

When You Find Your **Purpose** You'll Achieve Your *Goals*

(A personal step by step guide on how to do both)



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Preface

Some of you will remember me by the moniker given to me by the media of 'The Lady in the Mask' following the horrific injuries I sustained in the Paddington rail crash.

It's true I had to wear a Perspex mask for almost 2 years in order to save my badly burnt face and it took me a long time to recover from my other injuries however it was the devastating aftermath that was harder to contend with.

I lost virtually everything.

I lost my business and career, I lost my physical and mental health, I lost my marriage. There was no aspect of my life that was not affected detrimentally and, apart from the health side, there was very little if any help to improve my situation.

Being the person I am I decided that if no-one was going to help me then that just left myself to work it out.

Through trial and error, testing each step along the way, I came up with this. A pathway that turned me from a helpless victim into a successful survivor.

In this book I explain the steps I have taken that I found worked, and they actually ended up working beyond my original expectations.

It is a pretty straight forward and simple process that anyone can follow however it does require a bit of effort and honest delving within yourself to make it work.

Using these steps I have managed to turn my near-death disaster into a life changing positive and I now have a fulfilling, fun life doing exactly what I want to be doing.

Not only did it work back then but I continue to re-use this process as time, things and circumstances change and it has never let me down. I stay on track towards whatever goal I set.

The best bit is that it can work for anyone and everyone whatever stage of life they have got to. If you have a goal this will help get you there.

Good luck and here is to your fantastic future!



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INTRODUCTION



How Can You Reach Your Goal if You Don't Know Your Purpose?

If you are feeling stuck in a rut, feeling unfulfilled, are jealous of others' successes, or are simply frustrated that you are not closer to where you think you should be, then read on.

(I wrote a little while back about humans needing a purpose:

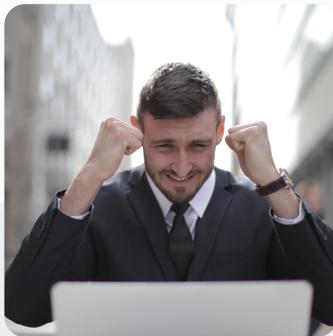
<https://www.pamwarren.co.uk/personal-blog/humans-need-a-purpose/>)

What I didn't realise for a long time is that not everyone knows that until you have worked out Your Purpose, your ultimate goal will remain unachievable. Or to put it another way - you won't understand what your ultimate goal is until you have worked out your purpose.

I recently reviewed my delegate forms from various talks and workshops I have given in the past 12 months. They spanned many industries and ranged from the lowest echelons to the highest. One of the specific questions I asked on these forms was 'what is your purpose in life?'.
Common denominators were answers such as 'making lots of money/profit', 'not having to work', 'having a big house/a flash car' to 'being famous' and variants along similar lines as these.

This is not having a Purpose. At best these are materialistic, myopic goals which are completely different to purpose. If they are accomplished that just leaves a void as to what is next. It is part of the human DNA to need something to strive for, so once we have got to one of our short-term goals we'll automatically be looking for the next.

In any case without purpose these short-term goals will more than likely remain unfulfilled unless these people accidentally stumble across their purpose without realising that is what they have found. But you don't want to hope that you might stumble across a purpose. You want to have it now, change things for the better and achieve your ultimate goal.



Why Bother with Your Purpose?

Once you have worked out your purpose the path towards your ultimate goal becomes much clearer and easier to achieve. It does require a bit of work to accomplish at the beginning, but once you have it things start to fall into place and move you along inextricably towards your big shiny goal.

10 years after the train crash I had recovered enough to take stock and wonder what I was going to do with the rest of my life. In a way, I was lucky in that the crash had ripped away most of my previous life and effectively dumped it in the dustbin. This left me with a blank sheet of paper on which to start planning and I took advantage of this position.

However, you don't have to trash your entire life to work out your purpose. All it takes is the desire to want to change things, a strong will, honesty and a little bit of time.

And the great news is that it not only works for our professional lives, it also works on a personal level as the two are linked. It even works if you are a business rather than an individual if you look at your company as an entity in its own right.

How do you find out What Your Purpose Is?



This is where the hard work begins but I promise you that it is worth it.

Purpose starts from within ourselves. Who are we, what are we, what do we want in terms of things such as contentment, love, harmony, and what we avoid because it might be difficult? Once you have defined Your Purpose this gives you the starting point to make the changes you need to obtain your ultimate goal.

The only thing you need to devote to finding Your Purpose is time and some soul searching. This is not a quick fix process. The thinking, reviewing and deciding does require you to dig deep within yourself and you can't just dash through that in an afternoon. If you do, the end result will simply not work.

What I am going to do is break things down in the next few chapters to give you the tools. I'll detail how my thought processes went, what actions to take and the position you need to get to, so you'll be able to use it to begin to create your own new and exciting future.

Chapter 01

Step 01 The Starting Point to Finding Purpose - Self-assessment

Here is the first step: you must truly understand who you are and where you are now.

The hard bit I found was to

- a) be completely, brutally, honest
- b) cut out any materialistic objectives
- c) ignore my emotions

But this is key to succeeding in finding your purpose.

The best way is to concentrate on the intangibles that will make us truly happy. What meaning do you want your life to have had when you die?



Self-assessment needs to be objective

Get a large piece of blank paper (or whiteboard) and then look at yourself and the position you are in right at this moment. Stand back and look at your entire life and position now as a stranger might who didn't know you and was only given the facts. Stop yourself projecting forward to what you want and concentrate on the here and now. This is going to be your "I am HERE list".

Now list out, in the form of a pros and cons list, what you have. Start off with the material things you already possess and the material things that are a burden e.g. nice house v large mortgage. Keep going and list everything. It is entirely up to you how long and detailed this list is; but a good idea is to start with the assets you feel you could not live without, and/or that make you happy.

Then move on to the skills you have v the skills you know you do not have. Then your good points/qualities and your bad points/qualities (park your ego and be honest). I found one of the best ways to be honest about my good and bad qualities was to ask my close friends what they thought they were – you don't have to accept what they say but it can be quite enlightening!

Keep going with your list and include anything such as disabilities, medical conditions or physical/mental constraints etc.



Next move on to your achievements versus opportunities you know that you have missed out on. Then add your beliefs (good and bad) and principles you hold dear currently and finally list anyone you think has what you think you want or think you deserve.

No-one is going to see this apart from you so go on and add the people you can admit to being jealous of.



Reviewing your list for accurate self-assessment

Once you have finished listing everything you can think of about yourself in '+' and '-' columns (I used a flipchart and it ran to 4 pages!) stand back and review the list you have created.

I strongly advise leaving this list for at least a few hours before reviewing it. Whenever we spend any time in self-assessment it is coloured by recent events and emotions, however objective we try to be. Walking away and returning another time, or even another day, with a different mindset, helps you be far more objective at the second look.

I personally walked away when I completed my list and did the next bit a few days later as I found it gave me fresh perspective and, quite frankly, when I went back I was appalled at some of my '-' comments but took heart in my '+' notes.

Have a long hard, unemotional, rational and impartial look your lists and ask WHY for each point.

Ask 'why' about everything – search for the reason behind everything you have got, done, think and believe for each aspect of your life now. Your present state is the result of your journey to date. Questioning everything that exists right now gives you an insight into what was important to you before the present moment.

From your why question you will understand the reason behind how you have acted and behaved in the past which is when you will truly understand yourself as a person. It doesn't mean that you must accept this is the person you are and always will be, but self-realisation is a momentous step to then determining your future.

This stage of finding your purpose is needed, before you can decide your future direction. Self-assessment and understanding past motivations helps you formulate a plan for moving forward.

You will also find that this exercise will awaken some clarity around what you really desire so you have meaning moving forward. It can also be a shock to realise that much of what you have in the positive column is meaningless in the big scheme of things. However, when you do this self-assessment don't get down on yourself about the negative column. Skills can be learned, and self-improvement is a healthy response to areas you feel are negative. The whole point of this is to determine who you are and a good part of who you want to be.

I cover the next step to finding purpose in "Brainstorming your life".

Press This Link to Get the Whole Ebook and the rest of the steps...