

## Purpose and Goals 2

*People don't always have a choice in what they're going to do today. They don't always have a choice in where they're going to go today. But all human beings have a choice as to who they're going to be today.*

This lesson builds on Goals 1 by adding content regarding purpose and values.

### Key Skills:

- I can define my life purpose and values.
- I can envision short and long-term goals...personal, family, school/work, financial, spiritual, social, etc.
- I can develop and implement a task plan to achieve goals.

### Learning Points:

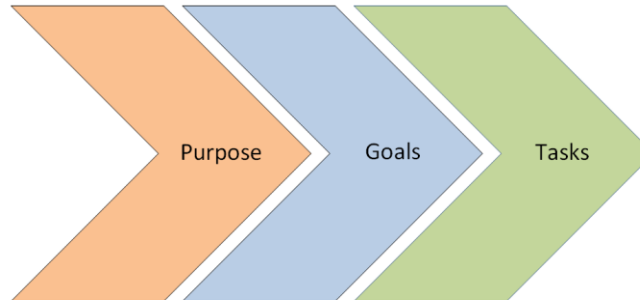
- Be SMART. Goals should be Specific, Measurable, Attainable, Realistic and Timely. See extra reading.
- Write your goals. Share them with people who are important to you.
- Take action to identify and eliminate obstacles to success.
- Some goals have a financial implication; build this into your spending plan.
- It takes time, focus and discipline to accomplish meaningful goals.

*The world is a better place because I am alive* This is an affirmation, this is a declaration, and this statement is MY PURPOSE. God breathed his life into me. I am alive. I have a responsibility to use my life to its fullest. The world is different because of me. I leave an effect on the world (humanity) and the earth with the choices I make everyday. I have influence.

Pelcher, Gloria Marie (2011-11-20). 30 Things I Know For Certain (Kindle Locations 207-209). Creative Bluebird. Kindle Edition.

### Context:

- Daily priorities for tasks should flow from your life purpose and short and long-term goals.



Share your own life purpose if you have one. Ideas for Life Purpose include:

- Become the best person I can be (in my own unique way).
- Raise a family.
- Make the world a better place.

Purpose might be “mission”. Tasks are related to time management, another topic for discussion.

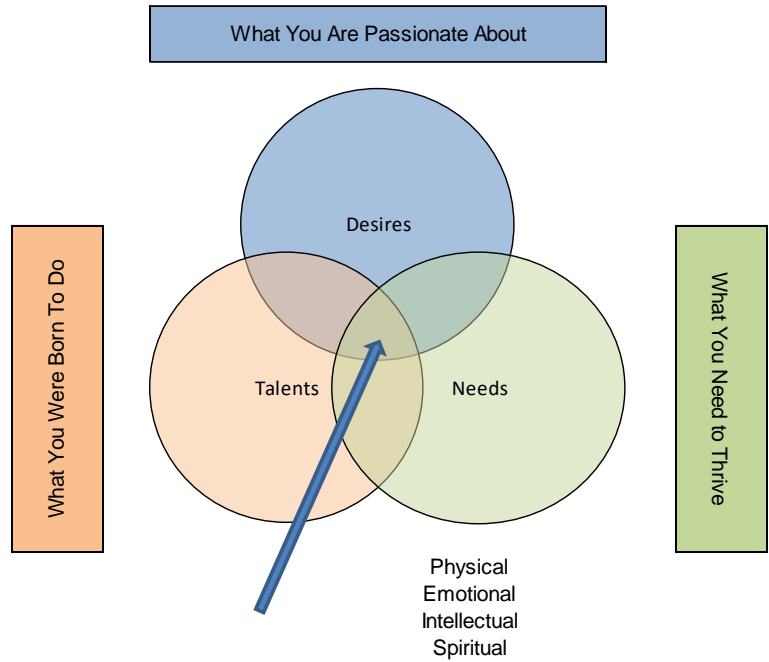
### What is Your Life Purpose? Some points to consider.

- A job is important but it is not your life.
- You are not what you “have” and “do”. What you become is more important.
- Become the “best version of yourself”, in your own unique way.
- Life purpose should come at the intersection of Desires, Talents and Needs. This now leads to the “Rhythm of Life” model below.

The philosophical foundation of the lifestyles celebrated by the media screams out, “*Life is about what you have and what you do.*” Pleasure, possessions, and power are the three pillars of this philosophy. The emphasis is on

having and doing rather than on becoming. The truth is, what you become is infinitely more important than what you do or what you have.

From "The Rhythm of Life" by Matthew Kelly



This model is from the book "Rhythm of Life" by Matthew Kelly. Here is a short chapter I like that reinforces the above model. It is for your personal reading, not a handout.



Everybody Is a Genius.docx

**Life Purpose Exercise.**

What You Are Passionate About?	
What You Were Born To Do?	
What You Need to Thrive?	

We're not going to fully define Purpose in this lesson, that's part of the homework; the goal today is just to get insights. Defining Life Purpose may take years to finalize but the journey is worth it.

**What Are Your Life Values:** Circle 10 words that best describe who you are.

- |                     |                |                     |                |
|---------------------|----------------|---------------------|----------------|
| Achievement         | Education      | Justice             | Preparation    |
| Ambition            | Encouragement  | Kindness            | Purpose        |
| Appreciation        | Equality       | Laughter            | Reaching Out   |
| Believe In Yourself | Excellence     | Leadership          | Respect        |
| Caring              | Forgiveness    | Learning            | Responsibility |
| Character           | Friendship     | Listening           | Right Choices  |
| Charity             | Generosity     | Live Life           | Rising Above   |
| Class And Grace     | Giving Back    | Live Your Dreams    | Sacrifice      |
| Commitment          | Good Manners   | Love                | Sharing        |
| Compassion          | Gratitude      | Loyalty             | Soul           |
| Compliments         | Hard Work      | Making A Difference | Sportsmanship  |
| Compromise          | Helping Others | Motivation          | Stewardship    |

Confidence  
 Courage  
 Courtesy  
 Dedication  
 Devotion  
 Do Your Part  
 Drive

Honesty  
 Hope  
 Humility  
 Including Others  
 Innovation  
 Inspiration  
 Integrity

Opportunity  
 Optimism  
 Passion  
 Patience  
 Perseverance  
 Persistence  
 Practice

Strength  
 Teaching By Example  
 Team Work  
 True Beauty  
 Trust  
 Vision  
 Volunteering

From **Values.com**, A Foundation for a Better Life... <http://www.values.com/>  
 Everyone should have personally inspiring goals...short-term, medium-term and long-term.

Exercise: write down 2-3 goals then list some key steps to accomplish them. This lesson has become too long so there is extra reading for SMART goals.



Smart Goals.docx

	<b>Goals</b> <i>Identify 3 goals; at least one should be long-term.</i>	<b>Tasks</b> <i>Identify the 3-5 tasks to accomplish your goal.</i>	<b>Financial Plan</b> <i>Identify costs associated with your goals.</i>
Example	Acquire a new skill that leads to increased earnings.	Identify the skill that causes me to get excited.	
		Determine where/how I can acquire this skill.	
		Apply for course at ____.	Save \$500 to take the course.
Goal 1			
Goal 2			
Goal 3			

Not all goals and costs have a financial impact but it's good to give this some thought and to integrate your needs and wants into your budget.

Invite discussion... what is your day like? Is there time for goals?

**Closing Thought:** If you have trouble motivating yourself to reach a new goal, surround yourself with people who are already pursuing the same goal. I am not a runner. Not at all. I even leave early whenever I need to go somewhere so that I don't have to rush, because rushing feels too close to running. I always say that I'll run if something is chasing me, which really doesn't happen very often. Last week I walked along a promenade among runners. And I almost wanted to run. This weekend I read a lot of updates from people who ran a marathon in my city. And I almost wanted to run. I will continue to get my exercise in other ways, but while I was surrounded by runners I wanted to run. If you have trouble motivating yourself to go somewhere new, reach a new goal, face a new challenge, surround yourself with people who are already going where you are going. Simply being near them will help. <http://www.noomii.com/articles/1605-reach-your-goal-by-surrounding-yourself-with-others-who-have-the-same-goal>

**Wrap-up:**

- Homework: Try to write down in short bullet points your life purpose. What is at the intersection of Desires, Talents and Needs?
- Critical Thinking: How can I define my life purpose in a way that motivates and excites me?
- Skills assessment: Review key skills and learning points at the top of this page. Do a self-assessment of the skills above (5 is best).
- Personal Action Plan: Based on my learning today, I need to do the following 1 or 2 things:

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*"Picture yourself in your mind's eye as having already achieved this goal.  
See yourself doing the things you'll be doing when you've reached your goal."*