



Finding your Life Purpose: A 4 Module E-Course

I have put together a course that you can do with just access to email, on “Finding your Life Purpose”. This course contains material that I have used in workshops and in one-on-one coaching to help people find their life Purpose. The difference is that with this course you pay a huge amount less than you would as a workshop delegate or a client attending one-on-one coaching. You also get to keep all the course material so you can do the course over and over again whenever you want to. This is the type of course where each time you review the material and do the exercises you will learn more and more about yourself.

- It is a [four-module course](#). Once you have paid you can choose to receive all the modules in one go or choose to receive a new module each week. I will email you all the notes and information for the course. The workbooks which you will go through contain all the information, self-coaching sessions, and exercises for you to do. You are welcome to send me your completed exercises to go through and comment on. This is optional though.
- The work you can do in your [own time anytime during the week. You can go at your own pace. There is no particular end date by which you must have finished the course.](#) Most people finish the course within 8 weeks by doing 3-4 hours per week on the course.
- There is a [certificate](#) of completion once you have done the course. You need to let me know if you want a certificate and I need to see the completed exercises for the last module in order for you to receive the certificate.

You need to register and pay before starting the course.

“Hi Penny. This course was immensely useful. I was able to get a glaringly clear picture of my life purpose on my first go at this 4 module program. I will refer everyone I know to you for a similar exercise. Once again, thank you.” ~ Vincent

The outline of the Course is as follows:

Module 1: What is A Life Purpose? Why we don't know what our Life Purpose is? What stops us from understanding our Life Purpose? Fears and Limiting beliefs - and your specific fears that are in the way. Self-exploration of life experiences. Assessments: interests and passions.

Module 2: This session is all about completing assessments and questionnaires. It involves getting you to understand more about yourself: Your values, your preferences, your talents and gifts, your strengths.

Module 3: You start this module with some more summarising of what you have discovered so far about yourself. Then you move onto writing your purpose statement. There is a template to write your purpose statement and examples of purpose statements will also be given to you to have a look at.

Module 4: In this last module you start by recapping on your purpose statement. Then you look at where you currently are in your life and how that is helping you realise your purpose. Then you look at actions and planning to get you from where you are to living your purpose.

Contact: penny.holburn@live.co.za for more information or to book for the course.

Below are 10 pages of extracts from the course to help you get an idea of what the course material is like and if you want to do the course. The full course material is around 90 pages for all the four modules. Each module is approximately 20 pages.

Extracts from the Course

Finding Your Life Purpose

Welcome and Introduction

Welcome to the course, “Finding your Life Purpose”. As with everything in life, what you put in is what you get out. You don’t need to commit hours and hours each week, 3-4 hours a week is enough. So having signed up for the course, let me suggest that you put in the time and effort. There is no best way to do this. You can set aside some time in the evening during the week or over the weekend and tackle the work in one sitting. Or you can do it in several sittings. It really is about what works for you. In fact, learning to listen to what works best for you is a good thing to get used to doing.

Now, having suggested that you put in the work and effort (this is your time that you are spending on yourself), let me also say that putting in too much effort and exertion will not pay off for you. You should be comfortable and enjoy what you are doing. There is such a thing as pushing too hard. You can actually try too hard and in this way self-sabotage your efforts. This usually happens when we are doubtful that something can work, but we so much want it to work. We also push too hard when we are anxious and scared. So give yourself a break. Put in the work and let the outcome happen.

Release and let go of any pressure you might be feeling around the topic. Finding and living your life purpose is a beautiful journey that unfolds in unusual and surprising ways. It is not something that can be forced and it is not something to actively worry about having to find. Some people think of it as a treasure hunt, or an adventure. Release any pressure and know that you will eventually find your treasure in the right time. You

may go through this course and feel you don't quite have your life purpose yet. That is okay. Go through the full course again at another time. You may need to work through something several times. You can certainly do that. Once you have done the sessions you can at any stage in your life in the future go back and do them again. You may discover your life purpose and yet many years in the future find another one. That is also okay. We do change direction and often that is part of the journey of living our life purpose. You may also find your life purpose immediately. If you do, I still encourage you to continue doing all the exercises and answer all the questions. Completing this course will give you an enormous amount of insight into yourself. Which will be invaluable going into the future.

When you know your purpose and live your purpose you will be continually amazed by the opportunities presented to you. In fact sometimes people know they are exactly on purpose because the right people and the right opportunities just seem to show up in their life. A way just opens up for you. The finance you need comes to you. The resources you need arrive just as you need them.

Your purpose doesn't have to be something huge. The value of your impact on others and the world has nothing to do with scale and size. There are people needed for everything. In order for our world to function we need people living and contributing at all kinds of different levels. If we each could find and inhabit the space where we are supposed to be, and contribute what we were meant to contribute, what a beautiful world it would be.

Do these exercises when you are not likely to be disturbed. That means no one around to interrupt you and cell phones off. Interruptions can disturb your train of thought and it can take quite a long time to get back to where you were. You may also want to have some rough paper nearby to just jot down things as they come to mind. If you want to have a drink when you are doing this exercise, then do so. Just don't get so drunk you don't know what you are doing. Relaxed is a good state to be in. In fact you can seat yourself or lie down, and practice taking some deep breaths before you start any work to get you into a more relaxed state.

Why we don't automatically know our life purpose

One of the reasons we don't know our life purpose is that we try too hard. We think too much. We get too anxious. And that is exactly what stops us from knowing our life purpose. Life purpose is one of those things, like creative problem solving, which is realised when we are relaxed and at ease. So when you are working on

this material, take it seriously, but also take it easy. If you want to relax and lie down and do the reading and thinking and exercises, then by all means do that. In fact that is a good idea. Sometimes you may even want to close your eyes when thinking about answering some of the questions. That is an even better idea. In life, in general, when you feel really stuck, take a break. Get into a different environment. That is when you are going to come up with your best breakthroughs. All you have to do is decide to be open to what comes up and be willing to take whatever steps or inspiration call to you. Be curious. Enjoy the process.

Distractions

There are a lot of distractions out there that can cause people to miss the purpose of their life. There are the typical day-to-day distractions – the pressure to buy stuff, mind-numbing entertainment, addictions to food and other things. Often it is chronic busyness that doesn't give us time to think and reflect. And then there are the distractions that come in the form of other's expectations and preconceived ideas about what a purpose should look like.

Exercise

What distractions are there in your life?

Life Experiences

We are all born with gifts and talents. Sometimes our life experiences mean we get to know what these are and sometimes we don't. If you were born with the talent to be a brilliant photojournalist, but never saw a camera and never used one, or saw anyone around you using one, you are unlikely to know this is what you are good at and what you would love to do. So sometimes we just don't get exposure to activities that are the ones linked to our purpose. The more varied your life experiences the better the chance of you discovering

your life purpose. Often when people are trying to find out what their life purpose is they are encouraged to try out all sorts of new activities and read up in different fields. You can also meet people who do things very different to you.

If you need to increase your life experiences below are some ways to do it.

1. Start a new hobby/hobbies
2. Volunteer
3. Take new courses
4. Read new types of books
5. Attend seminars/lectures

Exercise

Do you need to expand your knowledge and life experience?

If you do, what can you do?

Do you think your life purpose lies in areas you have had no experience in yet? Why?

Understanding more about myself

Your life purpose is a very unique purpose that is so individual that only you can actually know it or figure it out. **Your purpose is what you love doing and is your opportunity to have the greatest positive impact on the world.** Your destiny never leaves you. We feel we have lost it because of all the stuff we put on top of it. The way to find your destiny is to dissolve all the fears, lies, stories, socialisation etc. that we have put on top of our purpose. Our purpose is embedded in us.

Exercises

We will do a few of these in this first module and the remainder in the second module.

Question 1:

What is the one thing I want to experience, accomplish, or do before I die, so that on my last day on earth I would feel satisfied and have no regrets?

Write down as much as you want to. Don't censor yourself. Assume you have the money to do whatever you want to. Assume you have the skills and qualifications to do whatever you want to.

Question2:

What would you love to do that you would do even if you didn't get paid to do it (assume you don't need the money such as you won the lottery or something like that)?

Question3:

What do other people say you are really good at? Now you don't want to go in a direction just because people may think you should, but do pay attention to the compliments people pay you. Is there anything you are particularly good at that people tell you to do professionally?

Question 4:

If I won R80 million what would I do with my life? One of the major reasons people don't discover their life purpose is the money excuse. You decide that it is impossible to make money doing what you love so you don't even search for your purpose. Or you decide that you need money upfront which you don't have. The first step is to find your purpose, and then work out how you can make money doing it, or get the money you need. You cannot ignore money. You need to be realistic. But find your purpose first and then see if you can make money from it.




Question 5:

If you dropped the story about not having enough time, knowledge, qualifications, money, or resources, what would you do?

When answering the above questions don't worry if you don't seem to have the exact answer yet. You may need to ask yourself the question several times before you feel that you have really hit on the right answer. Keep asking the questions, keep your eyes open for clues that will come your way. The answers will show up in the perfect time. You may also find yourself repeating answers. This is very good. When you find you start repeating things then a theme is emerging and this is a very good sign that you are close to finding your life purpose. That theme is probably linked to your purpose.

"When you are inspired by some great purpose, some extraordinary project, all your thoughts break their bonds, your mind transcends limitations, your consciousness expands in every direction and you find yourself in a new, great, and wonderful world. Dormant forces, faculties and talents become alive and you discover yourself to be a greater person by far than you dreamed yourself to be." ~ Patanjali

Life purpose:

-  Something you have a passion for doing.
-  Something you are happy to work on and put hours into doing.
-  Something you are driven to do.

- ✚ Something that inspires you.
- ✚ Something that gives you energy.

Type or write your answers to the following questions. Don't spend too much time thinking about your answers. Write down the first things that come to mind. Write down as much as you can for each question. You can write as little or as much as you want to, just write until you cannot think of anything more to write. You will find yourself repeating answers a lot. All that means is that you are honing in on the important things for you. You want to find commonalities in your answers. They point you in the direction you are meant to go.

Interests

What do you love in life?

What makes your life enjoyable?

What are you truly passionate about?

What are you committed to?

What would you like to be remembered for?

What message would you like to leave the world?

What activities, people, hobbies, projects, events make you feel fully engaged?

What activities, people, hobbies, projects, events are boring for you?

What activities, people, hobbies, projects, events make you feel great about yourself?

Strengths and Experience

What are you particularly good at?

What do people typically ask you for help with?

If you had to teach something what would you teach? (It can be anything not necessarily something you have knowledge about.)
