



AWAKEN YOUR TRUE CALLING

CHECKLIST

What is Purpose?

- Cognitive process
 - Defines your goals
 - Provide you with personal meaning
 - Manages behavior
- Directs your decisions
 - Guiding your use of finite personal resources
- Different from goals
 - Goals are more precise
 - Goals serve to guide our behavior
- Purpose is a goal manager
 - Make it easier to move from goal to goal
- Purpose is a three-dimensional continuum
 - Strength
 - How purpose affects actions, thoughts, and emotions
 - Scope
 - Extent that purpose affects your life
 - Awareness
 - How knowledgeable one is about their purpose
- Critical Elements of Purpose
 - Consistent behavior
 - Help to overcome obstacles
 - Maintain focus
 - Seek alternate means
 - Psychologically flexible
 - More flexible with changing demands and obstacles
 - Helps you experience fewer problems
 - Ability to allocate resources
 - Time and energy to pursue your passion

Keys to Finding Your Passion

- Give yourself opportunities
 - Must align your identity with your passions
- Allow yourself to explore
 - You may have more than one passion
- Look closely at what you're doing
 - Change your perspective
- Question yourself
 - Set aside time to figure out what makes you excited

Setting Personal Goals That Fuel Your Purpose

- Goals help you concentrate your actions and energy
- Measures your progress
- A gap exists between setting and communicating goals
- Importance of Goals
 - Reflect your purpose
 - Point you toward the expected quality of performance.
 - Affects your overall level of motivation
 - Affects our capacity to perform
- Must meet three conditions for setting motivating goals
 - Must have commitment to reach your goals
 - Must set specific and unambiguous goals
 - Must have goal-directed behavior and happiness
- Harnessing the Power of Setting Goals
 - Self-efficacy
 - The belief that you hold about your ability to perform
 - Task complexity
 - Must include short-term goals with complex tasks
 - Provide immediate guidelines and incentives
 - Goal commitment
 - Two main categories needed to enhance commitment
 - Prioritization
 - Self-belief
 - Feedback
 - Timely feedback needed for effective goal setting
 - Satisfaction
 - As your success increase, your overall satisfaction grows
 - Set challenging goals

Being Proactive

- Your own behavior is holding you back from finding your true purpose
- Your behavior is a direct product of your choices
- Take initiative
 - Choose your responses to the circumstances around you
 - Must be able to recognize your personal responsibility
- Become more aware of your proactivity
 - Analyze where you focus your resources
 - There are things you have no control over
 - Only worry about those things you can control

Begin with the End in Mind

- Helps you align your life with your purpose
- Will enhance your personal understanding of your purpose
- Design or default
 - Must develop a sense of self-awareness
 - Must become responsible for your mental creations
 - Otherwise you empower others to shape your life
- Write your own script
 - More effective with your deepest values and principles
- Develop a personal mission statement
 - Focus on what you want to be
 - Focus on what you want to do
 - Focus on your values

Leveraging Positive Visualization

- Visualization is instrumental in achieving your goals
- Your mind can't differentiate between the real and imagined
- Building a foundation for your visualization
 - Thoughts can create great change with visualization
- Creative visualization
 - Mental technique
 - Uses power of imagination to make changes in your life
 - Can shape your character, habits, and circumstances
- Integrating creative visualization in your life
 - Visualization requires persistence and patience
 - Should practice for 15 – 20 minutes a day to start

Mastering Personal Management

- Helps in directing you on the right path
- The planning, organizing, directing, and coordinating aspects of your life
- There are four rules of self-management
 - You must map your life
 - You must review your assumptions
 - Discover your strengths and weaknesses
 - You must organize yourself
 - You must develop your abilities
- Time management is also an essential personal management skill
 - Helps you organize and execute your tasks

Learning to Overcome Negativity

- Will face challenges as you move toward your purpose
 - Resilience can help you overcome negativity
- Personality characteristics of resilient people
 - Optimism
 - Independence
 - Control and responsibility
- Developing personal resilience
 - Incorporate positive affirmations in daily routine
 - Enhance your communication skills
 - Improve decision making skills

Leveraging Mentors and Coaches

- Has a tremendous impact on personal development
- Develop your skills
- Improve your performance
- Maximize your potential
- Become the person you want to be

Learning to Live a Balanced Life

- Four dimensions of a healthy, balanced life
 - Physical dimension
 - Spiritual dimension
 - Mental dimension
 - Social dimension