

Life. Fun. Purpose.

With Purpose Coach Fawn Miller

Module 9.2

Motivation

Zest

Passion

and

Purpose

The Through-Lines of a “Hell YES” Life

***“Brush away the leaves, wait for the clouds to clear,
and you’ll see your destiny shining brightly as ever:
the fixed point in the constantly changing constellations of your life.”***

~Martha Beck, Finding Your Own North Star



Discovery Questions: Pathways to Purpose

The following sets of questions have been specifically chosen from trusted, proven, respected, and insightful “Purpose Discovery” resources, *and/or* have been created by Yours Truly based on my 15+ years of going through this entire process myself, studying these themes until my eyes watered and my cocoon burst, and working with hundreds of clients to help them discover themselves and *their* “Purpose” through these avenues. Let the adventure and the awakening begin!

These questions *will* open you up and help you tap into your inner wisdom. That said, there are some “Best Practices” that can make a night and day difference with regard to the results that you get from this process. Like having “good form” in the gym, or having a friend share the dos and don’ts of traveling in Mexico, these suggestions and bits of advice will really help you get the most out of this workbook. It’s up to you to take advantage of these tips and give your garden the water and sunlight that it needs.

Best Practices

You can't rush the soup, but you can "soak the beans overnight"

Ok, for those of you that know what I'm talking about here, *you know what I'm talking about here*. For those of you who don't, either you haven't yet exposed yourself to the rewarding realm of home-cooked beans, *or you have perpetually wondered why beans seem to take a lunar cycle to cook.*

Either way, here's the connection that I'm intending to make with this silly (yet oh-so-true) analogy:

Much like rock-hard abs, a million dolla bills in the bank, and delicious black bean soup, "Purpose" is a gradual, unfolding, endeavor. Truth be told, some things just aren't rush-job-able. Well, most of the time at least.

BUT! We *can* set the stage and "soak" the beans so that - when we do cook them - they cook SO. Much. Faster!

Or we can hire a personal trainer and ingest protein and cut carbs like a lioness to get that strong, flat stomach.

Or hire a professional who has helped *other* people to become millionaires to oversee *our* finances and investments on our path to being minted.

You know...

Fertilizing the soil...Greasing the wheels...*Soaking the beans...*

Ways to help the inspiration come through...

"Life hacks" as the kids say these days...

So, darling, *give this process time, and take ALLLL the space that you need in order to let your beautiful soul and subconscious mind speak to you.*

Recommended practices:

- **Devote 5-20 minutes** of quiet, peaceful meditation in the morning.
- **Recite affirmations** such as *“My passion and purpose reveal themselves to me everyday!”* or *“I am grateful for my clarity about my life’s direction and purpose.”*
- **Discuss the questions with a trusted friend, family member, or partner.** Get their feedback about what *their* answers to the questions would be *for YOU*. Oftentimes the people around us can see our brilliance and passion in ways that we are unaware of. *Note: be selective about who you discuss this with, be careful that whomever you’re receiving feedback from is supportive, non-judgemental, and void of their own agenda. The point of this is feedback, not guidance, being “should” on, or self-serving opinion.*
- **Write down whatever comes to mind right away, and then give the questions time and multiple “passes”:** Read through them, take time to reflect, and write down whatever comes to mind. Then take a break for a while and come back to them. You may even want to continue this process for several weeks so that your subconscious has time to really let it all out and make sense of it all.
- **Read the questions before sleep each night.** This is a common and trusted practice of some of the greatest minds that have ever lived. When we think about an idea or question before going to sleep, we are essentially offering up the elements of the “consciously unsolvable” to the power of the subconscious mind to digest for 8 hours, and often, upon waking up, we’re able to access new ideas, information, and answers!
- **FEEL into what comes up for you as you read each question and contemplate the answers.** Your body and emotions are tremendous sources of wisdom and insight, and tuning into your “Energetic GPS” is essential on the path of purpose discovery!

Questions from “The Big Leap”

One of the most *truly* inspiring and motivational books that I’ve read on the subject of exploring and living your life’s purpose is “The Big Leap” by Gay Hendricks. Like, seriously, it’s a game-changer, a butt-kicker, and an ignition-switch for honing in on what’s been keeping us stuck and confused (our “Upper Limit Problems”), and how to connect with our “Zone of Genius.” I recommend reading the book and journaling in response to every question and concept in there - it’s immensely insightful. But for our purposes, here are some questions from his book...

Am I willing to increase the amount of time every day that I feel good inside?

Am I willing to increase the amount of time that my whole life goes well?

Am I willing to take the “Big Leap” to my ultimate level of success in *love, money, and creative contribution*?

(Note, I highly recommend reading “The Big Leap” in its entirety, and if you have any resistance to saying “yes” to those questions, read about the ways that your “Upper Limit Problem” might be at play and what you can do about it.)

Zone of Genius Questions

From "The Big Leap"

1. What do I *most* love to do? (I love it so much I can do it for long stretches of time without getting tired or bored). List extensively:

2. What work do I do that doesn't seem like work? (I can do it all day without getting tired or bored). List extensively:

3. In my work, what produces the highest ratio of abundance and satisfaction to the amount of time spent? (Even if I only do a short time of it, an idea or deeper connection may spring forth that leads to huge value):

4. What is my Unique Ability? (There's a special skill that I'm gifted with. This Unique Ability, fully realized and put to work, can provide enormous benefits to me and any organization that I serve. That gift is the greatest contribution to the people around me. My unique ability is usually camouflaged inside a larger skill that I possess).

4a. I'm at my best when I'm:

4b. When I'm at my best, the exact thing I'm doing is:

4c. When I'm doing that, the thing I love most about it is:

Questions and Insights From “The Passion Test”

By Chris and Janet Attwood

www.thepassiontest.com

“The Passion Test” is a straightforward, thorough, and inspiring way to explore and discover what your *true* passions are and how to build your life around them so that you are literally living your “Hell YES!” life every. single. day! It was developed a few decades ago by Chris and Janet Attwood, and has helped thousands of people to discover and build passion-centered lives. Here are some excerpts and the first steps as outlined in their book, [“The Passion Test”](#) (which is required reading for this Module).

“In giving people The Passion Test, we have found the biggest challenge for most people is getting out of their own way. When most people take The Passion Test, they start to write down a passion, but if they can’t immediately see how they can practically manifest it, they erase it (especially the really big ones!) and put something down that they can easily put their arms around. In other words, they play it “safe.”

When we focus on the big questions, the really big questions, we are challenging our brains to think outside the box, and this causes the structure of our neurons to change, particularly in our frontal lobes, that part of our brain that controls logic, reason, language, consciousness and compassion.

So don’t be afraid to think big. Passions arise from the heart. When you are truly passionate about something, you don’t have to try hard to put attention on it. When challenges arise, they can’t deter you. They may slow you down for a little while, but they can’t stop you.

It is important to think about your ideal life, not your possible life. Don’t censor your Passion Test.

A passion is how you choose to live your life. It is a verb. A goal is something you aim to achieve. When your passions are clear you can create goals that are aligned with your passions and begin to create the life you choose to live.

Examples of passions:

- *Living in a beautiful home in which I feel completely at peace*
- *Writing successful mystery novels*
- *Enjoying perfect health with lots of energy, stamina, and vitality.*
- *Having fun with everything I do*
- *Spending lots of quality time with my family*
- *Living life in abundance*

Loves and Talents: Clues to your Unique Gifts

What do you love to do? What kind of environments do you love to be in? What kinds of people do you love to be around? What excites you, turns you on, gets you charged up? The answers to these questions all provide clues to your purpose.

Another set of clues: What are you good at?

What do people compliment you on? What do you seem to do better than most others? What are your unique skills and talents? You most likely enjoy doing things that you're good at, so loves and talents often go together.

Passion Test Instructions, Step One:

First, make a list of at least ten of the most important things you can think of that would give you a life of joy, passion, and fulfillment. Begin each one with a verb relating to being, doing, or having, which completes the sentence:

When my life is ideal, I am _____.

Close your eyes and picture your ideal life. What are you doing? Who are you with? Where are you? How do you feel? Don't censor, you don't need to know the how, just the what.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

Etc.

Please read the book "The Passion Test" and proceed with the rest of the steps + go through the proven process for clarifying your passion and purpose!

Questions and Thoughts from “You Are a Badass”

Another book that I’m pretty obsessed with (and hopefully you’re a fan too after reading it as the assigned book for Module 2) is “You Are a Badass” by Jen Sincero. As far as I’m concerned, the entire book is a roadmap for discovering yourself, your purpose, and how to bring your brilliance into the world in a powerful way. Here are some of Jen’s highlights, questions, and pieces of advice from chapter 8 “What Are You Doing Here?”

1. Be The Alien

Imagine that you’re an alien floating around in outer space and you suddenly swoop down to Earth and inhabit your own body. As the alien, everything about this life is new to you. This exercise is hugely helpful for getting a new perspective and stepping outside our boring-ass ruts of tired old excuses and lame habits. It can also be very useful in making you aware of all the staggering possibilities and resources that you have at your fingertips and take for granted or do not see. Sometimes it’s as simple as looking at things with new eyes to see how astonishingly fortunate we are. Be the alien for 24 hours and see what you come up with.

You look around - what do you see?

What is this person who you’ve inhabited so obviously awesome at?

What do they have the most fun doing?

What connections do they have?

What resources and opportunities are available to them?

As the alien, to whom everything is new and exciting and there's nothing at risk and no past to lug around, what are you going to do with this incredible new life you've stepped into?

How are you going to use this new body and this existence to create something fabulous and awesome starting right now?

2. Take the First Right Step

Instead of wasting hours and days and years trying to figure out your perfect next move, just DO something already! Get out of your head and take action. You don't have to know exactly where it's going to take you, you just need to start with one thing that feels right and keep following right-feeling things and see where they lead.

Most answers reveal themselves through doing, not by thinking. No matter how clueless you feel right now, pay attention to suggestions and opportunities that suddenly present themselves. And notice how you feel:

Is there something for you that, for whatever reason, feels like it might be good to check out?

What have you been saying forever that you'd love to do?

Has somebody mentioned a course or a teacher or a book that keeps sticking in your mind?

Take the first step in the direction toward something that feels right and see where it leads you. And do it NOW.

3. Do Your Best Wherever You're At

Once you take this first step, it's possible that you won't land you dream situation right away. You might land on a stepping-stone. It could be an awesome stepping-stone, or it could be kind of an unpleasant stepping-stone. But no matter where your first step lands you, if you want to keep moving forward, appreciate wherever you're at instead of feeling ashamed or grouchy or impatient about it.

Everything you do along your journey contributes to where you're going.

4. Don't Reinvent the Wheel

Look around and see what other people are doing:

You don't need to invent your ideal life from scratch, you just need to figure out what makes you feel alive. So if what someone else is doing sparks your interest, take notice. I could mean that your calling has something in common with theirs. Get specific about the things in their lives that turn you on. Is it because they get to travel the world? Is it that they have a solid routine? No routine? Is it that they work alone? Work in the nude? That they get to be outside all day? Etc.

Read magazines that interest you, talk to as many people as you can, hang out in places where people share your interests hang out (see Module 6: "The Relating Treasure Chest"). Put yourself out there and you never know what you might learn that will inform your next move, or whom you might meet that will present you with your next opportunity.

Whose life makes you totally jealous? (Fawn's note: Jealousy can be an *incredibly* helpful tool for honing in on desire and purpose! More on this question in the "Fawn's Questions" section of the workbook)

What things are people doing that you would love to do too?

Who do you think is the coolest person ever?

5. Don't Get Caught Up In the Thunderbolt Hype

I think one of the most paralyzing misconceptions is that we're all supposed to have one true calling that comes to us in a mighty flash of soul-defining insight. While there are those people who've always known exactly what they want to do, there are a hell of a lot more of us out there who spend most of our lives, if not all our lives, wandering around looking under rocks and behind trees for who we are.

Let yourself off the hook if you don't have that one, big, perfect thing that you know you came here to do (same goes for finding the one, big, perfect soul mate, BTW), and feel good about the fact that you'll probably fulfill several callings throughout your life (and possibly relationships).

6. Listen To Your Intuition

If you really want to get in touch with who you are and what you love to do, and who you love to do it with, dedicate some time to tuning into your intuition. One of the best ways to do this is to spend 5 minutes of quiet, by yourself every day. When you sit quietly and ask, you get an answer. Eventually. Stick with it, and be patient, and wait to hear from your inner guidance. You have all the answers you need, you just need to give them the chance to get through to you.

7. Follow Your Fantasies

“Our fantasies are our realities in an excuse-free world”

~ Jen Sincero

Jump into the deep end and follow your fantasies. Do this exercise as if money were not an issue. Tap into what brings you great joy instead of what you think you need to do to survive. Our fantasies are the most revealing peepholes into who we are and what we think is awesome. No matter how out-there and ridiculous they may seem, they mean something to us, and usually represent our biggest and best versions of ourselves.

What do you fantasize about when you're staring out the window of a train, or before you go to sleep at night, or when you're pretending to listen to someone really boring talk your ear off?

If you had an unlimited supply of cash, what would you spend your life doing?

What if you decided to do the most outrageous, most exciting thing you ever dared fantasize about, regardless of what anyone, including your terrified self, thought?

Thank you Jen Sincero!

Now, moving on to a slightly more stoic, yet gigantically famous and influential, the Great Jack Canfield! Here is the “Life Purpose Exercise” from Jack’s best-selling book, “The Success Principles” (which will be required reading for Module 11 by the way:)

Questions from “The Success Principles”

By Jack Canfield

1. List two of your unique personal qualities, such as enthusiasm and creativity.

2. List one or two ways you enjoy expressing those qualities when interacting with others, such as to support and to inspire.

3. Assume the world is perfect right now. What does this world look like? How is everyone interacting with everyone else? What does it feel like? Write your answer as a statement, in the present tense, describing the ultimate condition, the perfect world as you see it and feel it. Remember, a perfect world is a fun place to be.

Example: *Everyone is freely expressing their unique talents. Everyone is working in harmony. Everyone is expressing love.*

4. Combine the three prior subdivisions of this paragraph into a single statement.

Example: *“My purpose is to use my creativity and enthusiasm to support and inspire others to freely express their talents in a harmonious and loving way.”*

(See more examples in the book)

Once you have determined and written down your life purpose, read it every day, preferably in the morning. If you are artistic or strongly visual by nature, you may want to draw or paint a symbol or picture that represents your life purpose and then hang it somewhere. This will keep you focused on your purpose.

Another approach to clarifying your purpose is to set aside some time for quiet reflection - using meditation to inquire within. After you become relaxed and enter into a state of deep self-love and peacefulness, ask yourself, "What is my purpose for living?" Or "What is my unique role in the Universe?" Allow your answer to simply come to you. Let it be as expansive as you can imagine.



Fawn's Questions

Here is the last set of questions to help you hone in on your motivation, zest, passion, and purpose. These questions are especially useful for thinking outside the box, and letting go of the fear of judgement.

What did you dream of being or becoming when you were a kiddo?

What was it about that “thing you wanted to become” that excited or inspired you?

If you could do anything, what would you be doing if you knew that no-one was judging you?

If you could do anything, what would you be doing if you knew that *no-one would ever find out?*

If you could do anything, what would you be doing if you knew that *everyone would genuinely be like “Oh my GOD that’s AMAZING! You’re so incredible!”*

If you could try anything without anyone knowing, what would it be? (list as many things as you can think of!)

If you could be famous or well-known for something, what would it be?

What would you feel SO good about saying in response to the question “what do *you* do?” at a friend’s birthday party or networking event?

Reflect on your Core Values list (from Module 2). As you read through them, what ideas come to mind that would be “living embodiments” of them?

Tune Into Jealousy

Believe it or not, *jealousy* can be a super helpful tool for figuring out what you really want, what you're passionate about, and even what your purpose might be! Although jealousy feels icky, frustrating, and tends to decimate our self-esteem, one of the things that it's really saying is “Hey! That looks awesome! I want to be/do/have that!” and is a direct pointer to our desire if we look closely enough.

For example, I used to see facebook and instagram ads and posts all the time that showed people (strangers and friends alike) traveling, adventuring in exotic locations, or working remotely in some fascinating place. And I would immediately feel a sensation of “Ugh!” - a wet-blanket, punch to the gut, dose of inferiority and negative emotion that took me down about 87 notches from wherever I had been the moment before I laid eyes on the “trigger” image.

But then...then I realized that the reason that I felt like shit in those moments is because I was allowing Gremlins to take the wheel, and when I really tuned into what they were saying I heard their bullshit, derogatory comments loud and clear, and saw them for what they were: *just thoughts*.

For example, when I “unpacked” the pang of jealousy I heard:

“I’m so lame, look at my life compared to theirs!”

“I could never have an amazing career that I love, the system is rigged...”

“Yeah right, they must have been born wealthy...”

“Wow they’ve been traveling through Mexico for 3 months? I’ve never even been to Mexico and I’m already 26, I could never afford to travel on my own for that long...”

“They must have had a rich uncle teach them how to start their own business, not everyone has that luxury...”

“They must know some secret recipe for escaping the 9-5, and there’s no way I can figure it out...”

Pretty depressing, right?

Well, then I realized that within each Gremlin thought was a diamond of desire, masked in negativity, waiting to be polished into the positive, clarifying message that it was! This is the same exact process that you went through with identifying “Discontentments and Longings” in Module 7! For example, when I reexamined my jealousy, I found...

Jealous thought / Discontentment: *“I’m so lame, look at my life compared to theirs!”*

Affirmative Desire / Longing: *“I realize that I am not fulfilled with my life right now and I am going to do whatever it takes to create a life of meaning, fulfillment, fun, and purpose, starting today!”*

Jealous thought / Discontentment: *“I could never have an amazing career that I love, the system is rigged...”*

Affirmative Desire / Longing: *“I really really really want a career that I love, and I know I can create one...I just need to do some research, build my skills, and get some professional guidance!...”*

Jealous thought / Discontentment: *“Yeah right, they must have been born wealthy...”*

Affirmative Desire / Longing: *“I want to have financial freedom so that I can do/be/have whatever I want in my life and empower others in so doing. Anything can be learned, and I will commit myself to working on my finances, money story, and adding high value to the world for which I am compensated in abundance.”*

So, my dear, who are you jealous of? Social media is fertile ground for jealousy triggers, so pay attention when you feel them, and write them down. Then ask yourself what desire is hidden inside the jealousy, and how that desire might inform your passions, purpose, and “Hell YES!” life.

OK, One more thought...

What if you're *still* feeling empty-handed about Passion and Purpose?

If you've gone through the Module 9 workbooks and you are still feeling lost, empty-handed, or asking "What if I don't even know what I enjoy?," it's time to start getting your hands dirty!

You **HAVE** to start trying things on, putting yourself out there, and exploring activities. Make a commitment to try something new every week, or every month, to see if you enjoy it. Take classes. Volunteer. Travel. Create. Join your friends in whatever they are into. Do anything and everything that you can get your hands on until you start to get a sense of "Hmmm...I *like* this...."

Nothing changes if nothing changes, and it starts with **YOU!**

Congratulations! You have completed Module 9.2!

Take some time to thoroughly go through the questions, journal about them, and really feel into them. Then, when you are ready, proceed to Module 9.3: The **BIG WHY** to add even *more* juice to your passions and purpose!

"When you are clear, what you want will show up in your life, and only to the extent that you are clear."

~ The Passion Test

NOTES