

Session 3b:
LIFE PURPOSE:
How to discover it?

Discover Your
LIFE PURPOSE SEMINAR

There are basically just **two fundamental things** you need to do intentionally in order to discover your Life Purpose.

- 1) make a conscious deliberate choice to follow a path of influence.**
- 2) formulate your Life Purpose Statement**

1) CHOOSE TO FOLLOW

THE PATH OF INFLUENCE

In general, people tend to adopt three different paths throughout life, namely

A) The path of **INDIFFERENCE.**

B) The path of **INDULGENCE.**

C) THE PATH OF **INFLUENCE.**

- Choose to invest your resources, energy, skills, and wisdom in others in order to see them helped and transformed.
- Give generously and often times sacrificially, so as to help the less fortunate, support worthy causes, or meet someone's financial or material need.
- Don't do it out of duty or constraint, but because you find it even more fulfilling and satisfying than spending the money on yourself.
- Ironically, in helping, blessing and empowering others, you find yourself so blessed and fulfilled.

(2) FORMULATE YOUR PERSONAL LIFE PURPOSE STATEMENT

FORMULATE WRITE A
LIFE PURPOSE STATEMENT?



What Is A Life Purpose Statement?

By writing down in black and white, the purpose of your existence, it helps point you towards your specific calling on earth.

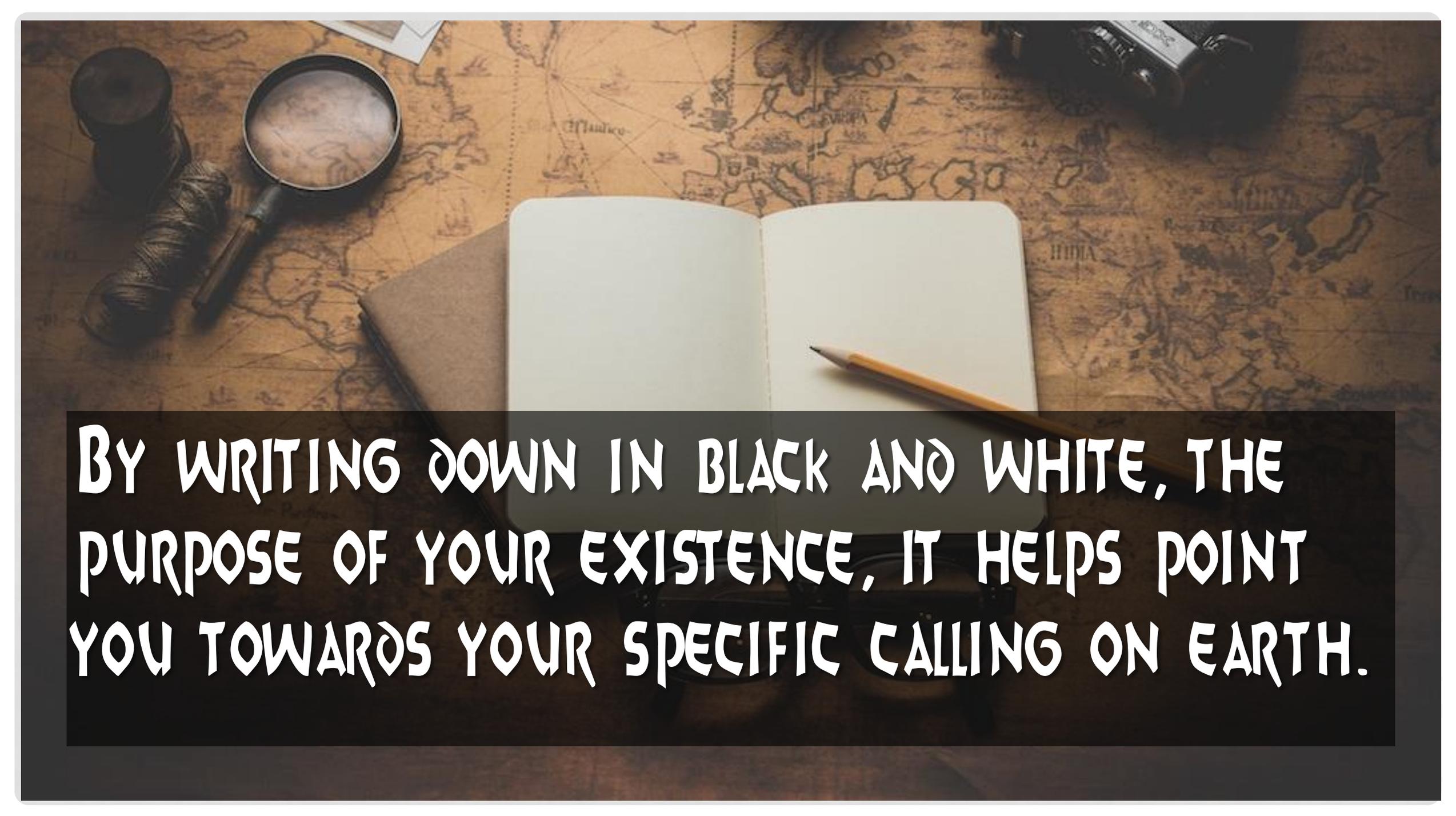
It is a written down reason for being.

Laurie Beth Jones

It is a personal constitution, the basis for making major, life-directing decisions in the midst of the circumstances and emotions that affect our lives.

Stephen Covey

It is articulating in one sentence the reason for you being alive on earth.

A top-down view of a desk with a vintage map, a magnifying glass, a camera, a pencil, and an open notebook. The map is the background, showing continents and oceans. A magnifying glass is on the left, a camera is on the right, and a pencil is on the right side of the notebook. The notebook is open, showing two blank pages.

BY WRITING DOWN IN BLACK AND WHITE, THE PURPOSE OF YOUR EXISTENCE, IT HELPS POINT YOU TOWARDS YOUR SPECIFIC CALLING ON EARTH.

Why Is A Life Purpose Statement So Important?

1. it expresses completely your vision and values.
2. it becomes the criterion by which you measure everything else in your life.
3. it acts as both a harness and a sword. It will harness you to what is true and important in your life, while at the same time helping you to cut away what is false and unimportant.

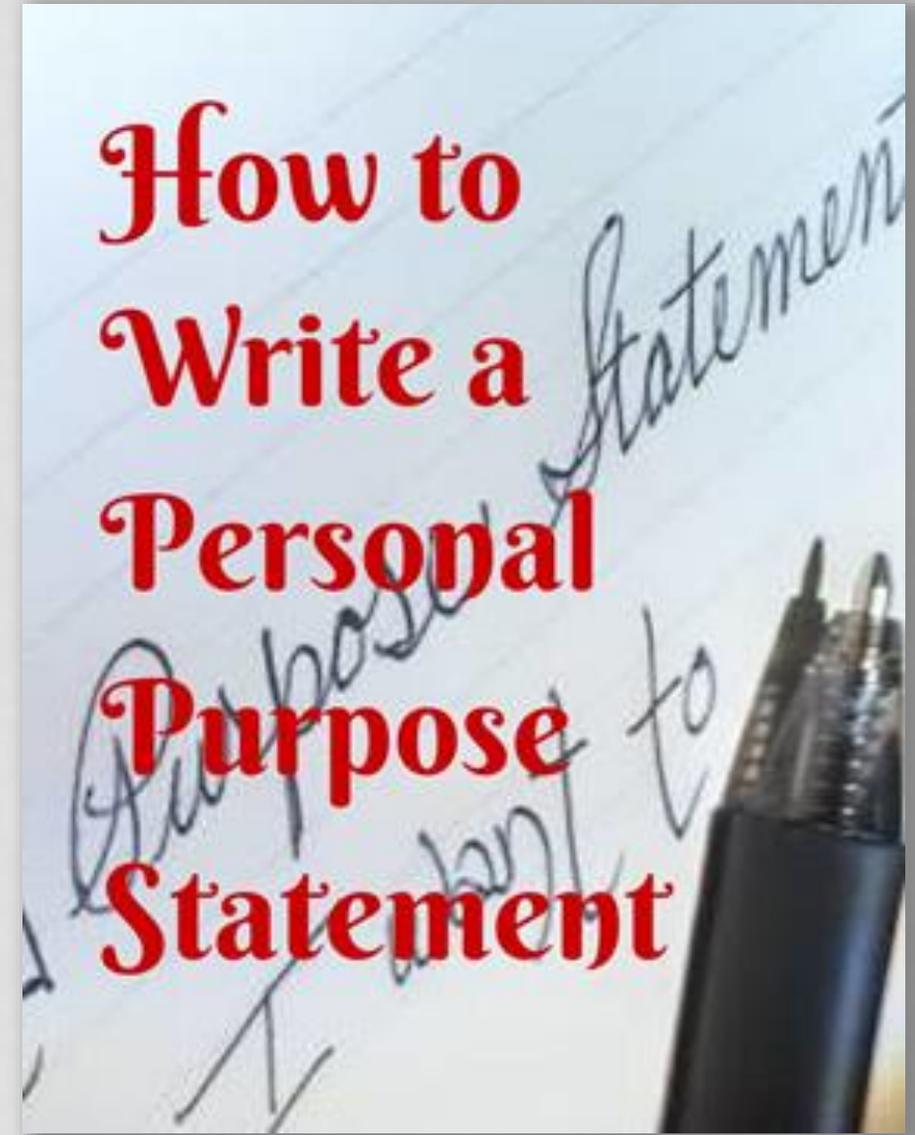
How Do I Write A Life Purpose Statement?



The Process

All you need to do is answer three basic questions.

Each is like a piece of a puzzle and when all the three questions are answered and put together, it will form a clear picture of your life purpose in the form of a statement.



The three basic questions

Question #1: What most excites or most angers you in or about the world?

Question #2: What do you stand for?

Question #3: Whom are you here to help?

The FORMULA

My Life Purpose is to

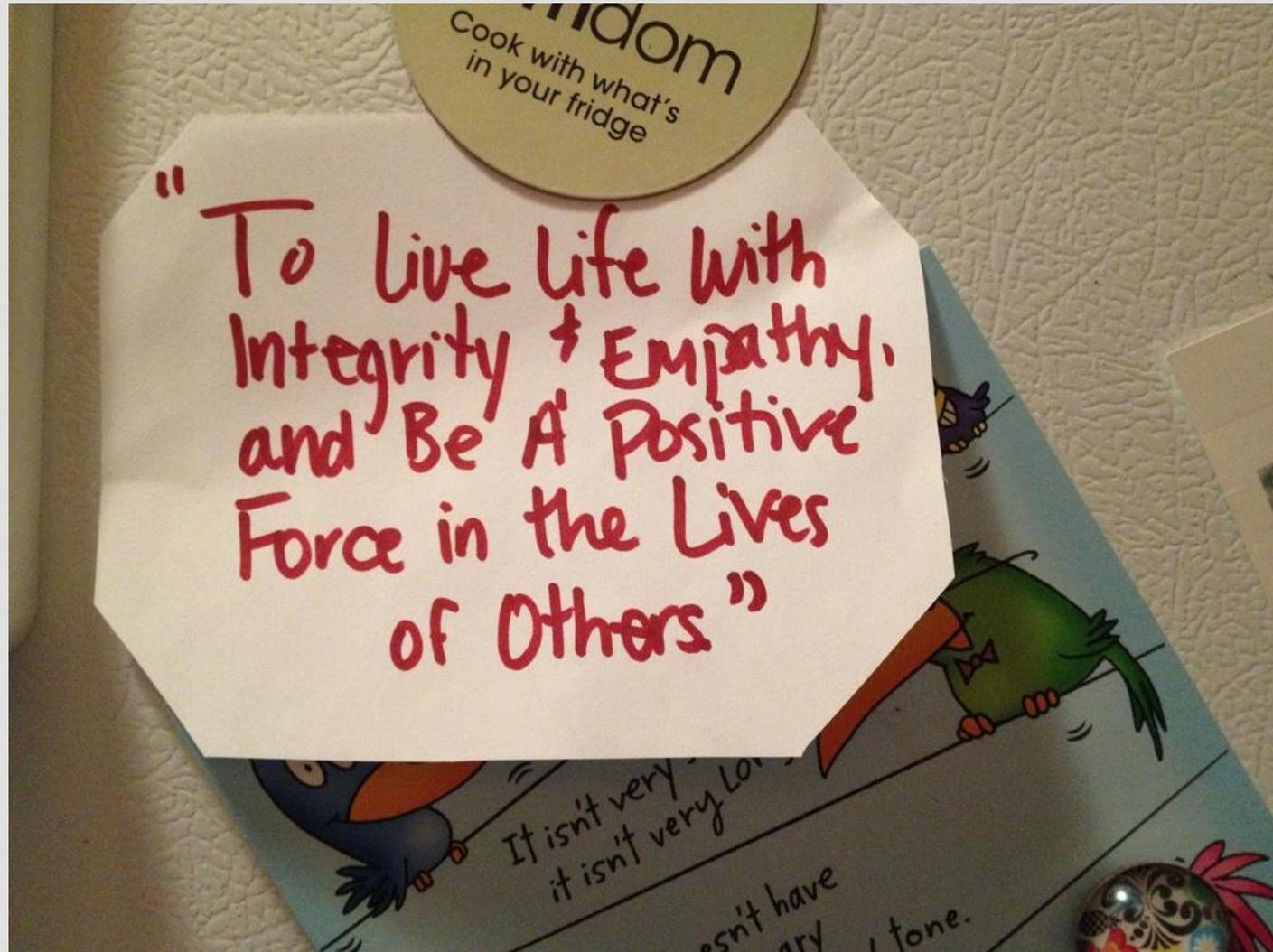
_____ , _____ , and

(Your 3 verbs in puzzle piece #1)

(Your core value(s) as in puzzle piece #2) to, for or with

(The group/cause which most moves/excites you- puzzle piece #3)

Examples Of Life Purpose Statements



Examples Of Life Purpose Statements

“I want to build a church where we are challenged towards maturity in our spiritual lives, genuinely care for each other, communicate Christ to those who need His salvation and celebrate the glory of God.”

“My purpose in life is to enliven, encourage and Inspire the love of music for children.”

Examples Of Life Purpose Statements

My mission is to create, nurture and maintain an environment of growth, challenge and unlimited potential for all those around me.”

“My life purpose is to create an online voice for autism; to educate parents, teachers and patients about the latest developments and coping strategies. I want to use my skills of planning, researching and heralding to help direct funding to the most promising research and share those developments with those who need to know.”

Examples Of Life Purpose Statements

“I want to be a spokesman for wildlife issues and people connect their daily actions to saving the wildlife on this planet.”

“My mission in life is to grow nutritious, organic food that helps people grow and thrive and have vibrant health. I want to use my skills as a grower to build a sustainable farm that educates as well as feeds people, and builds a community of like-minded organic growers and consumers.”

Examples Of Life Purpose Statements

My life purpose is to strengthen the Indigenous Church in Malaysia and beyond by empowering the Indigenous pastors and leaders and by channeling resources to build them up.”

Pastor Lam Kee Hing

Examples Of Life Purpose Statements

My life purpose is to embrace, inspire and validate young Entrepreneurs in the marketplace channeling resources and expertise to build their dream business by applying God's method and principles.

STEPHEN LIU

My life purpose is to encourage and build up lives toward integrity, showing kindness and compassion to the destitute and marginalized.

ANGELINE

Examples Of Life Purpose Statements

"My life purpose is to encourage and support those in the market place (and especially those with family issues) in their journey towards forgiveness and reconciliation to bring about healing thankfulness and peace'...

ELAINE CHUAH

My life purpose is to empower, inspire and unleash the potential of the marketplace with love, kindness and excellence to catalyze community development with kingdom purpose.

ROSEMARY

Examples Of Life Purpose Statements

My life purpose is to connect, encourage and motivate women to see their worth in God's sight, helping them to see the need for gratitude, healing and ultimately reconciliation of their brokenness in the family and be made whole again in the loving arms of Christ

MABEL TEO

The work of your life is to discover your purpose and get on with the business of living it out

Oprah Winfrey

CONCLUDING CHALLENGE

What do you want the remaining days of your life to be like?

- **Power Years** or **Pathetic years?**
- **Golden Years** or **Rotten years?**
- **Delightful Years** or **Deadening Years?**
- **Meaningful Years** or **Mournful Years?**
- **Exciting Years** or **Excruciating Years?**
- **Blessed Years** or **Barren Years?**

Malaysian men are living longer: average age 72, but the last 14 are...

The rotten years

THE SICKLY 60s

Payback time for the earlier excesses. This is the age when Malaysian men suffer from serious illnesses because of how they lived in their 20s. The last 14 years of their lives are painfully spent battling ill health.

54

72

18

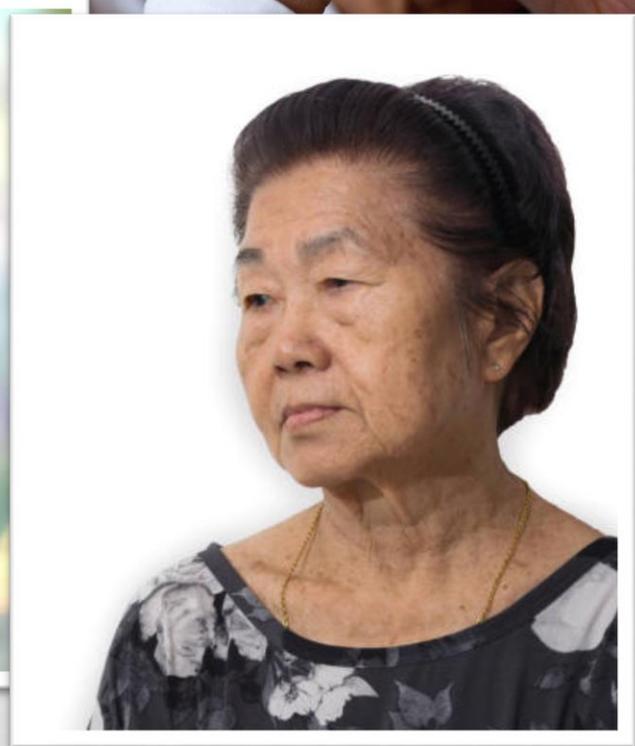
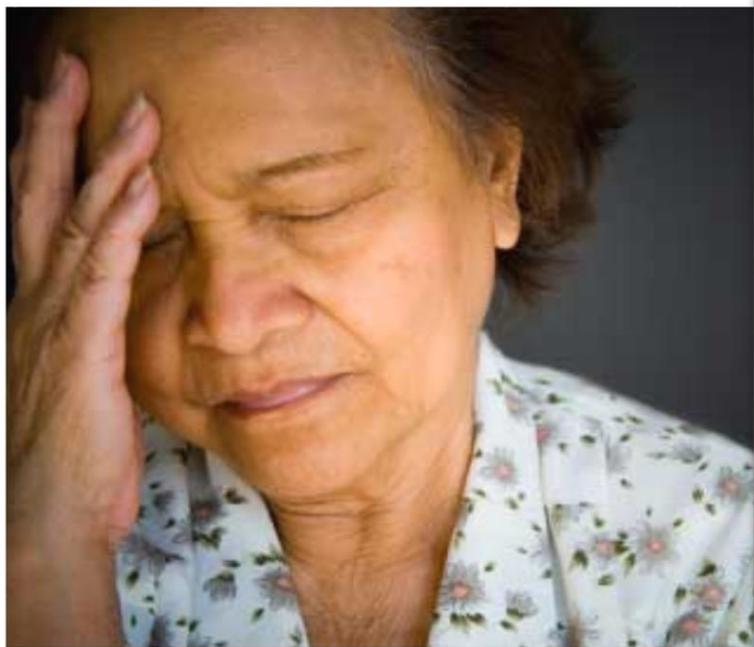
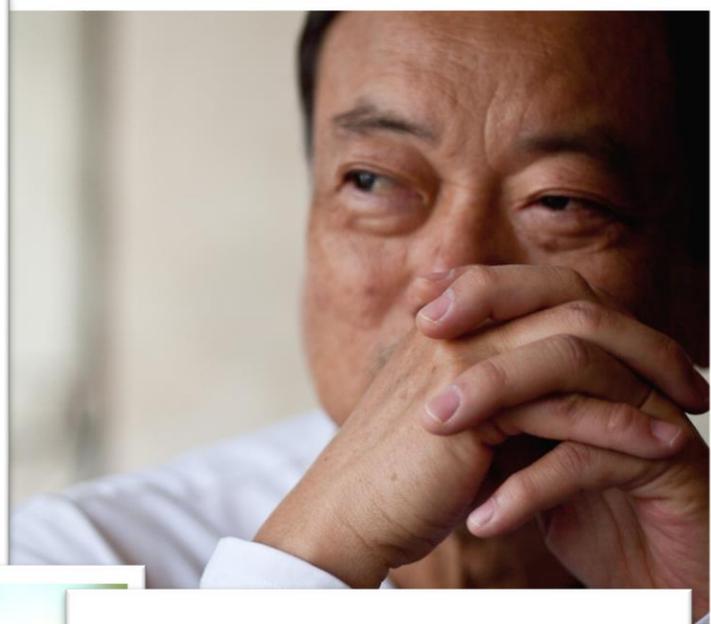
THE RISKY 20s

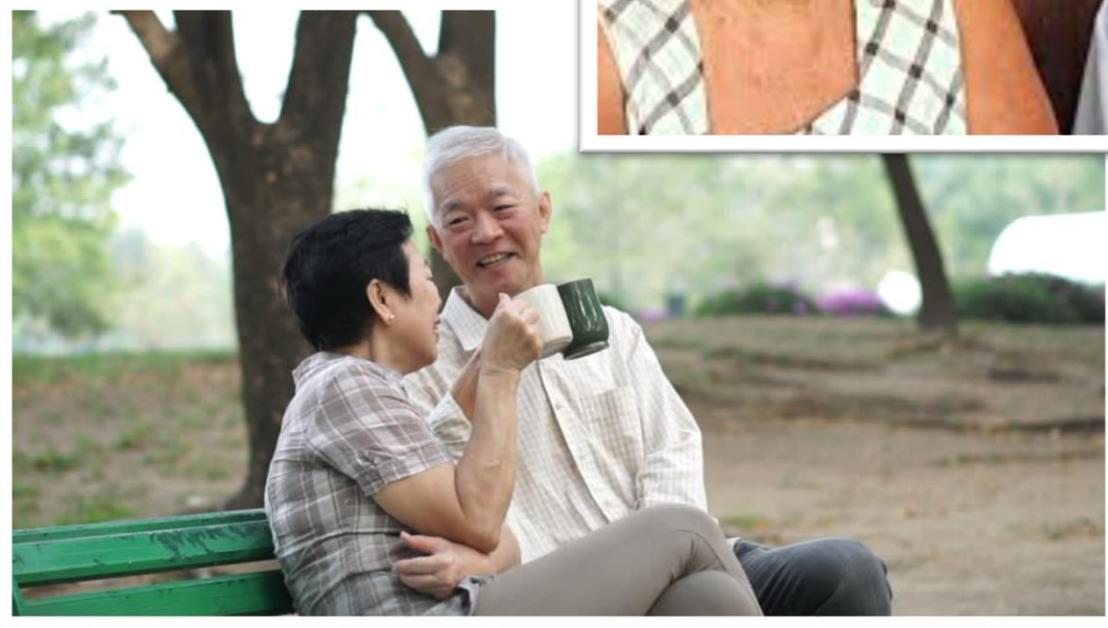
The age when the damage is done. When men live dangerously. The surge of testosterone means an over-indulgent lifestyle — excessive smoking, drinking, over-eating, lack of proper sleep, obesity and a sedentary existence — for which they pay a heavy price later. Taking risks and failing to seek medical treatment also means that many young men die in accidents during this phase of life.

>> P2

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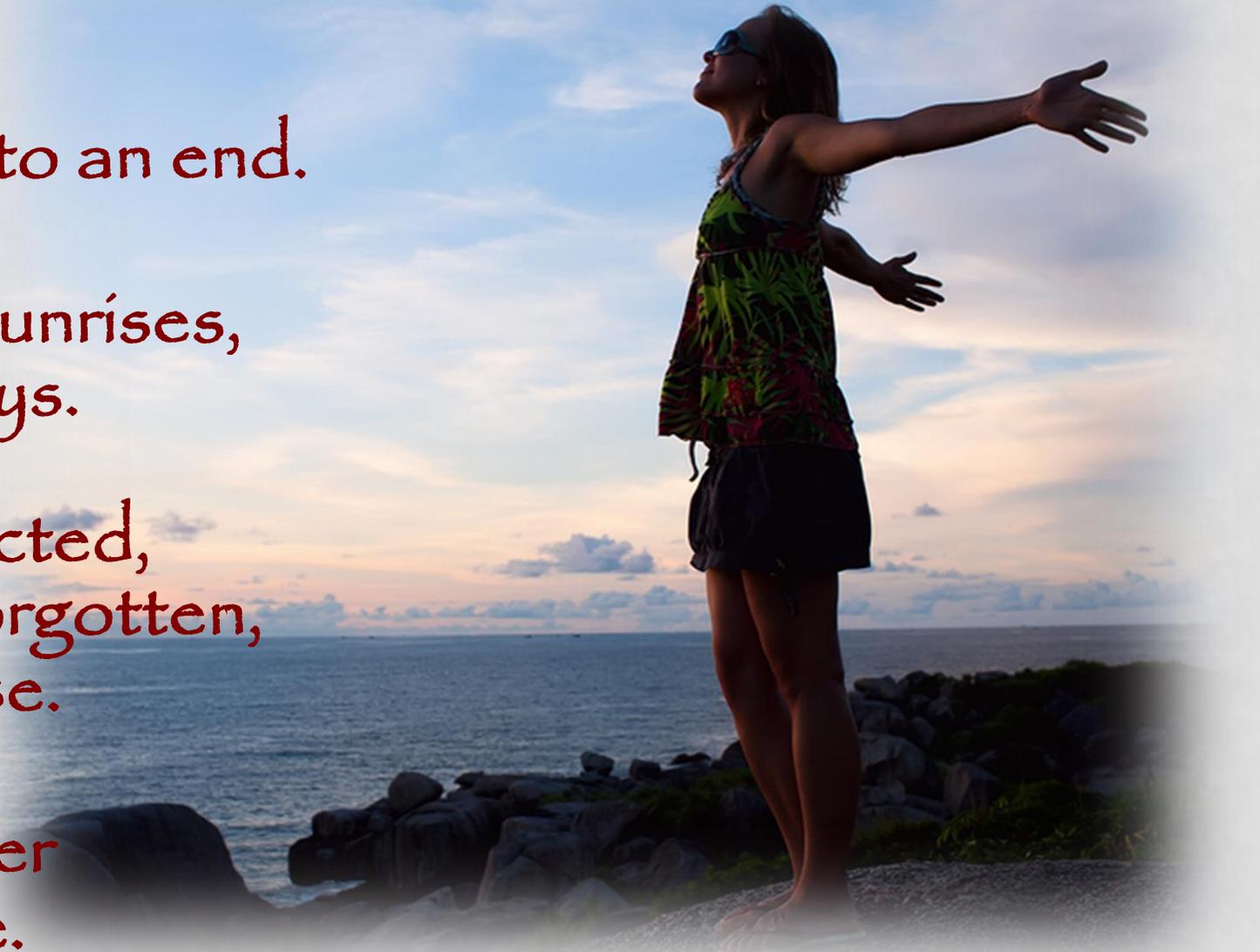
Live A Life That Matters

Ready or not,
someday it will all come to an end.

There will be no more sunrises,
no minutes, hours or days.

All the things you collected,
whether treasured or forgotten,
will pass to someone else.

Your wealth,
fame and temporal power
will shrivel to irrelevance.



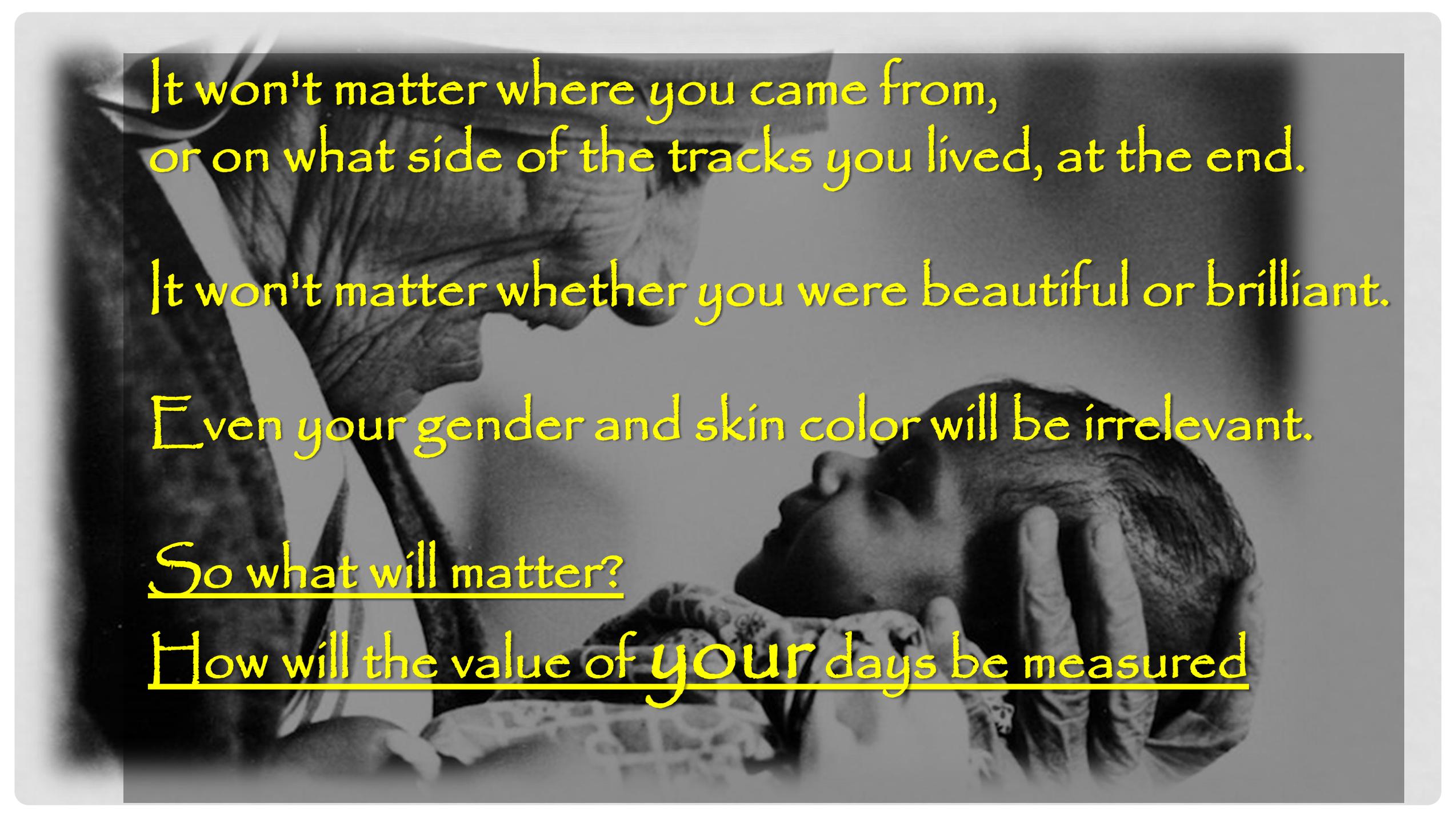
It will not matter what you owned
or what you were owed.

Your grudges, resentments, frustrations,
and jealousies will finally disappear.

So, too, your hopes, ambitions, plans,
and to-do lists will expire.

The wins and losses
that once seemed so important
will fade away.





It won't matter where you came from,
or on what side of the tracks you lived, at the end.

It won't matter whether you were beautiful or brilliant.

Even your gender and skin color will be irrelevant.

So what will matter?

How will the value of *your* days be measured

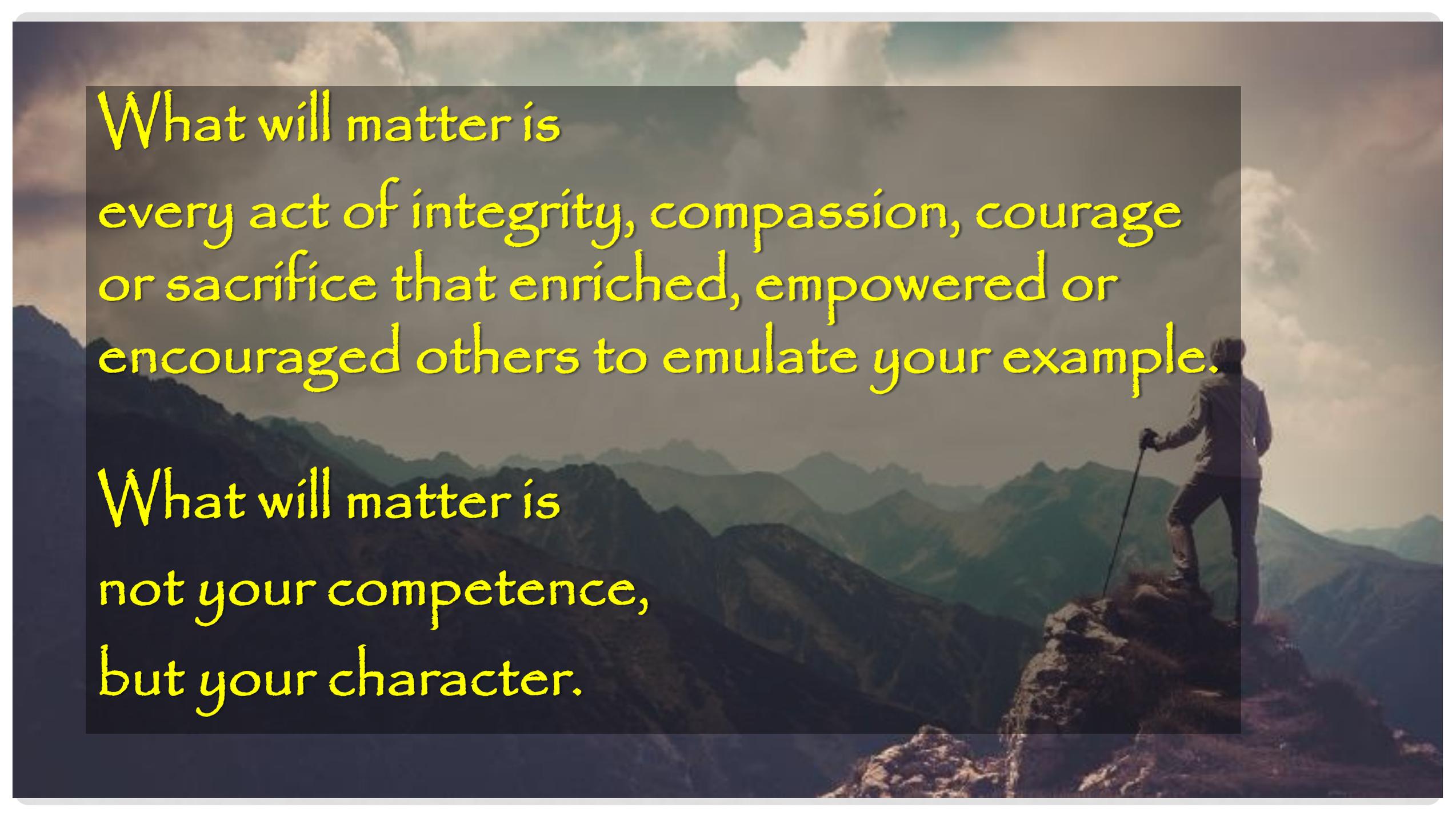
What will matter is
not what you bought,
but what you built;
not what you got,
but what you gave?



WHAT REALLY
MATTERS IS
NOT WHAT
WE BOUGHT,
BUT WHAT
WE BUILT.

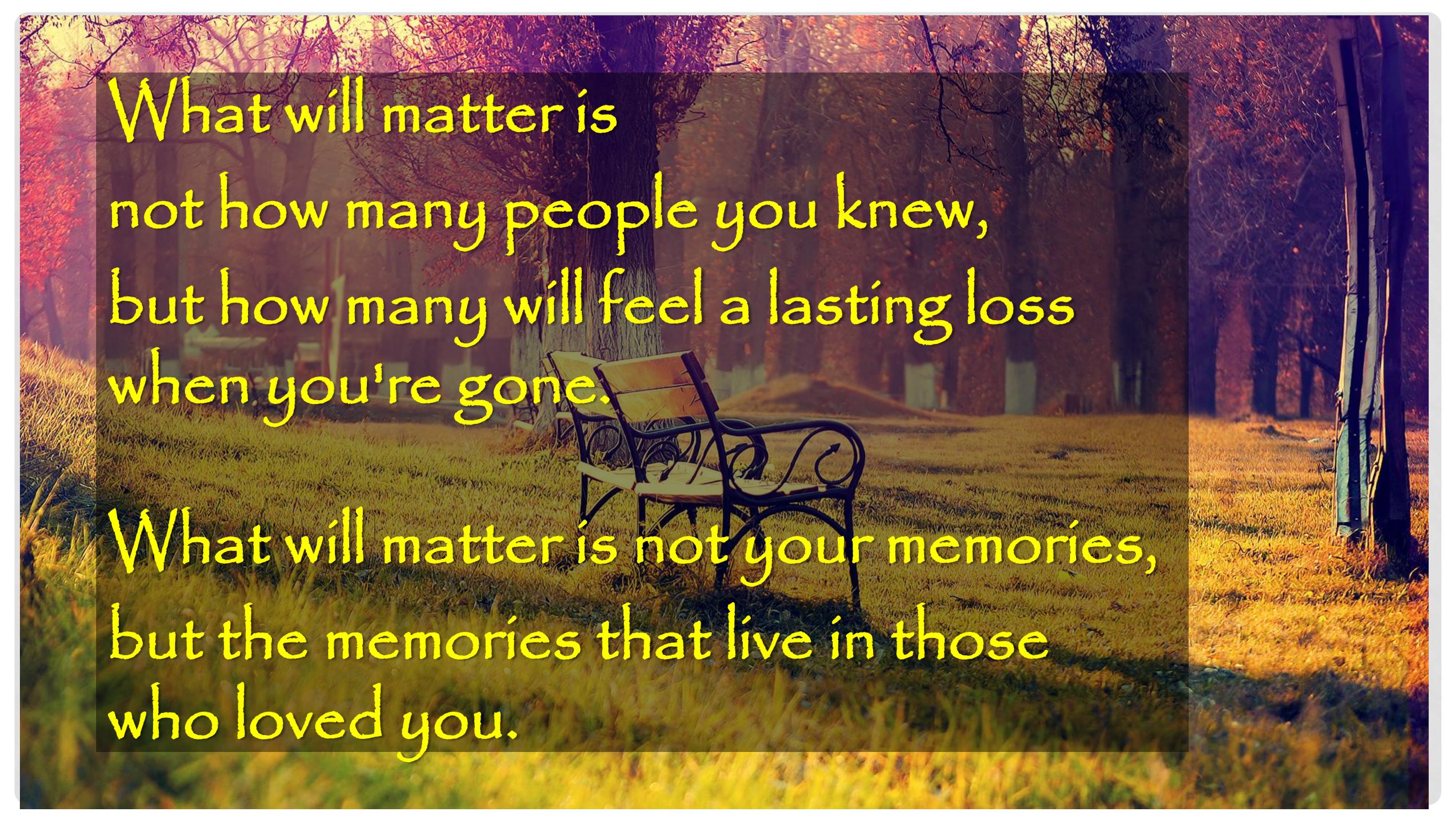
What will matter is
not your success, but your significance.

What will matter is
not what you learned, but what you taught.

A person is standing on a rocky mountain peak, looking out over a vast, hazy mountain range. The person is wearing a dark jacket and pants, and is holding a trekking pole. The sky is filled with soft, white clouds. The overall scene is one of a high-altitude mountain landscape.

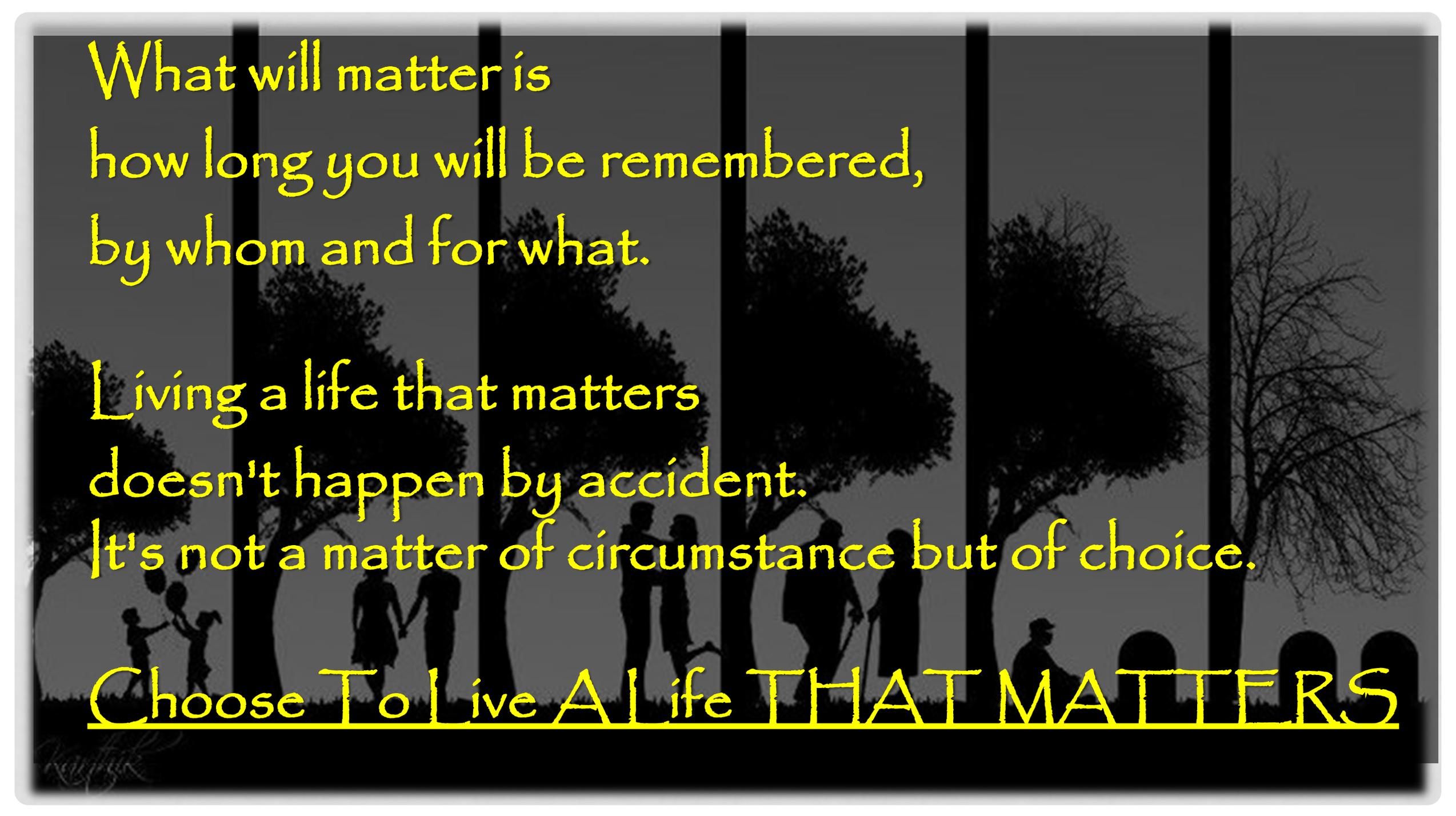
What will matter is every act of integrity, compassion, courage or sacrifice that enriched, empowered or encouraged others to emulate your example.

What will matter is not your competence, but your character.

A photograph of a park bench in a field with autumn trees. The bench is made of dark metal with light-colored wooden slats. It is positioned in the middle ground, facing away from the viewer. The background is a dense forest of trees with vibrant autumn foliage in shades of orange, red, and yellow. The ground is covered in tall, golden-brown grass. The overall atmosphere is serene and contemplative.

What will matter is
not how many people you knew,
but how many will feel a lasting loss
when you're gone.

What will matter is not your memories,
but the memories that live in those
who loved you.

The background of the image features a dark, monochromatic scene with silhouettes of various people and trees. On the left, a child is seen playing with balloons. In the center, a couple holds hands, and a person is walking with a cane. On the right, another person is walking. The trees are of different shapes and sizes, some with dense foliage and others bare. The overall mood is contemplative and serene.

What will matter is
how long you will be remembered,
by whom and for what.

Living a life that matters
doesn't happen by accident.
It's not a matter of circumstance but of choice.

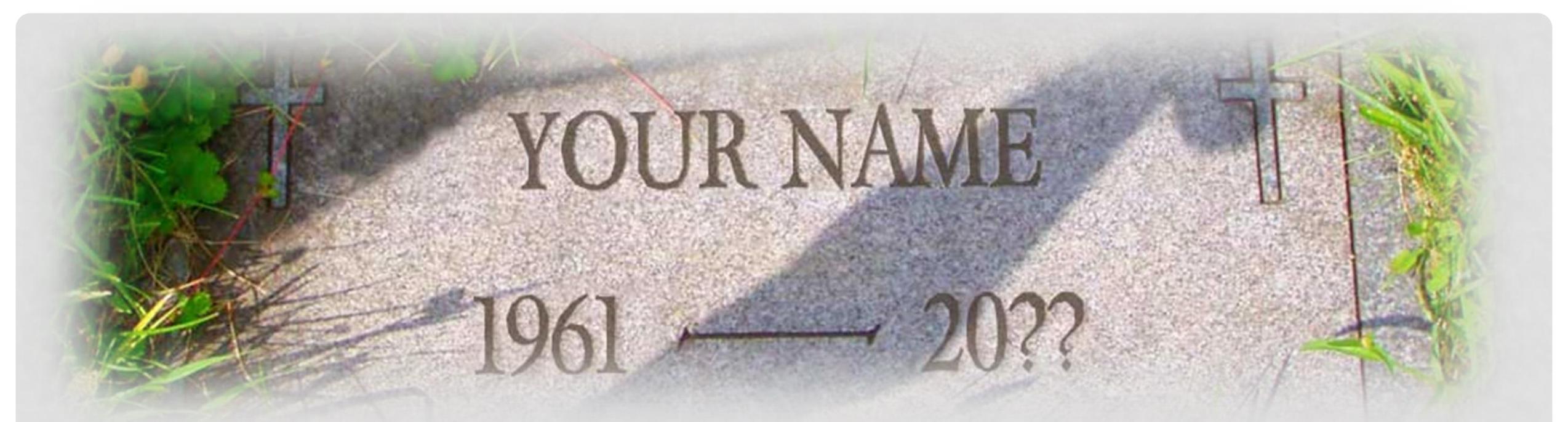
Choose To Live A Life THAT MATTERS



THE-DASH

-ByLinda Ellis

www.ucreato.com



YOUR NAME

1961 — 20??

The Dash

I read of a man who stood to speak at the funeral of a friend.

He referred to the dates on the tombstone from the beginning...to the end.

He noted that first came the date of birth and spoke the following date with tears, but he said what mattered most of all was the dash between those years.

The Dash ■



For that dash represents all the time
that they spent alive on earth.
And now only those who loved them
know what that little line is worth.



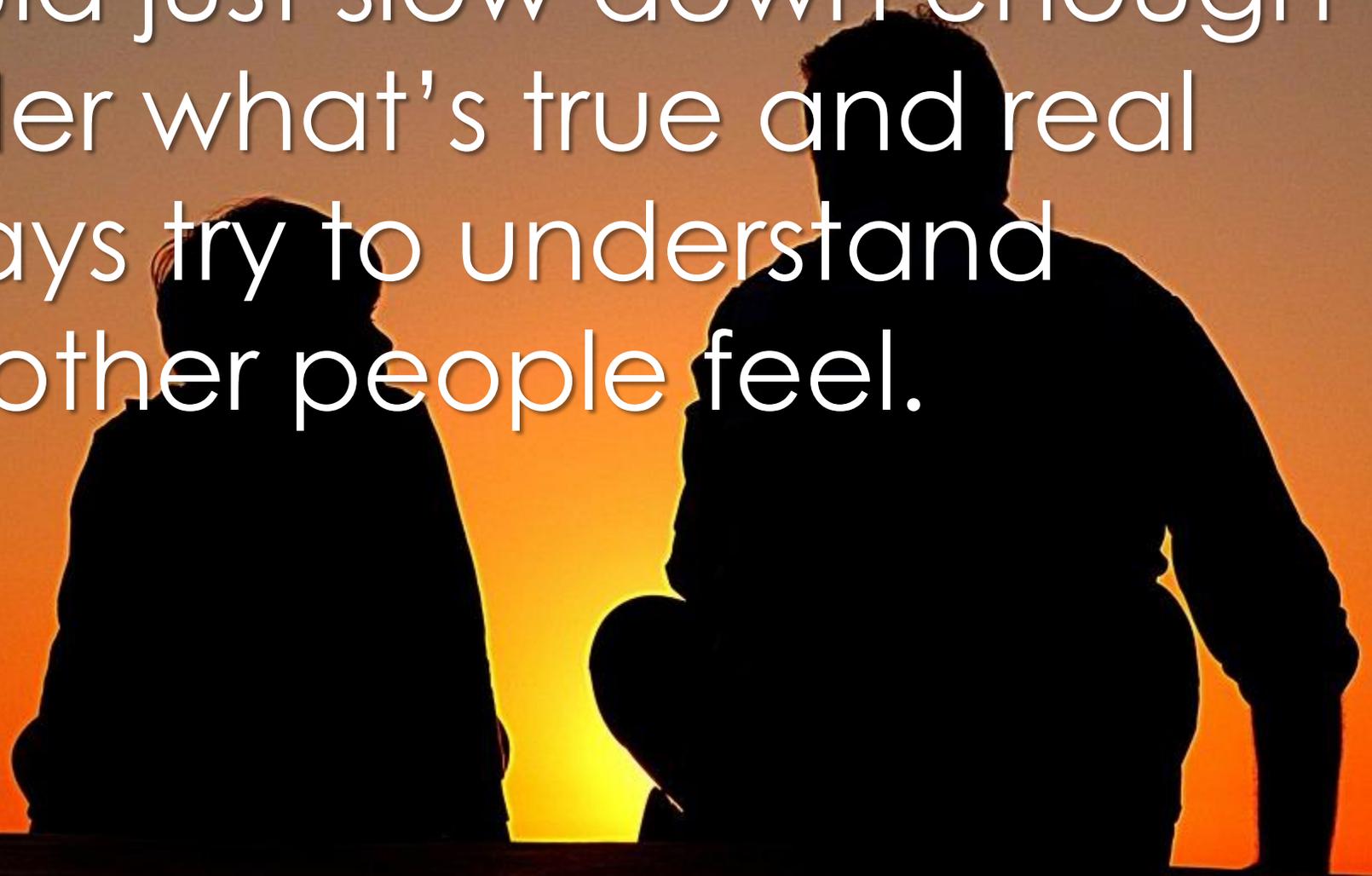


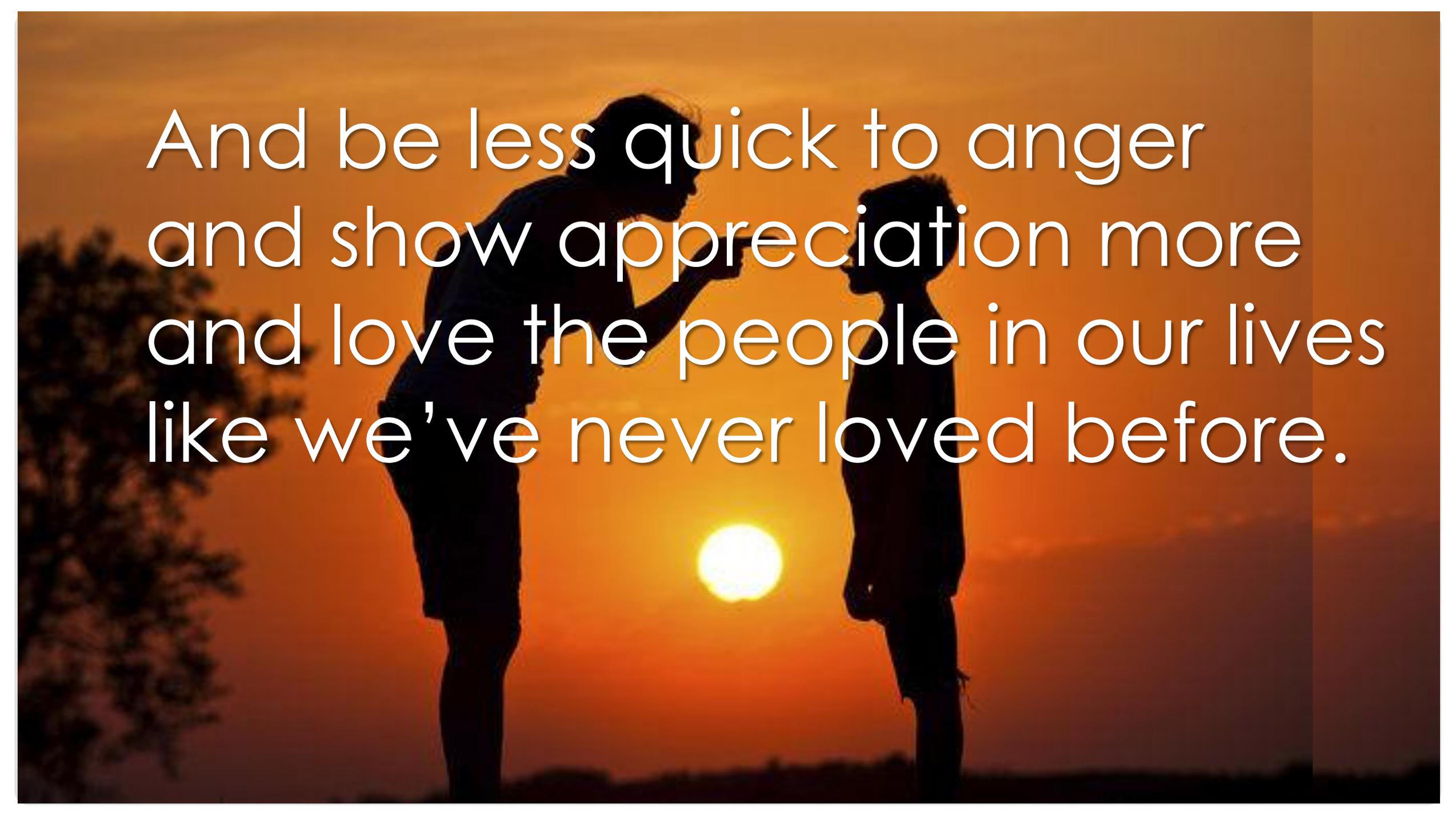
For it matters not, how much we own,
the cars...the house...the cash.
What matters is how we live and love
and how we spend our dash.

So, think about this long
and hard.
Are there things you'd like
to change?
For you never know how
much time is left
that can still be rearranged.



If we could just slow down enough
to consider what's true and real
and always try to understand
the way other people feel.



A photograph showing the silhouettes of a man and a child standing against a bright orange sunset sky. The sun is a large, glowing orb in the center. The man is on the left, leaning slightly towards the child on the right. The child is looking up at the man. The overall mood is warm and intimate.

And be less quick to anger
and show appreciation more
and love the people in our lives
like we've never loved before.

A photograph showing the silhouettes of two hikers standing on a mountain peak. They are holding hands, and the background is a bright, golden sunset sky. The hiker on the left is wearing a large backpack. The hiker on the right is also wearing a backpack and has a small object hanging from their pack. The overall mood is one of companionship and achievement.

If we treat each other with respect
and more often wear a smile,
remembering that this special dash
might only last a little while.

So, when your eulogy is being read, with your life's actions to rehash... would you be proud of the things they say about how you spent YOUR dash?

