



“Re-igniting Passion, Purpose & Performance... Achieve Your 2009 Goals!”

## “How to Re-discover Your True Life Purpose” TeleSeminar Workshop

With Gary Gradley - Life Purpose & Performance Coach

The Importance of Purpose:

Everyone has a Purpose? Yes \_\_\_ No \_\_\_

The Benefits of being On-Purpose:

5 Common Blocks to Clarity & Action:

Ego vs Soul:

Being ‘On-Purpose’ is...

Self – Assessment:            Where am I at?

What has my life stood for?

What do I want different or better?

What would I love my life to be like?

### **The 7 Steps to Rediscover and Act upon your True Life Purpose**

Step 1: Clarify your Passion, Talents and Values

Step 2: Crystallize your WHY – Your Purpose and Vision

Step 3: Explore Possibilities and Alignment of the How

Step 4: Goals, Strategies and Ownership

Step 5: Operationalize into Daily Behaviours

Step 6: Motivation, Risk Taking and Commitment to Act

Step 7: Ongoing Support and Action

**Re-discovering my Passion / what I Love to do:**

What am I passionate about? What do I love to do (the most)?

What are my natural gifts, talents and strengths? What important life experience motivates me?

By answering the question; “**When my life/work/business is ideal, I am being / doing / having... “**

the 10 things that would bring me the most joy and fulfillment in my life and in my work are:

(Consider all 10 areas of my life: mentally, emotionally, physically, spiritually, career, relationships, family, financially, community, travel / lifestyle).

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_
- 6) \_\_\_\_\_
- 7) \_\_\_\_\_
- 8) \_\_\_\_\_

My top 4 that “Feel the Best” to me are:

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_

If I were to consistently act on my Passions, my driving Purpose in my life/work/business might be to:

\_\_\_\_\_

Closed Eye Visualization Insights:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

My learning and Action Steps are to:

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_

Perspective: One day you will be on your deathbed (as we all will), you will be in one of two places;

*In a place of joy, gratitude and bliss  
for having lived a great legacy-fulfilling,  
serving ‘On Purpose’ life.*

OR

*You will be in a place of regret, despair  
and emotional anguish for not taking risks and living  
your life to its fullest, ie for not fulfilling your purpose.*

*“Don’t die with the music still in you” as Oliver Wendell Holmes once said.*

Ask yourself, “will this idea (this On-Purpose Process) move me in the direction/towards my dream/goals, or in the opposite direction?” Listen to that quiet voice (of wisdom) within - your intuition (not your ego) and follow it and you will always make the best decision for you.

Yes I am committed to myself and I want to live an ‘On Purpose’ life! \_\_\_\_\_  
*My signature*