



## EXPERIENCE ...

Finding your  
Purpose  
in Life

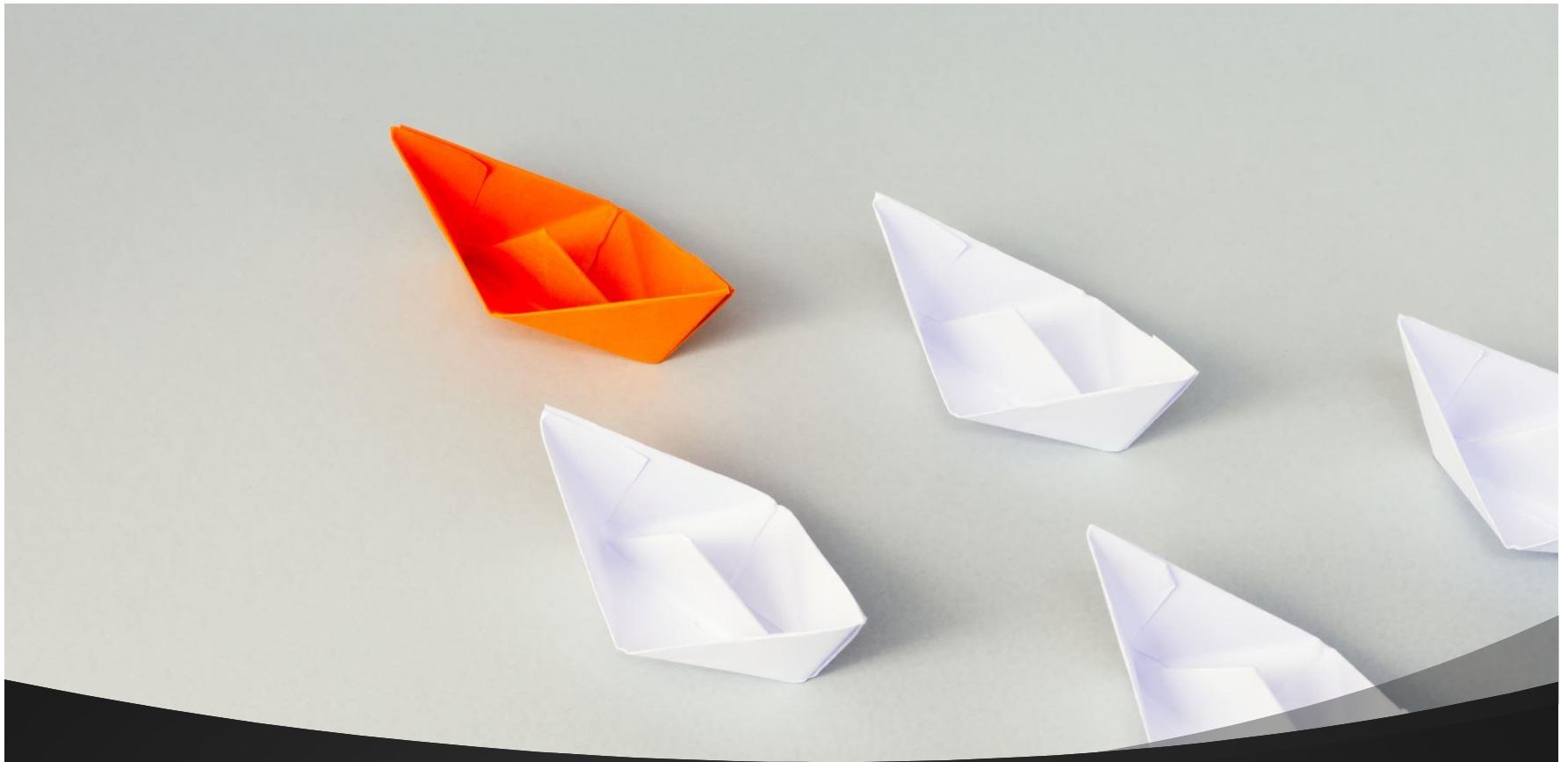
- PART 1 -

## EXERCISES

based on the book  
*'Your Soul Purpose'* by Brendan Nichols



# Finding your Purpose



# The Visionary Leader



**DO**

The  
Visionary  
Leader



**Write down the name of someone you know who shows some of these attributes**



**Write down which attributes this person shows**

# The Visionary Leader

## *Someone I know*

# DO



### HIS/HER GRAND PURPOSE

*TO GROW AND EVOLVE*



### HIS/HER VISION

1. His/Her unique talent/s (what he/she feels compelled to do)

2. His/her contribution to the world

His/her vision



### HIS/HER VEHICLE

# The Visionary Leader

## ME

# DO



**Your  
GRAND PURPOSE**

*TO GROW AND EVOLVE*



**Your  
VISION**

1. Your unique talent/s (what you feel compelled to do)
2. Your contribution to the world  
Your vision



**My  
VEHICLE**

**DO**

The  
Visionary  
Leader:  
*Embracing your  
potential*



Are you happy with what you're doing in your life right now? Why / why not?



Are you fulfilling your vision?  
Why / why not?



What is keeping you from fulfilling your vision?



Which risks must be taken to fulfill your vision?



Are you prepared to take that risk? Why / why not?

# Pitfalls

## *The Visionary Leader*



**DO**

- Controlling
- Egotistical
- Arrogant
- Power driven
- Show-off
- Manipulative
- Domineering
- Bossy
- Tyrannical
- Corrupt

*Which do I display ?*



**DO**

## Overcoming Pitfalls



In which area do I have my main challenge?



What judgement do I have about it?



What can I do about it?



Which qualities of the **Visionary Leader** should I focus on to help me with this?



# The Achiever

**DO**

# The Achiever



***Write down the name of someone you know who shows some of these attributes***



***Write down which attributes this person shows***

# The Achiever: Finding Commitment Me

## DO



**Name one thing you desire?**



**What is your external commitment?**



**What is your internal commitment?**



**How can you reach totality ... what is the "impossible" in this situation?**



**What do you have to do to reach the impossible?**



**What is your back door?**



**How can you close your back door?**



DO

# The Achiever: Action



List 1 of your intentions for 2020?



What are your current appropriate resources?



What is your action plan to achieve your goal?



What are the possible 'windows of opportunities'?



What are the possible setbacks?



When are you going to start?



What is your reward when you achieve your goal?

# Pitfalls

## *The Achiever*



**DO**

- Pushy
- Ruthless
- Blinkered
- Manic
- Workaholic
- Abusive
- Driven

*Which do I display ?*

DO

## Overcoming Pitfalls



In which area do I have my main challenge?



What judgement do I have about it?



What can I do about it?



Which qualities of the **Achiever** should I focus on to help me with this?



## The Poet





DO

➤ **Self-love**

- a) How can you better care for yourself in the future?
- b) Which gifts will you gift to yourself?
- c) List the occasions when you will give these.

The Poet:  
An Open Heart

1. **Empathic listening**

- a) Which family member do you have difficulty with?
- b) What is the problem?
- c) How can you listen more empathically to this person?



DO

The Poet:  
An Open  
Heart

### **1. Trusting yourself**

- a) In which situations don't you trust yourself? Why?
- b) What would happen if you did trust yourself?

### **2. Trusting others**

- a) In which situations don't you trust others?
- b) Name an incident? Why?
- c) What would happen if you did trust this person?



DO

The Poet:  
An Open  
Heart

1. ***Don't wait to be happy***

1. Are you happy right now?  
Why?
2. What do you have to do to be  
happier?
3. Why don't you do it?

DO

The Poet:  
APPRECIATION



**AN EXERCISE IN APPRECIATION...**



Go outside and walk for 5 minutes



Look at everything you see as if you see it for the first time



Find the wonder in what you see



Don't label anything



Come back and write down what you've seen



Share what you have seen with the group

## Pitfalls *The Poet*



**DO**

- Weak
- Dreamy
- Unrealistic
- Selfish
- Indulgent
- Unproductive
- Soft
- Self-obsessed

*Which do I display ?*

**DO**

## Overcoming Pitfalls



In which area do I have my main challenge?



What judgement do I have about it?

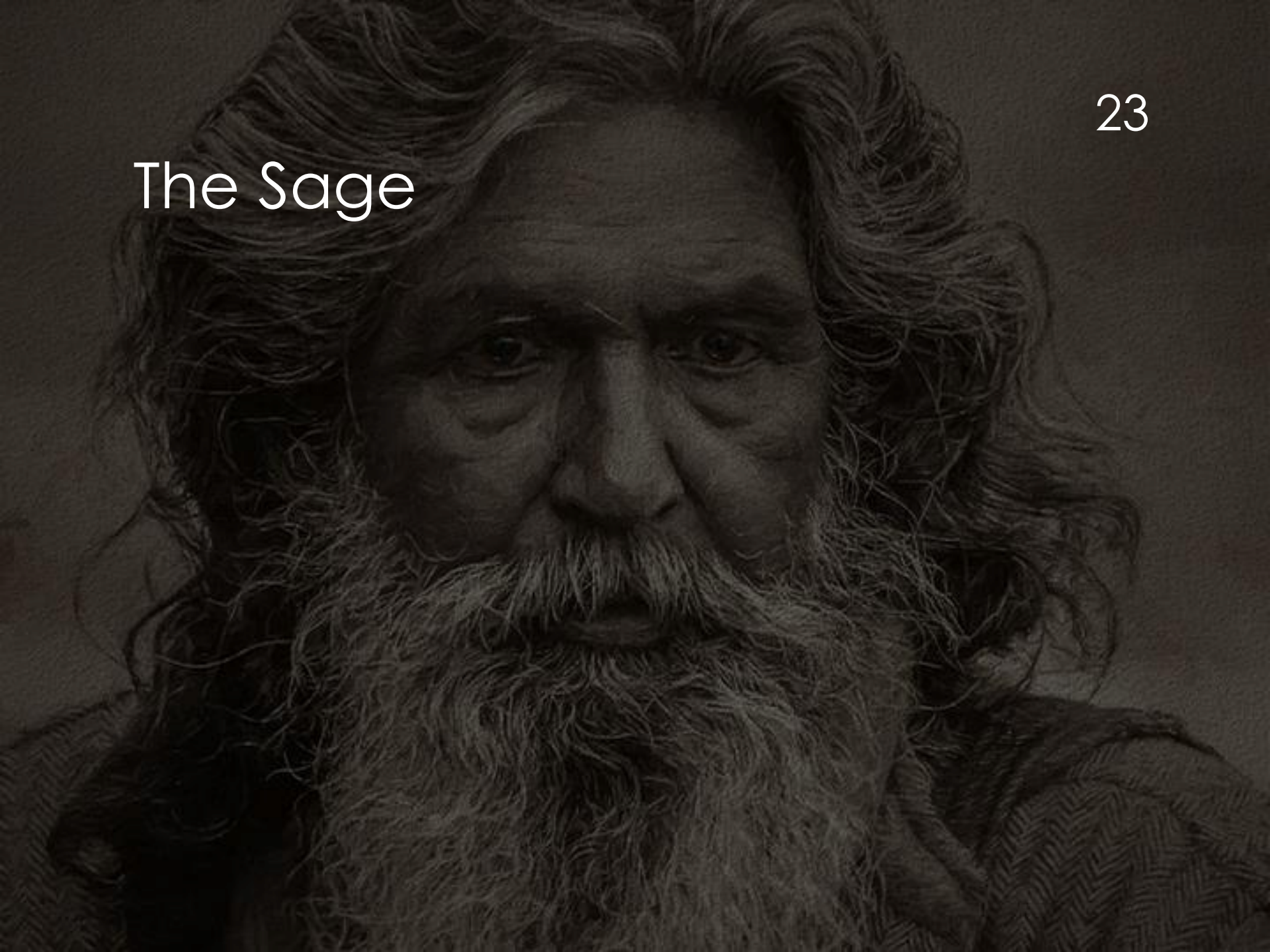


What can I do about it?



Which qualities of the **Poet** should I focus on to help me with this?

# The Sage



## The Sage: Developing intuition Life Checklist

**DO**



▶ **How fulfilled am I in these areas?**

<i>Spiritual Life</i>	1	2	3	4	5	6	7	8	9	10
<i>Relationship</i>	1	2	3	4	5	6	7	8	9	10
<i>Family Life</i>	1	2	3	4	5	6	7	8	9	10
<i>Career</i>	1	2	3	4	5	6	7	8	9	10
<i>Finances</i>	1	2	3	4	5	6	7	8	9	10
<i>Recreation</i>	1	2	3	4	5	6	7	8	9	10
<i>Hobbies</i>	1	2	3	4	5	6	7	8	9	10
<i>Personal life</i>	1	2	3	4	5	6	7	8	9	10
<i>Contribution to humanity</i>	1	2	3	4	5	6	7	8	9	10

- ▶ **What needs to be changed?**
- ▶ **How am I going to change it?**





DO



Exercise: In a train

- ▶ Empty train pulls into a station and 20 people get onto the train
- ▶ At the next station 5 people get off the train
- ▶ At the next station 10 people get on the train
- ▶ At the next station 15 people get on the train
- ▶ At the next station 5 people get off the train
- ▶ At the last station 10 people get on the train

The Sage:  
Perceiving  
alternate realities

## Pitfalls *The Sage*



**DO**

- Critical
- Self-important
- Deluded
- Aloof
- Flakey
- Superior
- Strange
- Weird

*Which do I display ?*

**DO**

## Overcoming Pitfalls



In which area do I have my main challenge?



What judgement do I have about it?



What can I do about it?



Which qualities of the **Sage** should I focus on to help me with this?



# The Spirit

DO



Sit completely still



Close your eyes



Allow your thoughts to take you where it wants to



Find the silence within you



Do this for 5 minutes every morning and every evening

# The Spirit: Inner Silence

Inspired by the book **'Your Soul Purpose'**  
By Brendon Nichols

Thank you !