

# *Discovering YOUR Purpose*

**Discovering Your Purpose: How self-transformation will unlock the full potential of your mind.**

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# Introduction

## 1. Who Am I?

- a. Father of two and a husband.
- b. Experimented with a little bit of everything.
- c. Advocate of mental health awareness.

## 2. Knowledge You'll Leave With.

- a. Clarification on who you are and what and where your are needed.
- b. What strategies work for you
- c. Consistent routine ensuring maximum individual growth.



# Why Does Purpose Matter?



## 1. Increased Fulfillment

- a. Our purpose provides visual clarity on which way to go in life and its meaning to conquer any trial.

## 2. Enhanced Motivation

- a. Effective in increasing the level of what we achieve.

## 3. Individual wellbeing will skyrocket..

- a. If the mind is free and at peace our body will want the same.

## 4. Makes your resilience impenetrable..

- a. Equips us with the ability to stay focused through challenges.

## 5. The benefits that purpose provides a relationship will reap as well.

- a. The change and progress we make can positively influence those we care about

# Identifying Your Passions Pt. 1

## Negative Opinions

"Second, the idea that interests are inherent may imply that a strong and deeply internalized interest—a passion—provides constant motivation and inspiration; thus, engaging in the interest should come relatively easily, with minimal difficulty or frustration." (O'Keefe et al., 2018).

On the other hand, if interests are developed, then having a strong interest in one area does not preclude developing interests elsewhere. Moreover, the belief that interests are developed, not revealed fully formed, implies that this development may sometimes be difficult. If so, a growth theory of interest may help sustain interest in the face of frustration or difficulty."(O'Keefe et al., 2018).

One important step to change our approach to potentially new passions is to redefine failure as the catalyst to change and improvement, rather than as a final destination." (Lee, 2019)

The message to find your passion is generally offered with good intentions, to convey not to worry so much about talent, not to bow to pressure for status or money, and to just find what is meaningful and interesting to you. Unfortunately, the belief system that this message may engender can undermine the very development of people's interests.."(Lee, 2019).



# Identifying Your Passion Pt 2

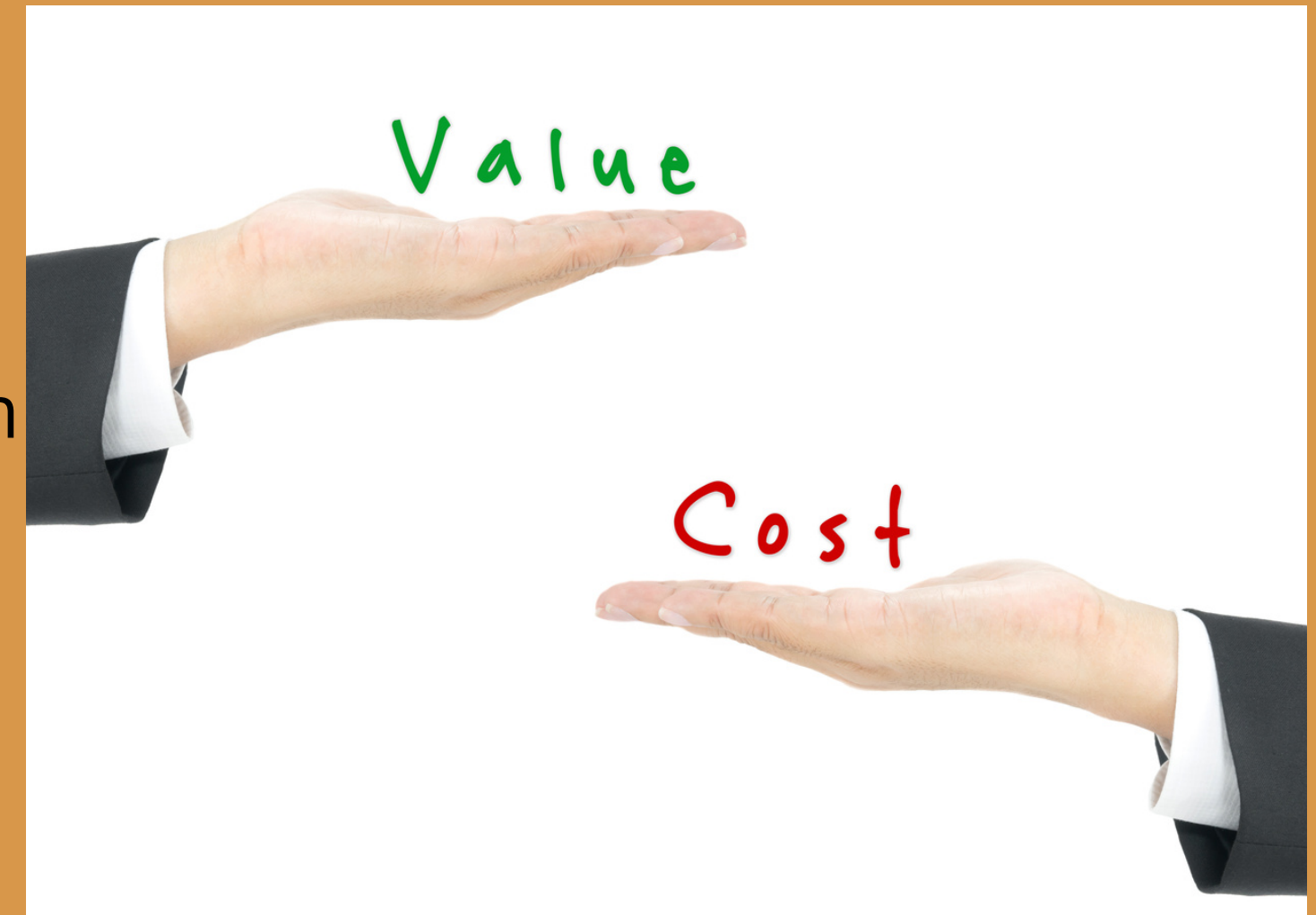
## The Positivity Being Passionate

1. Passion is led by motivation, and motivation is intensified with the stronger the interest.
  - a. Things we were born with gives motivation when triggered (Stem,2016)
2. Passion is correlated with the Self-Determination Theory.
  - a. The self-determination theory three principles carry an immaculate amount of value.. (Stem,2016).
3. Passion =Interest
  - a. Being interested in a specific activity is correlated with motivation to pursue all aspirations.
4. Fixed and Growth Mindset
  - a. Developing your passion with a positive mindset gives a boost to the ability to prosper (Witte,2018).



# Distinguishing Values

1. Identifying your values brings more efficiency to your true purpose and belief..
  - a. Value based passion provides the highest level of passion.
2. Value passion pursuit over fixed passion pursuit
  - a. Focusing on what matters to to you will enhance the passion and consistency in driven pursuit of passion (Noble, 2018)
3. Passion can become a value of its own to help enhance and clarify other values.
  - a. Thsse who allow their focus to remain on what they believe results in those listening to be more receptive (Cagri Tugrul Mart & Deniz, 2011)



# Creating A Purpose Statement

1. A clear statement of what you would like to achieve.
  - a. It gives specific details of what you expect the outcome to be
2. It will always align with your morals and beliefs (Connor,2014).
  - a. A purpose statement signifies your commitment to the goal you have set.
3. Limit the length
  - a. 1-2 sentences is a good length because it requires more thought to be put in.
4. Your own accountability compass.
  - a. Placement is crucial as you want to eliminate the possibility of you not seeing it.
  - b. Sign your Purpose Statement to immediately dedicate yourself to achieving your goals





# Living A Purposeful Life

- Set Goals For Yourself.
- Consistently Exercise Your Ability to Show Gratitude.
- Self-Care Is The Base Foundation So Show It Some Love & Respect
- Make It A Habit To Network And Build Your Social Connections
- Be Mindful Of EVERYTHING!
- Acknowledge And Accept Challenges In Life Will Come, And Embrace them With Confidence
- Always Maintain A Open- Mind To Change And New Information.
- Each Day Go Take Action And Continue the pursuit of your purpose as each step bi or small is a step forward.



# Q&A And Conclusion



Questions to Ask ?



FINAL  
THOUGHTS

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