



Weekly Practice Document – Week 6

Fully Revealing Your Purpose and Crafting Your Purpose Statement

- **Core Definition of Purpose:** *“The act of giving my authentic self (my true essence) along with my gifts and talents to the world...in service to something bigger than myself.”*
 - The expression of my purpose has a positive and powerful impact on others and/or the environment.
 - My purpose is bigger than me and it teaches me.
- **The Three Elements of Purpose:**
 - **Essence (Being)**
 - **Definition:** The qualities or characteristics that you express and exude naturally and effortlessly.
 - What might others say of you when you walk into a room of people and begin interacting?
 - **Gifts (Embodying)**
 - **Definition:** Your embodiment (and full acceptance) of the special offering you bring to the world
 - These are the activities that you engage that bring you most alive, give you a feeling of passion, and are natural for you (what we call your “gifts”)
 - Not simply your strengths or talents, rather the essential offering or ability “underneath” your talents.
 - **Mission (Doing)**
 - **Definition:** The way of connecting your essence and gifts to what you care about in the world — your vision for the world and the actions you’ll take to manifest it.
 - It is the active principle that moves you to creating and serving on behalf of your vision.
 - This is where your vision, through your passion and creativity, is activated through your **“aligned actions.”**
- **Purpose Statement Formula:**

As a [Essence] man, I [My Gifts] by or through [My Mission and Aligned Actions].

- **Purpose Statement Examples:**
 - Chris: “As a passionate, present and deeply curious man (Essence), I nurture and inspire growth and transformation in others (Gift) by developing and teaching powerful learning programs that open minds and hearts across all cultures. (Mission)”
 - Brandon: “As a man of integrity and wonder (Essence), I use writing, teaching and coaching (Gifts) to inspire 7.3 billion people to find their purpose, creating a just, sustainable and peaceful human presence on Earth. (Mission)”
- Here are the **Five Access Points** for revealing key insights and information about your purpose as a man:
 1. Through returning to the energy/embodiment of your **Golden Boy**
 - This boy is in full adventure, innocent, unbounded and open to all possibility
 2. Through your healed wounds of the past — your **Healed Man**
 - Within those wounds are the gold or the gifts of what you want to bring to the world
 - As the saying goes: “In our deepest wounds are our greatest gifts.”
 3. Through **mentors, teachers, spiritual guides** or close friends
 - They share what they see in you when you may not be able to see it or own it yourself.
 4. Through your passions — your **Passionate & Committed Man** (he is in you)
 - This access point is based on two forms of passion: 1) what you love to do in the world; 2) what you’re willing to take a stand for – what wrongs or ills you want to “right” in the world.
 5. Through the field of all possibilities (open space) — **Universe/Mystery/God/Trusted Source**
 - This is an open, spacious place to declare and own what is true for you with the three elements of your purpose.
 - You get to simply DECLARE it!

Practices for the Week:

1. Continue your daily mindfulness practice and increase it to at **least 20 minutes** each day for at least the next 7 days. Bring these two pieces to your mindfulness practice if you choose:
 - a. What is my purpose?
 - i. Explore your essence, gifts and mission (aligned actions).
 - b. Go back and revisit your mansion and all the rooms (see above)
2. **By Wednesday, June 17th**, complete your **Purpose Statement** containing these three elements (see the formula and examples above):

- a. **Your Essence**
- b. **Your Gift(s)**
- c. **Your Mission (Vision with Aligned Actions)**

3. Email your Purpose Statement to **at least 3 people** you trust and get their feedback on it. Here are a few questions to ask them:
 - “Does it ‘land’ for you? Do you see anything missing?”
 - “What would you offer as suggestions to change any part of this purpose statement?”