



An Incomplete Manifesto For Purpose

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01 Source

Everything that exists has a purpose; we were born for a reason; a loving Creator created us and all beings to fulfill specific purposes in a mysterious world; our purpose in life might be revealed by our Creator... but it might not.

02 Universal

Purposeful living is not just a luxury for the affluent-it's for everyone regardless of socioeconomic status; all humans across all countries and incomes share a universal force for goodness- the desire to "help others".

03 Fundamental

Science can now explain that purpose is fundamental to health, healing, happiness, and longevity; our "default purpose" to "grow & to give" to life through compassionate service to others-is good for well-being and for society.

04 Compassion

Compassion is the soul of purpose; compassion is the main lesson that we are here to learn; it, alone, is the greatest of all the gifts we have to offer. The opposite of purpose is narcissism-excessive interest in oneself; self-transcendence is the essence of human existence.

05 Gifts

Gifts are the key to unlocking purpose; Each one of us is born with unique gifts that we were put on this earth to give; if there's something you love to do that is probably one of the gifts you need for your purpose; put your gifts + passions + values together and you may see an outline of what your purpose is.

06 Unlock

Purpose reveals itself when we stop being afraid and start being ourselves; unlocking our purpose is rarely a simple revelation-it is an insight created by life experiences over time; purpose can be unlocked at any age or phase of life by major transitions and crises.

07 Verb

Purpose is a verb; it is an active, aspirational aim; the power in purpose is activated when we wake up in the morning with our purpose foremost in our minds and when we go to bed at night knowing that we worked toward it.

08 Choice

Purpose is a choice and the answer to the question WHY?; We are who we CHOOSE to be, so we should be very clear who we choose to be... and WHY?; The essence of our humanness is the freedom to choose our attitude in any given set of circumstances.

09 Paradox

Purpose is a paradox; purpose and relationships are the chief prerequisites for a meaningful life; the paradox is that purpose must come from the "inside" but must be manifested on the "outside"; purpose is always about making a difference in the lives of others.

10 Meaning

Meaning matters; the most human need is to find and fulfill meaning in our lives; the ultimate purpose in life is to die a meaningful life; the way to die fulfilled is to choose to act on the "purpose moments" every single day; life never ceases to offer us a meaning up to its last moment, up to our last breath.