Get Your Life!

9 Steps for Living Your Purpose

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Intro

Your Potential is Unlimited!

Your potential is unlimited! It is! Think of your wildest, most far-reaching vision you have for yourself. Now imagine that vision times 10. There is really no limit to what you can do. Any limits you may have are self-imposed. If you don't believe in yourself, your goals or your potential it's because at some time in your life you were exposed to limits. Somewhere in your life you heard, saw or experienced something that created doubt, fear, and resistance.

Perhaps it was your parents telling you to set realistic goals that made you discard the goals you had for yourself. Most times they don't mean to intentionally kill your dreams. Often they didn't accomplish their dreams and are trying to protect you from fear, shame, failure – or whatever negatives they experienced. Maybe you witnessed a friend invest thousands of dollars in her dream – only to see her lose every penny and go into debt. At that point your think to yourself, "I'm going to keep my day job. I can't afford to risk everything on a dream." So you settle for a life of mediocrity – when you know you can do so much better. Or maybe it was you. You worked so hard on your goal, only to be met with hardship and failure, disappointment and defeat. So naturally, you felt that your dream was just that – a dream, and you moved on, leaving your purpose behind. But when you see someone living the exact dream you had for yourself, a part of you says "I can do that." You can!

Passion

The burning desire you have for the thing you want to do is your passion. You've probably been thinking of it from the time you were a child – dreaming about it every day, following closely the lives of people who do it best. It excites you. It consumes you. It inspires you. When you think about spending the rest of your life doing this thing, you get butterflies in your stomach. If all the world were to fade away and you could do that one thing, you'd be happy. That's your passion! Whatever that thing is, do not ignore it. It must be given life. You must speak it, nurture it and grow it.

I dare say that everyone has a passion. Sometimes it's buried so deep within us we don't realize it's there. If you don't know what your passion is, dig deep into your greatest desire. There you will find your passion.

Intro

What Were You Born to Do?

pur·pose
noun
“The reason for which something is done or created, or for which something exists.”
The fact that you are alive right now, reading this, means that you were created for a reason. Creation doesn’t exist without a purpose. Why were you created? For what reason do you exist?
What do you love to do? What are you exceptionally good at doing? How can you use what you love to do and are good at to serve humanity? Your purpose is at the intersection of this. If you haven’t already done so, take some time to explore those questions and their answers. When you do, you will arrive at your purpose.

Your Passion, Purpose, and Potential are Linked

It’s never too late to start living your purpose. It’s never too late to start living your passion. It’s never too late to start achieving your potential. And it’s never too early. No matter where your limiting beliefs stem from – be it what you heard, what you saw or what you experienced, it is now up to you to unlearn what you thought you knew to live in your purpose. If you are reading this, you are ready. The time is now!
Your passion, purpose, and potential are inextricably linked. Your passion is what you love to do. It’s your gift – the thing that you love to do and do exceptionally well. Your purpose is how you’ll use your passion to impact lives – your life, those close to you, and those who you’ve never met. Your purpose is your reason for being on earth. Growing your passion and working in your purpose will help you to achieve your potential – which is unlimited. You do not need permission from anyone but yourself to live your best life. Go get it!

1
See It

What is the vision that you have for your life? Can you see it? Before you can live your dream, you must see it. How will you use your passion to fulfill your purpose? What does living your purpose look like on a daily basis? What will a typical day look like? A week, month, year?

Action: Spend some uninterruptable quiet time alone. Relax your mind. Let go of any doubt or limits you may have. Close your eyes and visualize your dream coming true – from the beginning to the end. Use your five senses to envision every single detail. You are the best at what you do in the entire world. What does that look like to you? What does it feel like? Do not focus on the “how.” Only focus on your grand vision.

If you are having a hard time visioning, ask yourself:
• Do I trust myself with my own dream?
• Have I removed all doubt and self-limiting beliefs?
• Is what I’ve called my dream all this time really my dream or someone else’s dream?
• What would I do if I couldn’t fail?
Honestly explore your answers to these questions. After you’ve thoroughly explored those answers, return to the action item.

2
Write It Down

Now that you've seen it, write it down. Write down everything that you saw when you envisioned living your passion and purpose. Don't limit yourself here. Write down everything you envisioned.

Action:

• Write everything that you saw in your vision, then complete the following in 2-3 sentences:

• My passion is to: (Describe what you love to do, do exceptionally well and envision yourself doing for a living. Describe how you envisioned utilizing your passion.)

• My purpose is to: (Describe how you will use your passion to benefit yourself, others and the world at large. Describe how you envisioned living your purpose.)

3 Create Action Steps

Are you already taking steps toward your purpose? What are they? If not, you must create a strategy with attainable action steps. This is where the work comes in. No matter how grand your passion and purpose are, if you don’t put it into action, you will never reach it.

Action:

• List 12 things that you must do to make your vision a reality. For each item set a realistic deadline.

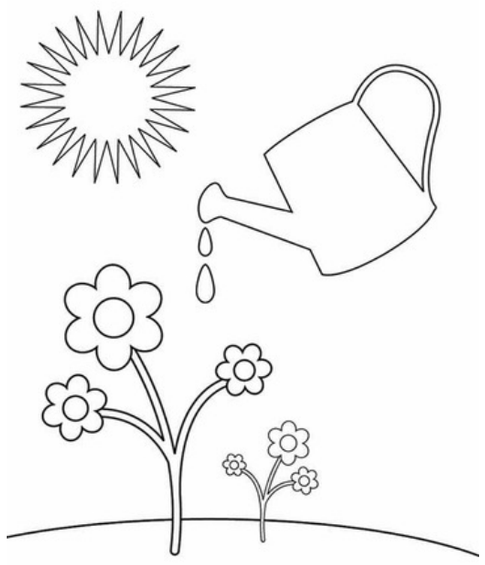
• For each of the 12 items, set four goals that you must accomplish each month.

• For each goal, set a list of actions that you must do each week to meet those goals.

• Set aside a consistent time each week to schedule your weekly action items.

• Start by listing your 12 items and four goals for each here. Then get your calendar and start scheduling!

4
Live it
Work It
Grow It

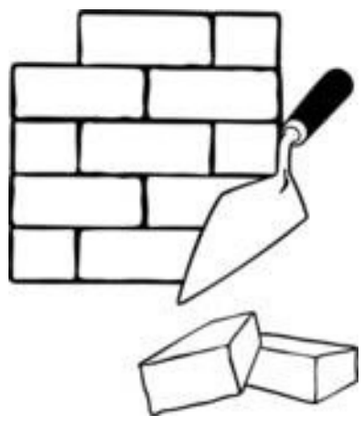


If you're truly serious about your passion and purpose it must show up in everything you do, every day. If you want to be a writer – you must write. If you want to be a singer – you must sing. If you want to be a top prosecutor – you should be studying cases. If you're going to be a makeup artist – you must apply makeup. You get my drift. No matter how good you are you can get better – you must get better.

Action:

- List ways that you can work on your passion and purpose daily.
- List specific things that you must do daily to grow and become better.
- Schedule time each day to work on your passion.

5
Share Your Dream Build Your Team



You cannot succeed by yourself. You must build a team to help you get where you need to go. Sharing your purpose and passion to enlist the support of others can be intimidating. Some people – even those close to you – are dream killers. They may not see your vision. Or they may see your vison but have no confidence in you to achieve it. Use discernment when deciding with whom to share your dream and build your team. Some dream killers we cannot avoid – they may be parents, children or a spouse. But keeping a dream bottled up inside doesn't serve us well. Use your discretion in sharing your dreams with people who are positive, who are living their dreams or who have bought into yours, who share similar values and who are of good character.

Action:

• Find a mentor: A mentor has achieved a level of success and is willing to share their experiences with you. List three people who you can approach about being your mentor.

• Find a coach: A coach is a trained professional who takes you through a process to achieve your goals. List three people who you can approach about being your coach.

• Find an accountability partner: An accountability partner knows your goals and will hold you accountable to the steps necessary to achieve your goals. List three people who you can approach about being your accountability partner.

• Find people who are strong where you are weak and who can help you complete all actions in section three.

6
Expect "Failure"

Yes, you will meet what is considered "failure" along the way. I said it because it's true. Often we are taught that if we plan just right, everything will work out as planned. The truth is that no amount of planning can save of from failing. Know that even though you may fail – you're not a failure. Here's the thing, failure brings us closer to our goals. Yep. There is no success without failure. And sometimes we fail over and over again until we meet success. The more you fail, the more you know what not to do. If you know what not to do, then it brings you closer to knowing what to do. So don't fear failure. In fact expect it, so that when it comes you're not utterly devastated. Expect it as part of the process to success.

Action:

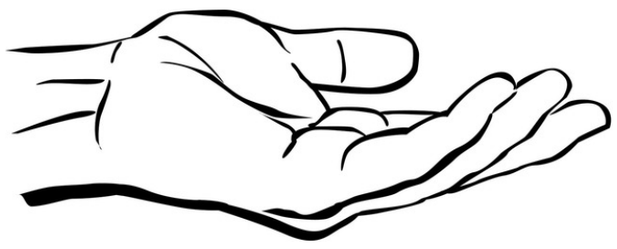
- What have you learned from failing?
- What could you do differently?
- How can you incorporate the lessons learned moving forward?
- Revisit your action steps. Do any of them need to be readjusted given the new lesson you learned?

7 Never Give Up

You will meet obstacles on the way to your passion and purpose. You will meet setbacks. You will meet naysayers. You will meet hardship. At times you will be fearful. Sometimes you will have to start over completely. And no matter how passionate and optimistic you may be, there will be days when you want to give up. During those times, it’s important that you never quit. You must keep going despite anything. Persistence is the main difference between those who accomplish their dreams and those who don’t. When you feel like giving up, keep going!

Action:

- Revisit your vision and your written passion and purpose.
- Reach out to a mentor, coach or accountability partner.
- Avoid negativity and isolation at all costs.
- Write words and sentences that reaffirm yourself, your purpose and your passion.



8 Bring Someone Along

No matter where you are on your journey, you can help someone else. How have someone else blessed you? Is it possible for you to bless someone else similarly? While you are still working on your goals, recognize that you are further ahead than many others. Take an interest in developing others, the same way others are now developing you.

Action:

• Find a person, group or organization that can benefit from something you have to share. Pay it forward.

• Become a mentor to someone who can learn and grow from your experiences.

• Be intentional about the two points above. List the people, groups or organizations you can help and what you have to offer. Schedule the times when you will fulfill your commitment.

9 Do it Now!

The right time to work on your passion and purpose is right now! Too often we wait – for when we've saved more money, found the right people, have more time. Whatever your reason for delaying, it's just an excuse. Your purpose will not be fulfilled by excuses.

So what are you waiting for? Get your life! Live your purpose!

_"The secret of change is to focus all of your energy, not on fighting the old, but on building the new."

-Dan Millman

Do It NOW!

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About the Author

Nanyamka A. Farrelly is a life coach, motivational speaker and leadership trainer. She hopes to better humanity by “telling the story” and helping people to discover their passion, purpose and to live their highest potential. A communications, public relations and marketing professional with more than 15 years of experience, she has spent most of her career in higher education. Throughout the years, she has developed numerous communications and marketing plans for universities and their leaders. Her projects have been featured in regional and national media. As a certified John Maxwell trainer, speaker and coach – Nanyamka helps people to achieve higher results. Always a motivator and encourager, she has a passion for empowering women. An unapologetic optimist, Nanyamka has made a choice to live each day intentionally.

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