

5. Visualise your purpose driven statement

Close your eyes. Imagine yourself fulfilling your purpose driven statement. Let your mind take you to places. Note where you are, who you are with, any particular organisation, any particular place, anything you pick up from the vision with your mind's eye. A visual or tactual person may find this easier, than someone who is more auditory. Auditory minds may pick up on words rather than images, and truly tactual minds may need to physically get up and act it out as a more hands on approach. Open your mind to seeing, hearing, experiencing your purpose driven statement.

Note down below anything that comes out. You might like to make your statement more specific with the who, where and what, then look at ways to put more time in your life to start fulfilling your purpose and passions.



There are no limitations,
...only opportunities

A tool designed by Dr Mel Baker © 2019 Unchain your Wellbeing

Purpose & Passion

A TOOL TO DISCOVER PURPOSE AND MEANING

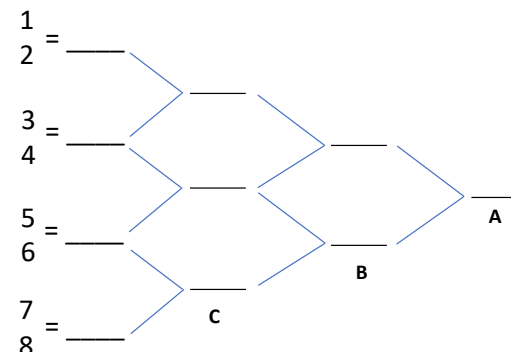
1. Passions and Possibilities

What are you passionate about? What drives you? What energizes you? Imagine a world that cannot hold you back. Complete this sentence 8 times. Be specific as you can. Eg. driving a truck, creating pottery, serving the poor.

If I were free, healed and whole, I am...

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

In order to find our strongest passions, we are going to play a knockout tournament. Read both statements above to the numbers on the right and write on the line which is the one that resonates with you the most. Eg Read 1 & 2, write the "winner" on the line. Sometimes it might be hard to choose – close your eyes, imagine yourself doing both activities and pick the one that completes you in all ways. Remember it's all about possibilities.



Circle the top 3 responses from A, B and C columns on your initial list of 1-8. B will be the other number that isn't A, and C will be the other number that isn't A or B. Take note of any reoccurring themes. Also some statements that didn't get past stage 1, may be part of getting your top 1-3 going, so don't discount them.

My top 3 passion statements are:

1. _____
2. _____
3. _____

2. Acknowledge your limitations

Physical: _____

Mental: _____

Social: _____

3. Qualities

What qualities have you developed from overcoming problems, issues, traumas in your life?

What qualities have you gained from life experiences, jobs, careers, hobbies?

4. Your unique purpose driven statement

First, compare your top 3 passion statements to your qualities in Q3 on page opposite. You will most likely find they match. Be encouraged! You have the skills and qualities to complete your purpose and passion. You might like to add the qualities you listed to your Resume/CV.

Second, bring together your 3 passion statements to 1 purpose driven statement. You might like to first write down the key words or draw a diagram in the space below, then formulate a sentence. You know you have the right words when it resonates with all of your heart, head and hands.

Looking back to Q2 in acknowledging your limitations, what of these would restrict you in fulfilling your purpose driven statement? Rather than being discouraged, think about creative ways to no longer see them as limitations.

For example, I have 2 long-term physical conditions that cause great pain. I cannot walk more than 1km, I cannot stand for more than a minute, I cannot sit for more than an hour. To embrace my purpose driven statement, when I am taking workshops or speaking to an audience, I ensure a chair is present and there is space to walk around – so I can sit or walk while speaking. When I need to sit at a computer, I do it in short spurts of time, then I get up and do what my body needs. ***Listening to our bodies is key to overcoming limitations and fulfilling your purpose.***

You may like to seek some advice from a therapist or trusted friend to discuss creative ways to look at your limitations.