear of dying, and, to be honest and realistic, *that* will happen no matter what we try to do to stop it. When all is said and done - when you are at the end of your life and find yourself looking back on it with the grand perspective that always comes at that time, the bottom line - have we said it enough? - is you.

# **Worksheets**

# Questions to Stimulate Thinking About Your Life Purpose

**Question yourself. Then, question your answers.**

The following list of questions is provided as a way to stimulate your thoughts and to help you get into the right frame of mind to discover your Life Purpose. Try to make this a right-brain, feeling, exercise and don't worry about the logic or rational behind why you want or don't want anything. Take time to think about your answers but remember that there are no right or wrong ones, just answers that are true for you. Some questions will have easy, quick answers while others will have difficult or deep rooted answers which require much thought and still others will cause you to completely rethink your most basic values, attitudes, beliefs and desires. The most important thing though, is that you be honest with yourself.

- What do you want your life to look and feel like?
- What do you value most? What's important to you?
- What matters most at this point in your life?
- What would you like to be able to say, or what would you like others to say, about your life after it's too late to do anything about it?
- Many years from now, at your funeral, what do you hope will be said about you in your eulogy?
- How do you want your life to feel on a day-to-day basis?
- What would you like people's perceptions of you to be?
- What are your daydreams about?
- When you were young, what did you want to be when you grew up?
- Do you ever find yourself wishing you were different? What do you wish? Why aren't you that way? What gets in your way?
- Of all the things you have done in your life, what has given you the most satisfaction or pleasure?
- Of all the things you have done in your life, what has given you the least satisfaction or pleasure?
- If you no longer had to work, how would you spend your time? And with whom?
- What is missing from your life? When you find yourself wishing for something, what is it?
- What motivates you to perform above and beyond the call of duty?
- What are your greatest strengths?
- What are your greatest weaknesses?
- What do you want to achieve, but you find it impossible to do? What barriers make it impossible? Think again, are those barriers really insurmountable?







# Life Purpose Worksheet

## Step Four - Write Your Own Eulogy

Years and years from now, after a happy and fulfilling life, you are given the opportunity to write the eulogy that will be given at your memorial service. Assuming you have the life you want from this point onward, what will your eulogy say about your life?

**Looking back on the life of** \_\_\_\_\_

# Life Purpose Worksheet

## Step Five - Your Life Purpose

Now that you have done the exploration and background work, it's time to sum it all up in the form of a statement of purpose. Write a very short statement - a phrase, a sentence, no more than a couple of sentences - which expresses the essence of what you want your life to be all about. The acid test for your Life Purpose Statement is your heart - your internal barometer or compass. When you write it, you should feel energy, enthusiasm, commitment, a sense of "Yes! This is me!" If not, you don't have it yet. Keep trying.

**The essence of my Life Purpose is. . .**

