

Life. Fun. Purpose.

With Purpose Coach Fawn Miller

Module 9.3

Altruism Contribution and Calling

Purpose Grows Beyond the Self

*“The most extraordinary people
in the world do not have careers.*

What they have is a calling.”

~ Vishen Lakhiani



We're going to keep things short, sweet, and powerful in this workbook. The themes here are all centered around the importance of living in service to something greater than ourselves, and being a part of a cause or causes that call us forth, aka our “calling(s).” This is where we get to dive a little deeper into the “What does the world need?” category of our “Ikigai” or Purpose Diagram.

In the research about happiness, well-being, meaning, and purpose, it has been unanimously shown that engaging in positive community with others and investing our time and energy in making a positive difference is HUGELY important and impactful. Simply stated, we are wired for joy through contribution.

We are here to thrive so that the rest of this planet may thrive for generations to come. It's our *responsibility*, our *blessing*, and our *calling* to be a positive part of the ecosystem. It's time to step up and tune in to your unique abilities, passions, Genius, and purpose(s) so that you can share them with the world for the highest good of all concerned.

In fact, according to the “[P.E.R.M.A. Model of Authentic Happiness and Wellbeing](#)” - a cornerstone of Positive Psychology (which you’ll be learning about in Module 9.5) - there are 5 elements that we need to nurture in our lives: Positive Emotions, Engagement, Relationships, **Meaning**, and Achievement. And “Meaning” is partially created through our impact in the world and contributing to something greater than ourselves!



When we move out of our own, self-centered awareness and engage in the world around us in ways that are helpful, our consciousness expands and we experience the primal fulfillment of *servicing* this miraculous mother Earth that we were born into.

I want to reiterate that *altruism, service, and contributing to the greater good are essential elements to authentic happiness, well-being, meaning, and purpose.* This is an essential part of you developing your purpose!

In Chapter 10 of “*The Code of the Extraordinary Mind*” Vishen Lakhiani defines a “calling” as: “*your contribution to the human race. It’s something that helps us leave the planet better for our children. It doesn’t have to be a massive new business or a game-changing piece of technology. It can be a book you’re working on. It could be dedicating your life to raising remarkable children. It could be working for a company with a mission to change the world in a way that resonates with you. The key is that when you have this calling, work dissolves. What you’re doing excites you. It’s a passion; it’s meaningful.*”

He goes on to say that *“Finding your calling starts with identifying your end goals. As you do the 3 Most Important Questions exercise (in Module 7, derived from Chapter 8 of Codex) and create your list of experiences, growth opportunities, and contributions, you’re setting the stage for something magical to happen.”* (I highly recommend reading chapters 8 and 10 again as a refresher about finding your **“Calling”**:)

Amy Wrzesniewski, associate professor of organizational behavior at Yale University, defines “work” in three ways:

1. **A JOB** is a way to pay the bills. It’s a means to an end, and you have little attachment to it.
2. **A CAREER** is a path toward growth and achievement. Careers have clear ladders for upward mobility.
3. **A CALLING** is work that is an important part of your life and provides meaning. People with a calling are generally more satisfied with the work that they do.

As Gay Hendricks so articulately states in the “Ultimate Success Mantra” from his book *“The Big Leap”*:

*“I expand in abundance, success, and love every day,
as I inspire those around me to do the same.”*

So, I am beckoning you forth to explore and identify how YOU can increase your positive impact on a micro scale, as well as a macro scale. Short and long term. In the minute-by-minute fabric of your daily life, as well as in the bigger picture of your life’s unfolding, so that - by the time it is your time to transition from this realm - you will have lived and left a *legacy*.

Pro Tip: Altruism and contribution are also effective antidepressants, mood-lifters, and meaning-makers, so if you're ever feeling stressed, anxious, down about yourself, stuck, or lost, *get out and be of service to something. Someone. Somewhere.* Smile at 10 people in a row. Tell your kids/parents/friends/lover that you love them, and why. Give out 5 compliments. Drop some money in the homeless person's cup. Sign up to [volunteer](#) doing something that matters to you. Go pop into any soup kitchen or food bank or homeless shelter or animal sanctuary as soon as possible and lend a hand. Teach somebody something. Call a friend who is going through a hard time. By the end of your day, you'll notice a vast difference between your "before-service Egoic Self" and your "I just helped a world in need" Self. The more you serve, the brighter the light you will feel inside of you.

But don't wait until you're feeling down! Begin exploring your Unique Abilities and Zone of Genius through acts of service and tune into what feels really energizing and fulfilling for you. Then, create a life-long journey doing what you love, and making the world a better place!

??? Does ART Qualify as Altruism and Contribution ???

!!!YES!!!

I have had a lot of my artistic clients freeze up a bit when it comes to this topic because they have a story that "art isn't *actually* helping the world." Well, that is a Gremlin worth slaying! Art is one of the most valuable aspects of culture - it connects us to ourselves and one another in immensely powerful and important ways. If you are an artist, it is your duty to share your art with the world, to let your soul sing. To unleash your inspiration upon all of us. [Here](#) and [here](#) is some strong evidence as to why art is part of positive impact, and I invite you to research this until it finally "lands" inside of you that *your* gifts, *your* art, is an altruistic contribution to us all. Oh, and read "[Big Magic](#)" by Elizabeth Gilbert and subscribe to her podcast (especially episodes 208 and 209). Talk about inspiring!

*"No matter a person's abilities, if he or she helps others -
to that degree he or she will be powerful, happy, and long-lived."*

~ Timothy P. Shriver
Chairman, The Special Olympics

Here are some ways that you can create a life of altruism, contribution, and find your Calling:

From www.projectheavenonearth.com: Ask yourself these 3 questions:

1. Recall a time when you experienced Heaven on Earth. What was happening?
2. Imagine you have a magic wand and with it you can create Heaven on Earth. What is Heaven on Earth for you?
3. What simple, easy, concrete step(s) will you take in the next 24-hours to make Heaven on Earth real?

(From Codex)

While asking yourself these questions, what words and phrases come to mind? What images do you see? Write them all down. Draw pictures. Record yourself speaking your thoughts if that helps the ideas flow.

As you do this, pay attention to your emotional reactions. Do you feel your heart open or beat faster? Does your gut literally respond? Does your breath catch or deepen? Do you gasp with excitement? These are your first big clues to your mission.

“What Does the World Need?”

To really hone in on your unique contribution and calling to serve the world, please refer to the “What does the World Need” section and the subsequent questions of the [Ikigai / Purpose Diagram from Module 9.1](#).

*P.S., the REAL answer is that what the world needs is **YOU!** Your unique gifts, personality, passions, creativity, love, caring, innovation, and contribution<3*

For more inspiring and idea-sparking information about how you can make a positive difference in the world, I recommend:

- www.volunteermatch.org - A website that extensively lists the ways in which you can volunteer your time and energy to making a positive difference in your local area.
- Read the free, consistently updated website “[Greater Good Magazine: Science Based Insights for a Meaningful Life](#)” - especially the page about [altruism](#).
- Read “[Born to be Good: The Science of a Meaningful Life](#)” by Dacher Keltner, (my Thesis professor at UC Berkeley!) who is considered the leading social science expert in the realms of meaning, happiness, joy, and human connection.
- www.Ashoka.org - Ashoka builds and cultivates a community of change leaders who see that the world now requires everyone to be a changemaker. Ashoka envisions a world in which everyone is a changemaker, a world where all citizens are powerful and contribute to change in positive ways.
- Read “[The Millionaire Messenger: How to make a difference and a fortune sharing your advice](#)” by Brendon Burchard
- Listen to [Elizabeth Gilbert’s podcast “Magic Lessons”](#) - especially episodes 208 and 209!

Please take plenty of time to reflect on this module. Meditate, explore, reflect, get out into the world and *serve*. Your gifts and contributions are not only needed in the *world*, but needed for your spirit to *thrive*.

Please continue onto “Legacy and the BIG WHY” in Module 9.4 to continue exploring these themes:)

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