

Life. Fun. Purpose.

With Purpose Coach Fawn Miller

Module 9

Intro

Passion Purpose and The "BIG WHY"

The Through-Lines of a "Hell YES" Life

“Every single person is born with unique and valuable gifts to share with the world. Once we figure out what ours are, and decide to live our lives putting them to use, that’s when, and only when, the real party begins. Living a life on purpose is available to everyone.”
~ Jen Sincero, *You Are a Badass*



In this Module, you’re going to be discovering and creating a whole new world of understanding about what makes *you* tick. Since YOU are the one who knows yourSELF best - even if it feels like you’re lost, stuck, or confused - only YOU can discover the answers about your “Hell YES!” life by looking within and asking yourself the questions throughout these Modules, listening to the inner wisdom that arises. This workbook is *specifically* designed to help you dive deep, *listen* to the messages of your soul, *feel* into your energy, and *tune in* to the guidance that arises.

As a reminder, and as with all of the previous Modules, I encourage you to really let yourself FLY with these questions for exploration. Let go, let loose, think expansively, and let it *all* come through, regardless of how silly or ridiculous or unconventional or unacceptable or forbidden the ideas and messages may seem that surface in response. This is *your* space to open up and let your beautiful, vibrant, unique spirit sing her song!

There is a life-enriching dance that takes place inside of your cells when you are in tune with what motivates you, inspires you, lights you up, gives you joy, and calls you forth. Here, we will continue to explore your “Hell YES!” life through the intersecting themes of “*Ikigai*,” “*Motivation, Zest, Passion, and Purpose*,” “The BIG WHY,” and many other themes. Think of these as shades of the same, bright color or instruments playing a joyful piece of music in perfect harmony.

To set the stage, I’ll introduce you to some of these themes here so that you know what to expect in the upcoming workbooks:)

“Ikigai”

“Ikigai” (pronounced **eee-kee-guy**) is the Japanese secret of living a long, happy, and healthy life full of purpose. It translates as *“The thing that you live for”* or *“The reason for which you get up in the morning.”*

Having, and *living* an Ikigai remedies those symptoms of purposelessness, and infuses our everyday existence with, well, *LIFE*: The energy that moves us, inspires us, connects us, and fills us with the *real* joy of living...colloquially referred to in this program as your “Hell YES!” life:)

We’ll be exploring Ikigai in Module 9.1.

In Module 9.2, we’ll be going suuuuper deep into the themes of *motivation, zest, passion, and purpose*. Here’s some context:

Motivation

Motivation is an entire field of study on it’s own, and there is a ton of information and opinion out there about *“how to find your motivation”* and *“how to 10x your drive”* and *“why discipline creates motivation”*...and other cutting edge theories and “life-hacks” that promise to help you tap into your *“best life ever!”*

That said, the kind of motivation that we’re going to be exploring here is NOT necessarily of that nature. “Motivation hacks” are certainly useful, and we’ll be reviewing some of the top “motivation strategies” in Module 11, but what we’re interested in at this point in the journey is what *already* motivates you at this point in your life. As in, *why do you do the things that you do?* More specifically, *what is the source energy that calls you forth to take action, especially positive action* in your life? *What keeps you moving forward?*

Zest

(noun: great enthusiasm and energy)

Excitement. Engagement. Childlike wonder and sweet, magical moments. These are some of the qualities of “Zest.” Think of a time when you were so *in the moment*, so into whatever you were doing, that you were “in the zone,” Euphoric, elated, or ecstatic. Take a moment, close your eyes, and let your subconscious conjure up a memory where you felt a true “Zest” for life...

Can you remember feeling the life-force that came through in that experience? Where were you? What was it that was lighting you up? What were you feeling?

That, darling, is what I’m calling “Zest”! And “Zest” is an attribute of “Flow State” which is a key ingredient in “Authentic Happiness” (which we’ll be learning all about in the “Authentic Happiness & Wellbeing” portion of the program)! So honing in on what’s “Zesty” in our lives not only *feels* good, but helps to guide us toward our Purpose as well.

To give you an idea of what I’m talking about, here are some “Zest-full” moments that come up for me:

- Playing in the yard with my adorable 4 and 6-year-old neighbors on a summer afternoon...
- Watching hilarious comedies and eating popcorn with my Mom...
- Hosting my famous dinner and costume parties...
- Dancing to great music with friends and strangers...
- Traveling solo and adventuring in new places...
- Hiking + being in nature...
- Cooking and sharing meals with loved ones...
- Sitting here, writing this workbook on a restaurant deck overlooking Lake Atitlan, Guatemala!

Begin reflecting on what “Zesty” moments/memories come up for you, you’ll be tuning into this energy in the workbooks ahead:)

Passion

“Passion” can sometimes sound like a self-help buzzword, so let’s go ahead and talk about what *we* mean by the word “passion” here. It’s actually quite simple, and to be direct, when I refer to passion I’m referring to something that you *fuckin*g love *being or doing*. Like, not in the way that you “love” cookies, or getting massages, (although I guess those could technically qualify;) but “love” *being or doing* in the sense that when you think about it, or do it, or think about doing it, you get excited at a core, almost primal-feeling level, and you feel like you could *do or be* it all day (or almost all day) without losing interest or enjoyment. Passion *feeds* you. *Beckons* to you. *Drives* you. And you have this passion because of its inherent value and fulfillment for you, come hell or high water.

THAT kind of love. THAT, is what I’m referring to as *passion*.

Now, don’t worry or get yourself in a tizzy if you don’t know what your passion is, or what your passion(s) are, or if you can’t recall a time when you felt *that* connected to the joy of doing something. That’s OK. That’s what this module is here to help you uncover. And if you *do* know what your passion(s) is/are, this workbook will help you to explore them even further so that you can generate new ideas, inspirations, and integrations!

We’ll be taking a deeper dive into passion in workbook 9.2 which highlights some of the steps from the “Passion Test,” and I encourage you to refer to the full version in the book “The Passion Test” to get crystal clear on your top 5!

Purpose

Alas, we have *finally* arrived at the theme that you likely joined this program for in the first place! Little did you know that you would be going on an *entire* journey before arriving here at “Purpose Palace”! And just so you know, the journey doesn’t end here, but we *will* be taking a nice stroll through the ins and outs of “Purpose” and exploring several questions that are super helpful in identifying its many colors.

To set a few things straight at the outset of this whole “Purpose Palace” tour, I would like to clarify some specifics and perhaps even bust some myths about what “Purpose” is, what it isn’t, and what we’re talking about here:

First, (and this probably isn’t what you want to hear right now)...

“Purpose” doesn’t have a definition. There is no such thing as a definitive, defined, definite “Purpose”...

There. I said it. *Purpose. doesn’t. have. a. definition.*

Whaaaaaat the hell am I talking about, you ask?

Well, by definition, if “Purpose” HAD a definition, the definition would have to be an “exact statement or description of the nature, scope, or meaning*” of “*Purpose*,” and that simply isn’t possible because “**Purpose**” is **infinite, nuanced, unique, fluid, and always in motion**. **Online dictionary.*

I’m not trying to wax poetic or dabble in relativistic philosophy here, I promise. Please bear with me:)

Purpose is, by nature, unique, nuanced, multi-faceted, and ever-evolving. Human purpose, especially, but I’ll argue this case for *anything’s* purpose, really. I mean, sure, some things may seem to have a specific “reason for being,” for example: a coffee mug fulfills its purpose by keeping our hot brown drug-laced liquid from oozing all over the floor. We could even go as far as to argue that the purpose of the coffee cup is to hold coffee *because that’s what it was designed for*.

But if we're being honest, that's only IF the *reason* we're using the coffee mug is to hold our caffeinated beverage. BUT, one quick search on Pinterest* reveals that there are dozens of ways to use a coffee mug, dozens of reasons and "purposes" one could say. **Not that there's such a thing as a "quick" search on Pinterest...wait...where did the past 2 hours go?!*

My point here is that - as annoying as this might sound - "Purpose" is an evolution. A constant motion of alignment with our unique abilities and passions. A process of discovery. Of self-awareness. Of living in harmony with our values, passions, and highest contribution to the greater good. A meaningful life fully lived moment by moment. A humble yet proud existence of following through in service to the thing or things that matter to us the most. Purpose is a very human, and very honorable quest for - and generation of - existential harmony, within, and without.

Wow. I really went Pulitzer Prize candidate with that didn't I? Lol. Well...the thing is, that's the "thing" about Purpose...it really commands a descriptive explanation. I mean, it *has* been the topic of discussion, debate, literature, art, culture, and religion since the dawn of humankind (which is another piece of evidence for its definition-less-ness by the way!)

So, congratulations! You have made it this far to find out that there is no single definition of purpose, and no panacea for it's absence....

BUT! Not to fear my dear, everything that you've done so far along this journey, ALL of the soul-searching and Gremlin slaying and Ally-creating and life-upleveling is a *necessary part* of honing in on YOUR unique, ever-evolving purpose.

You may discover that you have one overarching purpose, or many micro-purposes. There's no "right" or "wrong" here, as long as you listen to your inner truth and wisdom. And the garden that you have tended so intentionally is the fertile place from which the truth and manifestations of your Passion and your Purpose will *thrive*.

9.3 Purpose, Altruism, and Contribution to the Greater Good

Helping others and being a positive impact in the world is one of the most powerful things you can do to experience joy, wellbeing, and a sense of purpose on a daily basis. In the short 9.4 workbook, I'll share some of the latest social science and research about how and why being of service to something beyond ourselves is such a positivity boost, and I'll invite you to explore ways that you can intentionally make a positive impact in the world, whether it's being a values-based parent or a global ambassador for peace, or anything in between!

9.4 The “BIG WHY”

The “BIG WHY” - *Your “BIG WHY,”* is your North Star, your guiding light, and your reason for committing to a “Hell YES!” life. The “Why” that is the supportive current behind your life on a minute-by-minute basis, as well as for your life in its entirety.

We'll be looking at your “BIG WHY” from the perspective of the “Here and Now,” as well as on your 100th birthday! Get ready to feel inspired!

9.5 Authentic Happiness and Wellbeing

The field of Positive Psychology has completely changed the landscape of what we know about what it is to be human, what drives us, what makes us truly happy, and what it means to “flourish.” In Module 9.5 I share the core principles of Positive Psychology and how you can apply them to your life *right away* to start living a genuinely “Hell YES!” life from the inside out.

9.6 Personality Assessments

To help you better understand yourself, your passions, areas of strength and weakness, and how you can use this new information to help guide you in your journey toward your North Star, I've included links to a few extremely useful personality assessments and resources to help you understand your results:)

Go ahead and begin with Module 9.1!