

The Most Powerful

Advanced Purpose Mastery



**Achievement System
in the World**



Discover Your Purpose – Master Your Life

with Mike Pettigrew

What We Covered Last Month:



- How to Be a Better Communicator.
- How to Get People to Understand Your Point of View.
- How to Gain More Respect from Others.
- How to Be More Persuasive in Every Interaction.
- How to Use Persuasion to Get Ahead in Life.
- How to Persuade Others to Do What You Want!
- A 3-part Formula for Thinking Through Any Situation in Which Persuasion Will be Critical.

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What You Will Learn Today:



- Discover Your Overall Purpose in Life.
- How to Have Greater Meaning in Your Life.
- A Powerful Way to Find Your Multiple Life Purposes.
- How to Have More Power and Energy in Your Life.
- The Certain Way to Live a Life of No Regrets.
- How to Craft a Powerful Life Mission Statement.

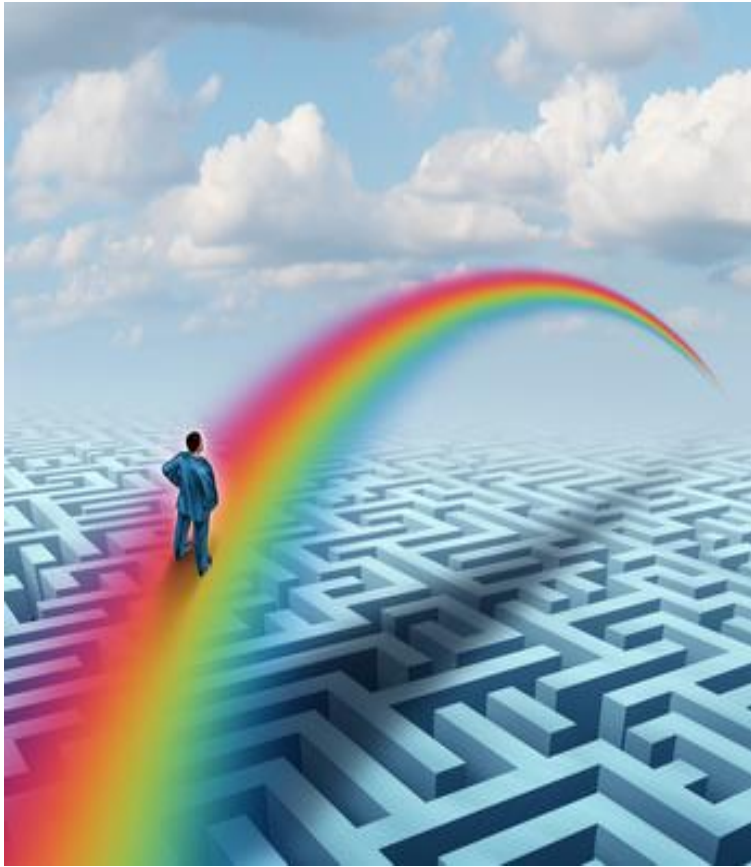
Why These Are Important:

- You'll be able to achieve all your goals more easily.
- You'll experience greater fulfillment in life.
- You'll save time and energy in every area of your life.
- You'll be an inspiration to others.

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Finding Your Own Unique Overall Purpose in Life (Major Life Purpose):



- One of the most important things you can ever do.
- Most people never do this!
- They just settle for mediocrity and second best.
- Finding your major life purpose gives you FAR greater meaning, energy, and enjoyment of life.
- You can achieve HUGE goals that others never can.

No Purpose = directionless = low energy = poor results.
Deep Sense of Purpose = great joy and fulfilment = the impossible becomes possible for you!

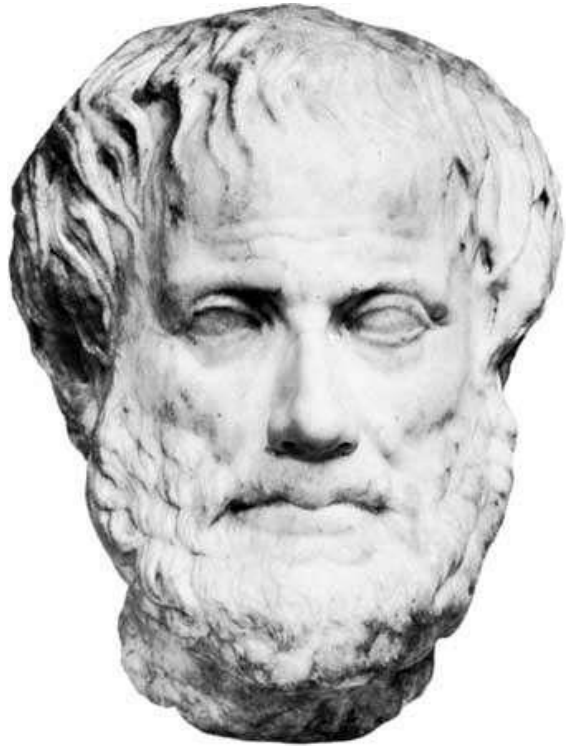
You Have 2 Types of Life Purpose:

1. **Your Overall Purpose as a Human Being**
2. **Your Own Unique Individual Purpose(s)**

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1 - Your Overall Purpose as a Human Being:



The Question All Philosophers Have Tried to Answer

Aristotle:

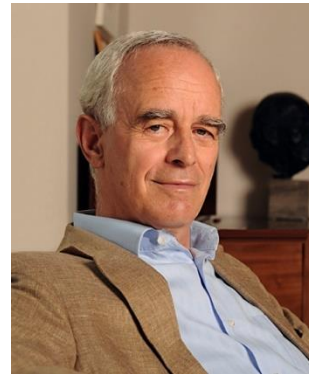
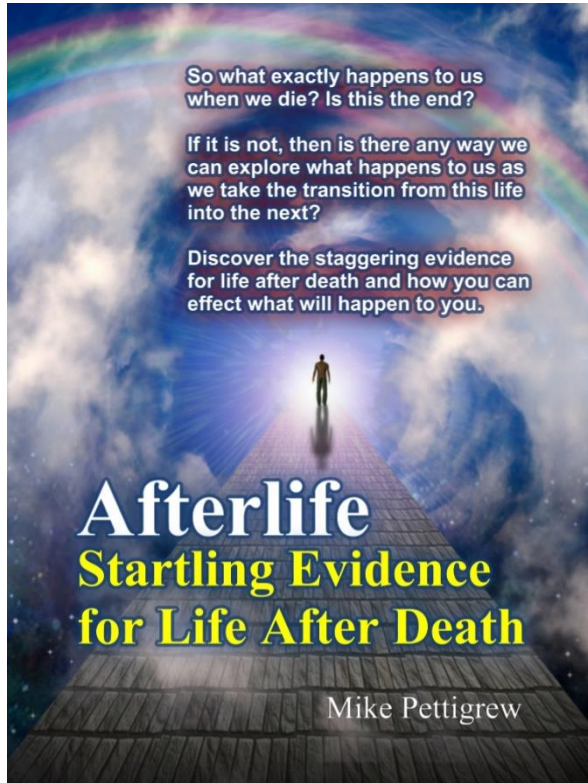
“Happiness is the meaning and the purpose of life, the whole aim and end of human existence.”

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What is Our Purpose as a Human Being?

Life After Death Research:



Dr Pim Van Lommel



Dr Raymond Moody



Dr Brian L Weiss



Dannon Brinkley



Prof Ian Stevenson



Robert Monroe

The Research Tells Us:

“The purpose of life is to grow spiritually and to help others in any way that we can.”

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2 - Our Own Individual Purpose

Confucius:

“Choose a job you love, and you will never have to work a day in your life.”

The Reality: A lot of people get trapped in a job that they hate – *because they are not clear on what they want*

- How Do We Discover What Our Own Unique Purpose is?
- Can We Combine These 2 Types of Purpose - to create a powerful **Major Life Purpose**?

Yes We Certainly Can!



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When We Start Contributing to Something Greater Than Ourselves



We Become:

- Deeply Happy and Truly Fulfilled
- A Powerful Catalyst for Change - in the world around us

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EXERCISE - How to Find Your Own Major Life Purpose



Explore your passions, skills and past experiences...

STEP 1 - Ask Yourself:

- What activities make you feel most alive?
- If you knew you couldn't fail what would you love to do?
- If you were a billionaire, what would you do?
- What do you enjoy learning about most?
- What issues have been a constant theme in your life?
- What do you enjoy talking about most with others?
- What kind of giving is most rewarding for you?
- What have you struggled with most in your life?
- What are your most unique talents that you excel in?

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EXERCISE - How to Find Your Own Major Life Purpose



STEP 2 - Ask Yourself: How could I use these passions, skills and experiences to *ALSO* help others? Write down all ideas!

STEP 3: The one that gives you the most excitement, energy and enthusiasm – and *that also contributes to your inner growth* is most likely your current Major Life Purpose.

STEP 4: Create a Major Life Purpose statement that reflects your choice.

STEP 5: Fine tune and improve that statement until it feels just right.

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Create Your Own Major Life Purpose / Mission Statement – PART 1



MLP = *Passions/Skills/Experiences + Daily Actions + Contributions to Others*

What is YOUR Major Life Purpose STATEMENT?

Mine is: "To inspire, motivate and empower people, so that they can achieve their goals, and become deeply happy".

- You **NEED** to create your own statement....*more on this in the high performance section in a moment.*
- It takes time to create one that truly fits - it may change a little over time.

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Mission Statements of Famous People:

“To make a significant difference in the quality of life of people.”

- **Anthony Robbins**

“To be a teacher. And to be known for inspiring my students to be more than they thought they could be.”

- **Oprah Winfrey**

“To have fun in (my) journey through life and learn from (my) mistakes.”

- **Sir Richard**

Branson

“To Unite People & Promote Equality.”

- **Martin Luther King**

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Brendon Burchard – Founder of High Performance Institute

“High Performance means excelling and succeeding above and beyond standard norms consistently over the long-term”

High Performance Techniques:

- ✓ Scientifically Proved to Work!
- ✓ Adequate Rest + Exercise.
- ✓ Diet + Nutrition.
- ✓ Energisation Breaks - Every 60 to 90 Minutes.
- ✓ Progress Goals Daily – Use the Daily Success Planner.

Result:

- ✓ Dramatically Increase Productivity (work smart).
- ✓ Reduce Stress and Burnout.
- ✓ Have Greater Focus - Get More Done and Faster.
- ✓ Achieve Far Higher Success – Than 95% of People.

The High Performance Coaching Model™

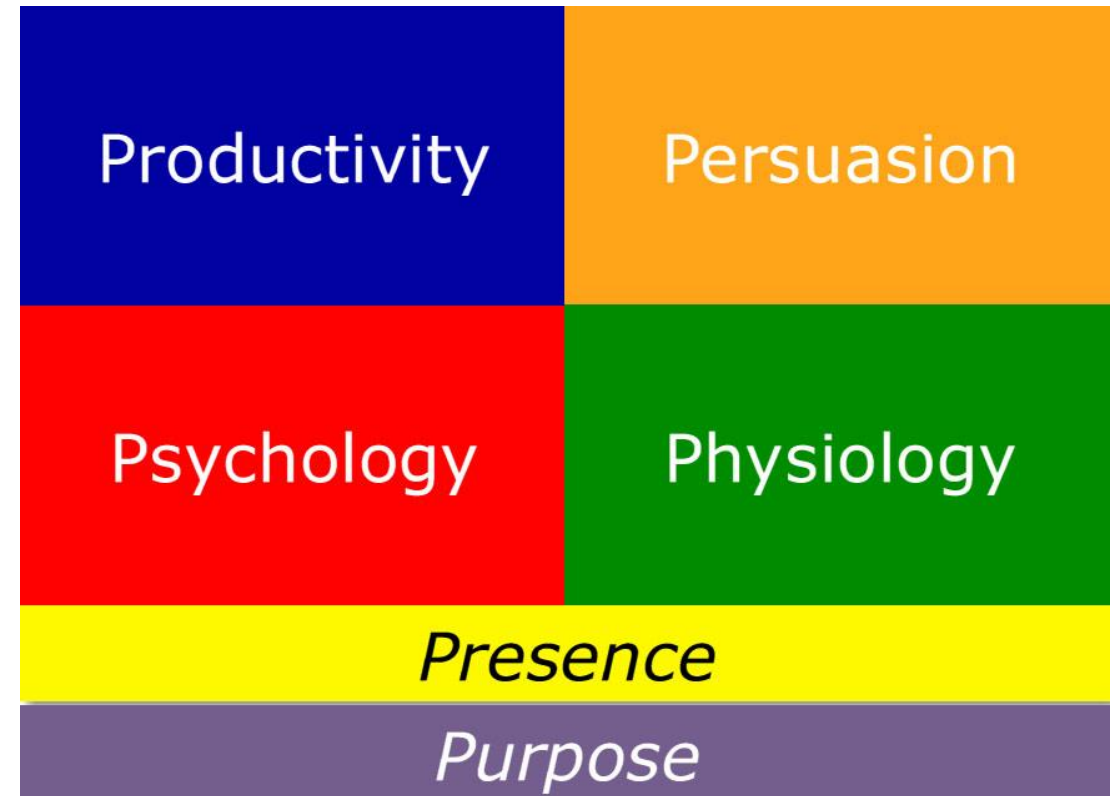


**CERTIFIED
HIGH PERFORMANCE
COACH™**

We Experience These...

- Clarity
- Energy
- Courage
- Productivity
- Influence

By Mastering These...



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High Performance Tool – Purpose Mastery Questions

The World's Highest Performers are remarkably purpose-driven in how they live and lead...



1. How purposeful have you felt in the past 3 months? (rate yourself 1-10)
2. What would you need to do to feel you are living with greater purpose?
3. Have you ever felt off-purpose in your life for a prolonged period of time?
4. If so, what was happening then?
5. When you are feeling purposeful during your day, how would you describe it?
6. Do you feel the people in your life now understand what your purpose is and relate to it? If you don't, you won't share or ask for help when you need it.
7. Is there anyone in your life who seems to be off their own purpose?
8. If so, who and how could you help them?

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High Performance Tool – Defining and Leading Our Purpose

Defining our life's purpose in a singular statement is often regarded as a 'must-do' activity in personal development.

The challenge is that you can have *different purposes in different parts of your life* (you might have one in your relationship and another in your career) *and in different times in your life*.

Unfortunately, too many people also obsess about their life's single purpose and simply don't realize living each day with purpose and meaning is the ultimate goal regardless of whether you're clear on an overall life plan and purpose.

Still, having a singular statement in mind can sharpen your focus and remind you of what's important.

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Create Your Own Major Life Purpose / Mission Statement – PART 2



Once you have your purpose statement, start sharing it with others - when they see you living and role modelling your purpose, they're inspired to do the same.

In defining your purpose statement, a few things to consider:

1. The statement can be as much about "being" as "doing."

For example, part of Brendon Burchard purpose statement is *"be fully alive and vibrant"*, which has nothing to do with a career or goal-oriented objective.

The things I'd like my purpose statement to remind me to BE include...

Create Your Own Major Life Purpose / Mission Statement – PART 2



2. The statement can have 'to do' items that aren't career focused.

Brendon's includes, *"to adore and appreciate my loved ones,"* which again is not something that is career related.

Even in addressing career or ambitions. Brendon's "to do" item is to *"strengthen and share my gifts,"* another broad statement.

Though everyone tells you to be super specific about what you want (which is great in goal-setting), purpose statements that are a bit more broad in scope help us focus on what's really important in a variety of contexts.

*The things I'd like my purpose statement to **remind me DO** include...*

Create Your Own Major Life Purpose / Mission Statement – PART 2



3. The statement might also have a "so that" element that describes why you want to be and do all these things as part of your purpose.

For example, Brendon's statement ends with *"so that I might inspire others to live more fully, love more openly, and make a greater difference today."*

*The why or "so that" **reason that I want to BE and DO** the things I wrote above is...*

Create Your Own Major Life Purpose / Mission Statement – PART 2

Now tie together your answers 1-3 in one statement.



Brendon's is, *"The purpose of my life is to be fully alive and vibrant, to adore and appreciate my loved ones, and to strengthen and share my gifts so that I might inspire others to live more fully, love more openly, and make a greater difference today."*

Write your own statement here...

In order to lead and inspire others in finding their own purpose in their lives or careers, I could begin a habit of...

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What We Have Covered:

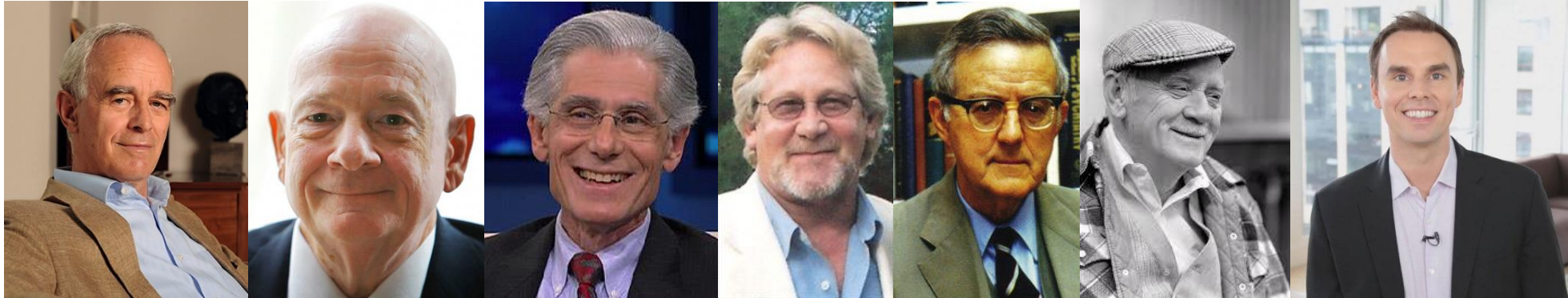


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Recommended Resources



Dr Pim Van Lommel

Dr Raymond Moody

Dr Brian L Weiss

Dannion Brinkley

Prof Ian Stevenson

Robert Monroe

Brendon Burchard

Dr. Pim van Lommel - Consciousness Beyond Life: The Science of the Near-Death Experience

Dr. Raymond Moody - Life After Life, The Light Beyond, Coming Back

Dr. Brian L Weiss - Many Lives Many Masters

Dannion Brinkley - Saved by the Light

Professor Ian Stevenson - Children Who Remember Previous Lives

Robert A. Monroe - Journeys Out of the Body

Brendon Burchard - High Performance Habits

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Over to You...



Questions & Answers

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