

NIGEL JONES

CERTIFIED POSITIVE PSYCHOLOGY COACH, NLP PRACTITIONER & HYPNOTHERAPIST
AUTHOR: WALKING BACK TO HAPPINESS; THE SECRET TO ALCOHOL-FREE LIVING & WELL-BEING



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FINDING YOUR PURPOSE

Your goals will be easier to achieve if they are in line with your purpose. Your purpose can change over time just like your values and beliefs can evolve. My purpose when I was in my 20s is different to what it is today.

Your mission or your purpose doesn't have to be great or grandiose. It could be, 'I want to make things with my hands and love my family'. You don't have to change the world. The main thing is that you're happy with your purpose.

WHAT IS PURPOSE

Your purpose is a core part of your identity. It embodies your values and your beliefs. It is your mission in life.

By identifying your true values and beliefs, you will cement your purpose to support the life you desire and ultimately bring you more happiness.

Setting goals and following your dreams becomes a lot easier if you have worked out what your purpose is.

Everybody has a purpose. Your purpose is to find a purpose.

If you don't know your purpose, then you have not found it yet.

What you want written on your gravestone – that's your purpose.

Your purpose is not your job, it's your mission.

Purpose changes over time.

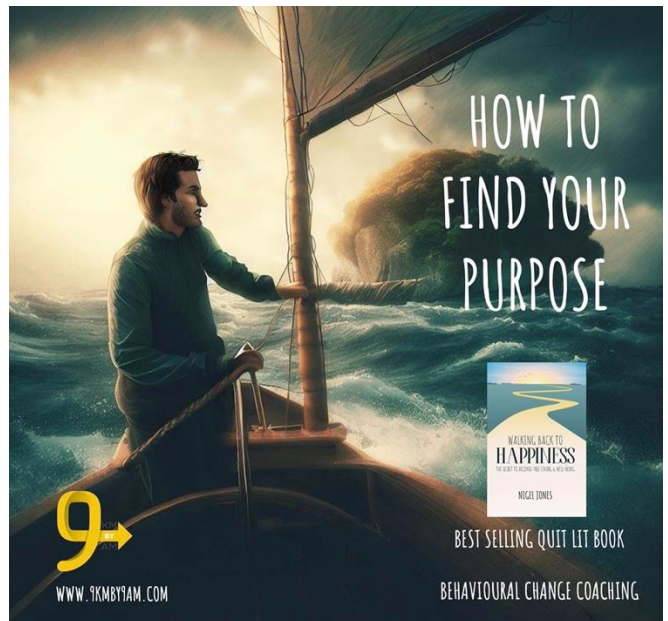
If you feel contentment, then you are pursuing your purpose.

WHERE DOES PURPOSE COME FROM?

Your purpose naturally flows from your values. If you see yourself as a caring person, then part of your purpose may well be to help others. If you see yourself as a creative person, then your purpose could be to write, to make furniture or to paint.

Purpose tends to come from your parents, older siblings, relatives, friends or teachers. It can also come from your life experiences and the things that resonate with you.

DON'T FIGHT THE WIND



Think of your purpose as a life journey on a sailboat to an island. You are at the helm, steering the boat through the waters of your day-to-day life to follow your purpose. There are forces at play that are not within your control, like the winds and storms. But there are others that you can control, such as learning to use the sails and rudder to stay on course and ride out storms that try their best to blow you off your course.

Sometimes you can't sail the direct course – you must follow the wind. Sometimes there will be no wind and you need to use other sources, like rowing or using a motor. But it is the bigger force of whatever we call God, the spiritual force, the godly force around you that will keep you moving throughout life to your destination.

If you're fighting the wind, you're not pursuing your purpose. You know when you're moving smoothly through life, smoothly over the water, that you're doing things right. You are in line with the island that you're heading to: you are in line with your purpose.

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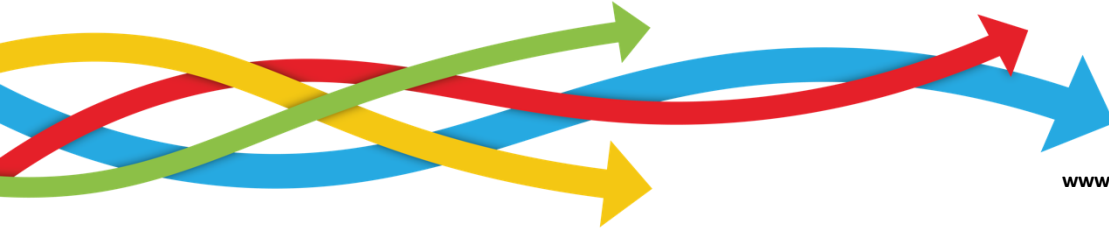
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STEPS YOU CAN TAKE...

If you don't know your purpose, it does not mean you don't have one. It just means you have not found it yet.

The following steps will help you create a draft purpose statement:

STEP 1 – WHAT DRIVES YOU?

What are the things that drive you? Make a list.

STEP 2 – WHAT ARE YOU GOOD AT?

List the things you are good at.

STEP 3 – WHAT WOULD YOU LIKE TO DO WITH THE REST OF YOUR LIFE?

Make a list of the things you would really like to do.

STEP 4 – STATEMENT

Write your draft Purpose Statement based on the answers to Steps 1, 2 and 3. Here is mine again: 'I am a healthy, sober, family man who loves learning about life, arts, culture and helping people find well-being.'

FACE YOUR FEARS

When drafting, developing and deciding on your purpose, never be afraid. Never fear that you may not be able to follow the purpose you decide you want to follow.

The adage is, 'You need to step up to the line, be counted, be the man'. However, I think Joseph Campbell puts it more eloquently. He said, 'The cave you fear to enter holds the treasure you seek.'

Once you face your fears, they lose their power – when you face them head-on you are dealing with them. Once you have the awareness of the 'monster', you can start dealing with the 'monster' because you can see it for what it really is. This is exactly what happened to me after I stopped drinking alcohol. All the fears of failing disappeared as soon as I started to see the 'monster', in my case alcohol, for what it really was – poison.

