



POSITIVITY BOOST

Purpose



*The happiest and most positive people
have a definite major purpose that provides
meaningful direction and motivation for their lives*

KEYS TO A SENSE OF PURPOSE:

- Have a dream of a brighter future.
- Create a vision of change to make the dream a reality.
- Put the vision into action.
- Align your inner and outer purposes.

THREE FROGS SAT ON A LOG

Three frogs sat on a log. One frog decided it was time to jump off the log and swim in the water. How many frogs remain on the log? You would think that there are now only two, yet there remain three, because the frog who wanted to swim only decided that's what it wanted to do, but never jumped into action.

When we're honest with ourselves, how many times have we failed to act on our decisions and instead remained idle like that frog on a log? Or perhaps even worse, failed to act because we couldn't even decide what it was that we wanted, filled instead with a persistent lack of meaning and purpose?

At its core, this is a call for passion, something that stirs our spirit and motivates us into purposeful action. And research shows that the most positive and happiest people in life are those with a deep sense of purpose, people who are

engaged in serving others, empowered with a reason to be alive, and encouraged with the confidence that their life just makes sense.

ELEMENTS OF PURPOSE

There are three fundamental elements that inspire, motivate, and drive purpose. By understanding and applying these three elements we gain insight into our strengths along with opportunities for growth, because failure to tend any one of these elements can place a barrier between who we are and what we want to do with who we are. These elements are 1) a dream, 2) a vision, and 3) action.

1. Dream

Dreaming is important because it allows us to see things not just for how they are and have always been, but for how they could be. And we all have a dream. Think about it, if we got everything we ever wanted then there'd be nothing left to dream about. The very fact that disappointments exist—that we experience discontent and don't always get what we want—these are the very things that make dreams possible. But the problem with dreaming is that for many people they stop there, like the frog on a log, and never turn their dreams into a vision.

2. Vision

As Dr. Martin Luther King Jr. reminds us: “The difference between a dreamer and a visionary is that a dreamer has his eyes closed and a visionary has his eyes open.” So while a dreamer stays stuck in the clouds, a visionary is someone who comes out of the clouds, identifies the details—the plan to make their dream a reality—and is able to communicate that dream and plan so others can see it too. And yet, the same problem that plagues dreamers can plague visionaries too, because what's the use of having a plan if it's not put into action. We can plan our vision all day, all year, and for a lifetime, but until we act on it then we're just like that frog on a log.

3. Action

There are many reasons why people fail to dream, develop a vision, or take action. What follows is a list of four main obstacles that can place a barrier between who we are and what we do with who we are. As you look through this list, take note of the one that you've personally experienced. Purpose eludes us because:

Barrier #1: We're discouraged by others. People are often quick to point out what's wrong with our plans before they even consider that our life journey has nothing to do with theirs. To overcome this barrier, consider their authority on the subject and consider what threat your success may be for them. Sometimes advice doesn't come from a place of care, but rather from fear.

Barrier #2: We're discouraged by past disappointment. This leads to a fear of failure and lost hope. To overcome this, remember that every day is a new day and that both past successes and past failures are not accurate indicators of future success or failure. Instead, pursue each day for the opportunities that they hold.

Barrier# 3: We settle for average. This barrier is formed before a vision even sees the lights of day. But consider this: By definition, the average person is average; and when we put in average effort, we will always yield average results. To overcome this, we can lean in, educate ourselves, and apply what we've learned to dream new dreams and see more than others are able or willing to see. When we become the exception in a world of average by doing more than expected and more than others are willing to do, our exceptional efforts open the door for exceptional results.

Barrier #4: We lack confidence. Even when armed with a clear vision and a well-made plan, if we second-guess ourselves, start comparing ourselves to others, or convince ourselves that we have to be perfect before we jump into action, then we're destined to be the frog on a log. Confident people take calculated risks and are able and willing to adapt to their circumstances. Without confidence we'll simply never get in game. The next time you're faced with the confidence barrier, try this tactic: Ask a higher quality question. Instead of asking "Can I" ask "How can I." "Can I" contains inherent doubt, undermining our efforts before we even begin. By contrast, "How Can I" assumes that there is a way and we just need to find it, encouraging us with confidence to begin.

8	11	2	31
1	32	7	12
33	4	9	6
10	5	34	3

CAN YOU GUESS?

Looking at the chart on the right, can you guess what number I'm thinking of?

At first look, the answer is probably a resounding “No! Of course not!” After all, there are sixteen different numbers here, how the heck are you supposed to know which one I’m thinking of?

Yet, when we take a step back and ask the higher quality question (*How can you guess what number I’m thinking of?*) we just might discover some clues.

For example:

- When you add up all the rows, they add up to 52.
- When you add up all the columns, they add up to 52.
- When you add up all the diagonals, they add up to 52.
- And when you up each of the four corners, and they also add up to 52.

When we limit ourselves to just one way of doing things, we just may find that we’re placing a self-limiting barrier between who we are and what we want to do with who we are. (So, have you guessed what number I’m thinking of?)

INNER & OUTER PURPOSE

We actually have two purposes: a primary inner purpose that concerns our being, who we are; and a secondary outer purpose that concerns what we do with who we are. When we know and embrace our primary inner purpose, we discover that there are many ways to express this inner purpose in a meaningful way that dances in harmony with who we are. Remember, whether you go horizontal, vertical, sideways, or with the four corners, you can still express your inner self no matter what it is you find your hands doing and regardless of the circumstances.

PRACTICES

To help you and the people you influence gain deeper clarity, here are three positivity practices that you can try:

PRACTICE #1 *Awakened Doing*

The author Eckhart Tolle teaches a concept called “modalities of awakened doing.” The idea is that everything we do must done with Enthusiasm, Enjoyment, or with Acceptance.

In other words:

- When we're living a life of genuine purpose then it's easy to do all things with enthusiasm.
- But when we encounter tasks that aren't especially enjoyable, we can still take enjoyment in process, knowing that despite the circumstances we are still living a life of meaning and purpose.
- However, on days when encounter challenges that test our resolve, we can at the very least accept these challenges as a necessary steps to achieving our dream.

When you can do all things with genuine enthusiasm, enjoyment, and acceptance, you will know that you have found a genuine sense of purpose. In a similar way, you will know that you have gone the wrong way if for too many days, or weeks, or months in a row, you can't even accept what you're doing. Do you have enthusiasm, enjoyment, and acceptance for your daily tasks?

PRACTICE #2

Stimulate Your Passions

Passion is the intersection of our talents and our interests. Our talents are the things that we can do better than most people with little or no effort, and our interests are the things that we think about even when we should be thinking about something else. It's said that we should focus on our passions because it helps us become more intrinsically engaged, but stimulating our passions takes us even further by highlighting the gap between what we want to do and what we're currently capable of doing. The author Brendon Burchard reminds us:

“A Super Bowl-winning quarterback doesn't just know how to throw a ball. He has had to master mental toughness, nutrition, self-discipline, contract negotiations, brand building, and so on. Someone who reaches high performance in any career must have competence in many of the areas that touch that career.”

There's a difference between someone who knows how to throw a ball and someone who celebrates the success of a Super Bowl Win. And that difference is a one person came down out of the clouds and stimulated their passions to turn the dream into a vision. How can you stimulate your passions?

PRACTICE #3***Be Willing To Do It Poorly***

We often put off acting on our purpose using the “not enough” excuse:

- Not enough time.
- Not enough information.
- Not enough talent.
- Not enough confidence.
- Not enough money.
- Not enough help.
- Not enough etc.

The problem with excuses is they will never help us grow and develop through life. As the author Zig Ziglar reminds us, anything worth doing is worth doing poorly until we can figure out how to do it well. What can you do to remove the “not enough” excuses from your life?

FINAL THOUGHT

The happiest and most positive people in life are those with a deep sense of purpose, people who are engaged in serving others, empowered with a reason to be alive, and encouraged with the confidence that their life just makes sense. This is not an easy task, but it is a worthy one. As a final offering to help you gain clarity of purpose, here are four clarity questions to ask yourself:

1. **What do you want to do?** *This identifies your innermost desires.*
2. **What can you do?** *This identifies your talents and skills while highlighting any gaps in ability.*
3. **What must you do?** *This identifies your responsibilities.*
4. **What will you do?** *This identifies how bad you want it, so you don't end up like the frog on a log.*

Each question cuts back layers of resistance, empowering you with enhanced clarity, motivation, and resolve.

REFLECTION

1. What's your dream for a brighter future?

2. What's your game plan to turn your dream into a vision?

3. What barriers are you facing that might prevent you from taking action?

4. How is what you do reflecting who you are?

KEY INSIGHTS

DATE: _____

..... **MY NEXT STEPS**

PRIORITY	ACTION	COMPLETED	RESULT
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

What mindset will you use to stay Engaged?

What talents, skills, knowledge, information, or interests do you need to stay Empowered?

What reminders will you use to stay Encouraged?

How will you experience more Enjoyment?

How are you preparing yourself to achieve Excellence?

YOUR FACILITATOR



Jonas Cain is Positivity Consultant, Learning Experience Designer, and Facilitator of Fascination, helping emerging leaders and their influencers gain clarity, confidence, courage, and joy in their life, work, and relationships.

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