

# DANNY SWANSON

empowering your life

## “The Keys to Living an Inspired Life... Here and Now”

### Part 2 – Know Yourself: Purpose

There are over 6 billion human beings on the planet. In essence we are all the same (made of atoms and particles) but in matter we are all different. Just as we have a completely unique fingerprint, we are also a completely unique “being”.

Today we were going to look at what makes us shine and inspires us. We have an almost genetically encoded DNA for this. People refer to this as a purpose or mission. Whatever you call it, it really is at the heart of our being.

People who identify and understand their purpose and live their life on purpose have a more fulfilling and meaningful life than those who either don't know what that purpose is or choose not to live by it. Your purpose is the essence of your being, your contribution to the world, your life's work.

There are no right or wrong purposes. Your purpose is unique to you and you won't find it by looking at other people's. Your purpose could be in any one of the seven areas of life:

- Mental
- Vocational
- Family
- Social
- Spiritual
- Physical
- Financial

You may already be familiar with your purpose or you may not. You will find clues to your purpose throughout your life, both present, past and future. People's purpose statement is often short .... There is no right and wrong but it doesn't have to be a lengthy document.

Here are some questions to help you unearth your purpose if you don't know what it is already (you will be best placed to get quality answers from yourself by finding a quiet place where you can relax to answer these questions):

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1. If you could only do one thing for the rest of your life without being paid (and assume your money needs are taken care of here) what would it be?
2. What activities do you love doing? The ones that leave you feeling inspired, where time disappears, where you feel energised, where you persevere and overcome challenges, that you do whenever you can (refer to your list from last week too).
3. Thinking back over your life to date while the memories that inspire you? What other patterns and themes from the memories?
4. Looking back as you approach the end of your life what are you most inspired by and humbled by? What have you contributed?

## **Empowered Actions for this week:**

Write your purpose statement. Get something written down. It may not be perfect and you may want to add and change it as you go along over the next few weeks... that is OK... and you may well find yourself "tweaking" it for some time to come.