5 Steps to Finding Your Passionate Purpose

Begin Living the Extraordinary Life of Your Dreams
5 Steps to Finding Your Passionate Purpose

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You are why I wrote this. I want to help you find your Passionate Purpose. I get tremendous joy out of knowing your life will be radically changed for the better.

We are going to get to the 5 steps very soon. But, please don’t skip ahead. We need to get a few things decided first.

*The two most important days in your life are the day you are born and the day you find out why.*

–Mark Twain

Have you found your why?

Are you pursuing it?

When’s the last time you truly focused on it?

My “why,” is to help as many people as possible find and pursue their Passionate Purpose so they can live out the extraordinary lives of their dreams.

What do you want?

Why?

Getting clear on that will set you on a course to live your best life.

This 5 step plan will help you do that. But the key to the plan working lies with you. You must do the work with the action pages in this eBook or you’re just wasting time.

I know you want to break away from the 95 percent who half-heartedly go to work every day to make a living. Isn’t it time to do what you are passionate about and earn a life?
Some Things Are Universal

I don’t know you yet, but since you’re reading this I’m going to assume a few things.

You want to count. You want to live a life of value and significance. You want to make a difference.

Am I right?

But you want more than that. You want to enjoy every part of your life. You believe God created you for a reason. You want to have an impact on the world and on the people you love. You want to leave a legacy. You want to give to others. You want to live with what I call a Passionate Purpose.

You want to be excited about your career, your spouse, your relationships, your family, your spiritual development, and your physical body.

You want freedom—freedom to control your own time, career, vacation, and life. You want to travel the world with the people you love.

You want to generate abundant amounts of income so you can do everything you’ve ever dreamed of.

You want to take care of your family and give to help others.

Wow. That’s quite a life.

I hope you want all that and more. Isn’t that why you are reading this?

Time to Take Action on Your Dreams

Have you kept a dream inside you without acting upon it? I have, and not just one dream. Yes, you can, and probably do, have multiple Passionate Purposes in your life. They may even change over time. Mine have.

How much longer will you wait? Are you waiting for “someday”?

There is a great scene about this in the movie Knight and Day with Tom Cruise as Roy Miller and Cameron Diaz as June Havens. Their characters are just getting
to know each other and they are talking about their dreams. June is talking about restoring an old car in her dad's memory.

June: “I used to think that someday when the last part went in, I would just climb into that GTO and start it up and just drive and drive and keep driving 'til I reached the tip of South America.”

Roy: “Ah, someday, it’s a dangerous word.”

June: “Dangerous?”

Roy: “It’s really just a code for never.”

Yup. Code for never. **Someday** I’ll figure out my purpose. **Someday** I’ll figure out what I really want out of life. **Someday** I’ll start that business. **Someday** I’ll take that trip. Someday I’ll spend more time with my family.

**Someday**...

But the scene wasn’t over.

Roy: “I think a lot about things I haven’t done. Dive in the Great Barrier Reef, ride the Orient Express, live on the Amalfi Coast with nothing but a motorcycle and a backpack, kiss a stranger on the balcony of the Hotel Du Cap ...”

June: “Where is that?”

Roy: “The south of France. What about you? What’s your list?”

**What About You?**

What about you? What’s your list? Great questions. Have you figured them out? Is “someday” just code for never for you? Do you want to change that? Have you taken action to begin living your dreams? Am I going to stop asking you questions for a second? Not yet.
Don’t die with your music still inside you. Listen to your intuitive inner voice and find what passion stirs your soul. Listen to that inner voice, and don’t get to the end of your life and say, “What if my whole life has been wrong?”

–Dr. Wayne W. Dyer, self-help author and speaker

How tragic would it be for you to never have your someday? How awful would it be for you and, really for all of us, if you die with your music still inside you?

Now is the time. Determine what you want. Set your course. Take action.

Go.

Remember this as you begin. It’s not about “achieving success” or doing whatever is necessary to get as much money as you can. You may have already been down that road and found it wanting. It’s about pursuing your Passionate Purpose and enjoying every step along the way. Pursuing your goals is success. It is part of the pursuit of happiness. When you do that, you will be successful and probably end up making more money as well. Sound good?

**Your Life—Your goals**

*Build your own dreams, or someone else will hire you to build theirs.*

–Farrah Gray, businessman, investor, author, and motivational speaker

What is your happiness? This process you are about to begin must be about what you want, not what your parents told you to be, or what society approves of, or what your spouse wants you to do.
Is This You? Does It Have to Be?

Most people die at 25 but aren’t buried until they’re 75.

-Benjamin Franklin, Founding Father

A friend of mine is a financially successful lawyer. He works hard for the firm putting in 50–60 hours a week. He has a wonderful family, a nice home, and takes well-earned cruises and vacations. But one time we got into a rather deep conversation and he confessed to me that he was not happy with his work. In fact, he said he didn’t really have the passion for being a lawyer anymore and wasn’t sure he ever had it.

He and his wife had been volunteering with the youth group at their church. He found great joy and fulfillment in working with the teens and helping them develop their relationship with Christ. He told me that if he could, he would become a youth minister. He also thought it would help his quality of life. He could spend more time with his family. He could take better care of his health. He might even be able to get some sleep.

I asked him what was stopping him from doing exactly that. He replied that he was trapped. He had put so much time, effort, and money into getting his law degree, how could he walk away from that now? Besides, he was trapped by the bills he had to pay. All his children were in private school. He had a mortgage. His family had a certain lifestyle they had grown accustomed to. He couldn’t maintain that lifestyle for his family as a youth minister.

Do you ever have thoughts like those? Do you feel trapped? Do you feel like there’s no way to pursue your dreams without making sacrifices too big for you and for those you love?

I understand the need to be realistic. I don’t want you to abandon all your responsibilities to chase a dream you haven’t prepared for. But what if?

What if there was a way to slowly transition to your dream life? What if you could pursue your Passionate Purpose without letting your family down? What if you give your family a chance to make a few sacrifices with you so you can go after your extraordinary life? What if it ended up making everyone’s life better?
What if my friend had talked to his family about how miserable he was with his job and workload? Is it possible that they would want him to start making changes? They love him, after all. Might they have decided private school tuition wasn’t worth what the cost was for their dad? What if they said they could take fewer cruises and exotic vacations? What if they found ways to cut back on some of the luxuries they don’t really need because they love him? What if my friend could go part time at the law firm and begin working part time as a youth minister? Could there be a way they could pay the bills and allow my friend to sing the song he’s been keeping locked inside?

We don’t know, because he never asked. He still works at the same firm, putting in the same crazy schedule. He still looks beaten down most of the time when I see him. He still has 20 more years of feeling trapped before he finally retires.

Is that you? Does it have to be?

I want to be a continuing resource for you. As you work through this eBook, connect deeper with me.

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Step 1) Believe You Have a Purpose

You were put on this earth to become your greatest self, to live out your purpose and to do it courageously.

--Dr. Steve Maraboli
This might seem to go without saying because you are reading an eBook on how to find your purpose, but I don’t think that necessarily means you believe you have one.

So let’s take a hard look at the idea you have a purpose and get that straight before we go any further.

Most people admit to feeling a desire to finding and living out their purpose. For many of us it’s a driving force in all we do. The belief you have a purpose cuts across all walks of life and all cultures.

Why?

If you’re religious and believe you have a purpose, you believe it comes from God. You believe that He created you with that purpose in mind and if you seek it, you will find it. As my friend Harold Finch says, “Your purpose is a gift from God. Why would He want to hide it from you? That would be like your dad hiding your birthday present.”

If you’re not religious and you believe that you have a purpose, you may not be sure where it comes from. But you feel it’s pull and even if you can’t explain it, it can still be extremely powerful.

**Why Do You Wake Up in the Morning?**

In Okinawa, they believe in something called Ikigai (pronounced ee-key-guy).

Basically, it means your reason for being, for existing. It’s the reason you wake up in the morning, your passion, your purpose.

Yes, your Passionate Purpose!

The Okinawans believe it is vital to find this because when you do, it will bring satisfaction, meaning, and joy to your life.

I love that.

*What is your Ikigai? What is your Passionate Purpose? The world needs it.*
No one can make you believe you have a purpose. That’s up to you. I have found that when you get still and quiet and focus your mind on why you’re here, the pull of purpose becomes overwhelming.

**Action step:** Spend some time praying or meditating or just thinking deeply about this. Sometimes it helps to do an automatic, repetitive, physical activity - jogging, walking, cleaning, etc. This can settle your mind and let it focus on the idea more fully.

Don’t just read this. Do the action step right now. Don’t go any further in this eBook until you’ve done this.

Hey, I know you just want to keep reading and skip the action step right now. You think, I’ll come back and do that later, or you think you don’t need to do the action step. Don’t fool yourself.

Do you want to change your life or not? Come on, dude. Do the action step.

Right now.

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Welcome back.

So, do you believe you have a purpose?

**What if You Don’t Have a Purpose?**

It has become trendy to say that you should stop searching for your “purpose” because you might not even have one. Or that following your Passionate Purpose will just lead to disappointment and the poor house.

If you believe that, it will be true...for you.

It’s like Henry Ford said, “If you believe you can, or you believe you can’t, you’re right.”
Following your Passionate Purpose can be frustrating and disappointing – especially if your passion is to make beet and brussel sprout flavored chocolate bars. (Hey, wait a second...you might be on to something!)

I don’t think some people understand what finding and pursuing your Passionate Purpose actually means.

It doesn’t mean wandering around for decades waiting for something to make your heart leap and then sliding down a rainbow into a pot of gold where you never have to do any hard work again.

It doesn’t mean everything you love can be turned into a multimillion dollar career.

It doesn’t mean you were born with only one Passionate Purpose that will ever make you happy.

It doesn’t mean you can’t have multiple Passionate Purposes, or that they can’t change over time.

What it does mean is there are things you have done and experienced that you really liked and showed ability for. It means you already have some desires, beliefs and values that could become something to build a life around.

Why not start pursuing some of those and see which ones resonate with you? That’s how you find your passionate purposes throughout your life.

Some people claim you should just work hard at something and once you get better at it, you will become passionate about it. Well, I was really good at math in school. I worked hard at it – but I hated it. Should I have become an accountant or an engineer and tried to force myself to like it?

No thanks!

Doesn’t it make sense to try out things you really like (maybe even feel passionately about)?

When something starts to click for you, that’s when you should develop your skills and become world class at it. That will grow your passion and your success.
But that isn’t the ending point. You will still need to research ways to monetize it. You will still need to create goals and action plans to get there. In other words, it still takes work.

But why wouldn’t you want to work at something you’re passionate about instead of something just to make a living?

Follow your passion is great advice – if you understand what it really means.

What do you believe?

Your purpose in life is to find your purpose and give your whole heart and soul to it.
—Gautama Buddha, on whose teachings Buddhism was founded

Step 2) Determine What You Truly Want.

You’ve got to be very careful if you don’t know where you are going because you might not get there.
—Yogi Berra, former Major League Baseball catcher, manager, and coach.

Most people have dreams, wishes, hopes, fantasies, sometimes even delusions, but no concrete idea of what they truly want.

They don’t ever take the time to think about it. They just do what they think they’re supposed to do. Go to school. Graduate. Go to college. Graduate. Get a job. Work it. Get married. Have kids. Keep working your job. Buy stuff and fill what little leisure time you have with everything you can to make you “happy.”

Most people drift through life with no fixed destination in mind, making do with whatever comes their way. If you take a trip with no particular place to go, that’s where you end up—no particular place. Is that where you want to be?
**Most American Workers Don’t Even Like Their Jobs**

Newsflash: You do not equal your job. Sure, you already knew that. Everybody says that. But do we really mean it? We’ve been taught since we were little that your identity is your job. When you were asked in school, “What do you want to be when you grow up?” everybody knew it really meant, “What job do you want?”

We have created a connection between what we do to earn an income and who we are. Is that currently a healthy connection for you? Unfortunately, it isn’t for most Americans.

A 2013 Gallup Poll showed only 30 percent of Americans were excited about their jobs. Are you one of the 70 percent who aren’t? Are you one of the 18 percent the poll showed to be so disgruntled at your job that you are “actively disengaged”? That sounds like a fun way to spend 40-60 hours a week, doesn’t it?

How can so many of us become resigned to the fact that we hate what we spend a majority of our waking time doing? Is it any wonder we have problems with depression, alcohol, drugs, and whatever other means we can use to escape the drudgery of our daily work lives?

Even though you do not equal your job, wouldn’t it be nice to figure out what gets you excited and then find a way to turn that into your career?

Think about this for a minute: Will you spend more of your life working towards your goals or achieving them? Since most of our time is spent in the process of attaining our goals, doesn’t it make sense to strive to enjoy that effort along the way? Won’t that help us enjoy our entire lives? How many of us ever do that?

**It’s All About the Benjamins?**

*What’s the use of happiness? It can’t buy you money.*

—Henny Youngman

Hey, if your paycheck is big enough you can be happy at any job, right? For a while, that may be true. And I agree that if you aren’t earning enough to take
care of your family, it’s going to be tough to be happy no matter what you’re doing. But the money can only take you so far. There are an awful lot of people trying to buy happiness with a bigger paycheck and I think we all know how that ends.

It took me longer than I want to admit to learn that a change of scenery, job, or new toy isn’t going to make you happy unless you’re pursuing what really energizes you.

No matter how much money you make, it won’t cover the pain of spending 40-60 hours a week at a job you hate. The golden handcuffs chafe just as much as the cheap ones do.

That doesn’t mean money is bad or you have to take a vow of poverty to be happy. I think making a lot of money is a great thing. Creating enough wealth to meet your desires, take care of your family, and give generously to help others is an amazing, worthwhile goal. But making a lot of money at something that makes you miserable just makes you rich and miserable. There are lots of “rich” depressed people on Prozac, getting divorced and struggling with substance abuse. Sound like fun?

Making money at something you love makes you rich and filled with joy. That’s a no-brainer, isn’t it? When you start pursuing your Passionate Purpose, you’re enjoying all the effort you’re putting in and all the extras that come with it.

Don’t you want and deserve that happiness and joy that comes from a truly balanced life? Haven’t you been searching for it—personal, professional, and spiritual happiness?

How many of us ever do the work necessary to discover what that is for us? If we go that far, how many of us continue on to write down our specific goals, create a plan to achieve them, and then work that plan with everything we have? If you choose to do that, you will be in rare air indeed.
Purpose Defined

Purpose: noun /ˈpərpus/  
1. The reason for which something is done or created or for which something exists.

What do you mean when you use the word “purpose”? Is it your reason for being? Is it why you do that thing you do? Is it one thing that guides everything else? Is it one thing or many? Is it permanent or does it change over time?

Your definition of purpose for your life will have an enormous impact on the choices you make, the actions you take, and the goals you accomplish. Just taking the time to define and determine your purpose will irrevocably change your life.

Find Your Purpose

*I was seeking comic originality, and fame fell on me as a byproduct.*

—Steve Martin

I love that. Steve Martin didn’t set out to be famous, or rich, or a celebrity. He set out to do something he loved, being a performer—an original comic. He wanted to entertain people and make them laugh. By pursuing that, all of his “success” followed.

By the way, from the time he started doing magic tricks at Disneyland as a teenager until his commercial success, he spent hard years on the road in virtual anonymity. His purpose helped carry him through the difficult times. There were times he wondered what he was doing, but most of the time he was enjoying the process of performing and developing his act. He figured out what he wanted and went after it with everything he had.

The second you start pursuing your Passionate Purpose you become a success. All the great things that follow are the results of the success you have already achieved.
If we don’t figure out what we want in advance, our journey stinks. We don’t have any awesome destination planned so we focus on all the bumps in the road. We become miserable. Or, we end up conforming to what we’re expected to do and quite often we take the path of least resistance to an unfulfilling life.

We exist, we don’t live. We make a living instead of earning a life. We struggle to get through the day instead of getting greatness out of the day.

The good news is this can happen for you. You can achieve your heart’s desire. Do you believe that yet?

Why not you?

**Action step:** Take some time to figure out what your best life would look like. Answer the following questions and get crystal clear on what you truly want.

**Your Best Life**

Done correctly, this is an extremely uplifting exercise. Just organizing and prioritizing your best life can increase your happiness, optimism, and belief that you *can* accomplish your goals.

When you answer these questions, pretend you’re in Fantasyland. There are no limits here. We will worry about reality later.

What would you do if it were impossible to fail?

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What would your career be?

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What would your marriage be like?

What would your income be?

How much free time would you have?
Where would you live?

How many people could you help?

What type of relationships would you have with your children?
What would your relationship be with God?

Where would you travel for vacations?
How many vacations would you take each year?

What would you have crossed off your bucket list?

How much would you give away to charity each year?

What would your spiritual life be like?
Where would you volunteer?

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How much would you weigh?

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What would your physical health be?

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Would you play an instrument, speak a foreign language, or know how to dance?

What groups would you belong to?

These are just some questions to get you started. What questions do you need to ask yourself to get to your best life?
The Costanza Method

If you are having difficulty figuring out your Passionate Purpose try the George Costanza method.

Figure out all the things you don’t want in your life. Describe what your worst job would be, who you would work with, what your hours would be, what you would get paid, what your vacations would be like, where you would live, who you would be married to, etc. Detail it as much as you can. Make this your nightmare life.

Once you have it all written down, apply the Costanza method. Do the exact opposite. Write down the antithesis of your worst life and you will have your best life.

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Step 3) Convince Yourself
You Must Find Your Purpose

The only way to get the results you want and change your life forever, to live with Passionate Purpose and to enjoy the extraordinary life of your dreams, is to convince yourself that you must do it.

Not that it would be nice, or fun, or kinda neat to have all that. No. You must have it. To have it you would experience tremendous pleasure. To not have it you would experience tremendous pain.

Convince me. Convince yourself.

Why? Because you are about to radically change your life. And the first step to changing is making sure you really want to must change. That core belief that you can’t keep living this way and that you must change is what will sustain you through all the work you will need to do in order to create your new life.

Have you ever said to yourself, “I’d like to lose a few pounds”? How did that work out? Did you lose them? Did you keep them off? Thought so.

But, if you had a heart attack and the doctor said you must lose 10 pounds and keep them off or you will die, I bet you could do it.

The reality is that no one changes you. You change yourself. Others can assist you, but ultimately you are the one who does the hard work to create lasting change.

My background is in psychology. I have a master’s degree in counseling psychology and I became a certified behavior analyst. I used to do mental health counseling and behavior therapy for children and their families. In my experience I found that an old psychology joke was absolutely true.

Q: How many psychologists does it take to change a light bulb?

A: Only one ... but the light bulb has to want to change.

It’s true, but it’s even worse than that. I’m changing the punch line:
Q: How many psychologists does it take to change a light bulb?

A: Only one ... but the light bulb has to believe it \textit{must} change.

When I had clients who wanted to change, my job was easy. When they were at the point where they had decided they needed to change my job was cake. They were so primed to do what was necessary to make their lives better that all I had to do was get them moving in the right direction.

Clients who didn’t want to change were virtually unreachable and got nothing out of our therapy sessions and behavior modification plans. They didn’t have the drive to do the work to change.

\textit{The most difficult thing is the decision to act, the rest is merely tenacity.}\textit{\quad -Amelia Earhart, American aviation pioneer and author}

It’s time to convince yourself these aren’t just wants, they are needs. If you are tired of just getting by and letting days, months, and years slip by without achieving what you know you were put on this earth by your Creator to do, then now is the time.

If you’ve convinced yourself, then we will discover your Passionate Purpose and begin the journey to live the life you’ve always dreamed of, and were designed for.

Ready?

Let’s Go!

\textit{Definiteness of purpose is the starting point of all achievement.}\textit{\quad -W. Clement Stone, businessman, philanthropist and self-help author}

\textbf{Action step:} Take some time to list all the reasons you must change. What are the best things that will occur when you find your Passionate Purpose? What are the worst things that will happen if you don’t?

I don’t have to remind you to do this action step before you continue with the eBook do I?
This is an important step. Don’t skip it.

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Have you convinced yourself you must change? Then let’s GO!

**Step 4) Turn Inward, Rediscover, and Remember**

Schedule some time to do some real thinking and soul searching. You are looking to quiet your mind and turn inward.

Have you ever experienced a time when you just knew you should do something? A time when a small, quiet voice in your head told you, “Don’t take that job,” “Buy that house,” “Ask him if he needs help,” “Volunteer there,” “Pursue being a teacher,” “Don’t marry him.” That’s the voice we’re looking for here. (We’re *not* looking for the voice that told you to put it all on red at the roulette wheel in Vegas. That’s a different voice that you might need to seek professional help for.)

This voice goes by many names. For me, it’s the Holy Spirit. For others, it’s their conscience, or their inner voice, or the universe, or a higher power. But we’ve all heard from it at some point in our lives. It’s really always there, waiting for us. We have to get quiet enough to hear it. The more you listen for it, the louder and stronger it becomes. The more we ignore it, the harder it is to hear. For most of us, it isn’t an audible voice at all. It’s a feeling or a thought that pops in our heads. But we tend to know it when we “hear” it.

There were times in my life I pushed it away so hard that I lost it. I thought I knew everything. I was in charge. I didn’t need any guidance. I couldn’t hear the voice if it was shouting at me because I didn’t want to hear it. Those are the times I made some of the dumbest decisions of my life. Have you ever been there? Have you ever heard it?
It’s not easy to get quiet enough to hear this voice. In the history of the world we’ve never had so many distractions. How many minutes a day do you sit quietly and think? For most of us, we rarely if ever do this. After working hard all day, we get busy doing “stuff.” We are bombarded by the TV, Internet, email, video games, Facebook, YouTube, Twitter, DVDs, movies, sporting events, texting, smart phones with data plans, Snapchat, Candy Crush ...

How many times have we ignored our inner voice when it’s trying to help us make the most important choices in our lives? How can we hear it if there is so much noise and junk around us covering it up?

Silence is the element in which great things fashion themselves together.  
–Thomas Carlyle, Scottish philosopher, writer

**Turn Down the Volume**

We need to get somewhere with no distractions. Carve out a couple of hours on the weekend or your day off, or whenever works best for you. Pick a quiet, comfortable place. Print out the action pages in this eBook or bring along a notepad and some pens. Now you’re ready to do some real thinking that will help you get clear on what you really want.

This is easier than it sounds. We aren’t going to look outward and consider every possibility in the universe. That would drive you nuts. You could become overwhelmed and waste years of your life pursuing dead-ends, or become paralyzed and never try anything.

We are going to turn inward and narrow our focus based on who we are, how we were created, and what we already know.

My friend Harold Finch calls this your “personal retreat.” I call this your “R&R” time. It’s time to Remember and Rediscover.

Get back to who you are, what you were born to be, and what purpose you are on this earth to pursue. This is your life. You weren’t created to be ordinary. Remember and Rediscover what makes you extraordinary.
You may decide you have one purpose and that can guide every phase of your life. Fantastic. Or maybe you see a purpose in some parts of your life, but not in others. Fine.

What you are the most passionate about is already in you. To get back to it, just follow your “R&R”s.

Are you ready? Are you in your quiet place with no distractions? Have you turned your phone off? Do you have your R&R notebook and something to write with?

Hey, I see you on the couch. You’re not ready to do this. You might even put this eBook down for a minute to watch a reality show about a “celebrity” having a nervous breakdown because the salon used the wrong nail polish on her manicure and the wrong scent for her aroma massage.

Stop! I know taking you through these action pages is harder than just reading the eBook, but it also has bigger rewards.

Start changing your life for the better, now, then come back from your retreat and reward yourself with a jumbo bag of Doritos while binge-watching action movies. (Wait, that’s not everyone’s guilty pleasure? My bad.)

**Remember**

Think back to the times you were the most successful, the most excited, and the happiest about what you were doing.

Remember the times when people told you, “You were born to do this.”

Remember the times when you felt like what you were doing was easy for you, even though it wasn’t easy for everyone else.

These times can be from childhood, high school, college, or right now.

When did time fly for you?

When did you feel you were doing what God put you on this planet to do?

What were you doing when you were in The Zone, or The Flow?
What did people tell you you were great at doing?


What would you do even if you didn’t get paid?

Write them down.

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Remember these times in every aspect of your life—relational, occupational, vocational, spiritual, familial, and physical. You will be surprised what pops into your head if you really get into this.

Write them down.
Now pick your favorite memory. **Remember** every detail you can about it. How old were you? Where were you? What were you feeling, seeing, hearing, tasting, and smelling? What was the best part? Do this with each one of your “best” times.

Write it down.

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Now, It’s Time to Rediscover

What did you want to be when you were a kid?

What dreams and ideas did you bury – not because you didn’t want them anymore – but because you were told they weren’t practical and you could never achieve them?

**Rediscover** the excitement and wonder you had for your future.

Imagine you could get in a time machine and go back and talk to your 8-year-old self. You say, “Self, you know that awesome dream you have that gets you excited to wake up every morning? I gave up on that.”

Now imagine that news makes your 8-year-old self start to cry.

That’s the dream we’re looking for. And, yes, you can have more than one dream you need to rediscover.

This is brainstorming, anything goes, Fantasyland at Disney time. In your imagination you really can do anything you can dream.

Write all your thoughts down.

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Now do this exercise again for every aspect of your life—relational, occupational, vocational, spiritual, familial, and physical.

Then, do the same process we did with our **Remember** exercise. Take each situation and spend some time rediscovering what you loved about it and what you wanted to do before the dream faded away. Get as much detail out of your memories as you can.

**Relational:**

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Our occupation is how we make a living... Our vocation, on the other hand, is what we’re inherently wired for. It’s less likely to consist of a set of tasks and more likely to consist of a set of themes.

- *The Accidental Creative* p. 210
Spiritual
Physical

After you finish this, take a well-deserved break. Let your brain kick what you’ve been Remembering and Rediscovering around a few times. If you’re doing it right, this is hard, mental work. You may have dredged up some painful memories of giving up on the life you wanted. Rest assured that you are right where you need to be right now to turn your life in the direction you want it to go.
Put It All Together

Go back over your Remember and Rediscover lists and see if anything is on both lists.

Rank your favorite memories from your lists. Read them over to yourself. Do any of them make your pulse race a bit when you think about the possibilities? Do you feel an inner nudge when you read one? Does your stomach get the good kind of butterflies that come right before you do something exciting?

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**Time for Your Rebirth**

This is your opportunity to make yourself new, to pursue what you know you should do and be. Review your lists from your time creating Your Best Life and from Remembering and Rediscovering and focus on the ones that resonate with you the most.

Write that here:

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Your Passionate Purpose

Now is the time to take what you’ve been working on and write down your statement of Passionate Purpose. It needs to be what you care about and what you want. It needs to be a deep, burning desire in order to see you through the difficult times that will come.

Let’s do some **Automatic writing**. Print out the lined pages from this eBook or get plenty of paper and a pen. Set a timer for 10 minutes. At the top of the page write:

**My Passionate Purpose is:** ________________________________

For the next ten minutes keep writing without stopping. Don’t edit or censor yourself. It’s ok if some of what you write is nonsense. We’re looking to tap into your stream of consciousness. Write whatever comes into your head. No matter what, keep writing.

When the timer goes off, take a break. Come back and read what you’ve written. Highlight the stuff that gets you excited.

Repeat this process until items on your list get you so excited you can’t wait to take action on them.

**My Passionate Purpose is:**

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**Why Do You Want This?**

Now take some time to write out exactly why you want your Passionate Purpose.

After a speech I gave recently, a woman came up to me and asked a great question: “How specific should your why be?”

My answer is: As specific as you can make it.

> Get 100% sure of your “what” and your “why.” Get 100% committed to them. Then your “how” will appear.

— **Greg Knapp**

Your why is the driving force to your Passionate Purpose and all the goals you set in the pursuit of it.

Get crystal clear on your why.

Here’s what I mean. What is the purpose of your financial goal? Yes, of course it’s to earn more money, but why?

Why do you want to earn more money? Is it so you can be financially secure for life? Or is it so you can be financially independent to the point you no longer have to work while maintaining your lifestyle?

Is it so you can take better care of your family, make memories with them on special vacations, allow your children to take piano lessons?

Is it so you can give more generously to family, friends, your church and charities?

Is it to expand your business so you can positively affect more people?

Is it all of the above?

How would achieving that goal make you feel?

What is it for you? Why are you pursuing your Passionate Purpose and your goals? Spend some time thinking about it.

Here’s how you do it:

1) Ask yourself, “Why do I want my Passionate Purpose?”

2) List as many reasons as you can. Keep going past the material reasons into the emotional reasons.
3) Then for each reason you wrote down ask yourself again, “Why do I want this?”

4) Keep doing that until you can’t answer the question anymore. You might be surprised at what types of whys you find that you have never brought to your conscious mind before.

5) Make a new list of your most important whys. Read the list every morning and night.

If you have a big enough “why” you can get through any “how.”

Your strong “why” will help you get through everything life throws at you. If you stay focused on your Passionate Purpose you can still achieve your goals.

**Write it down:**

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Your Life Timeline

If you’re still not sure about your Passionate Purpose, here’s another technique that might help.

You have some great stories, successes and temporary failures in your life. If you tap into them, you will rediscover some great strengths and passions.

Think back as far as you can remember. Getting out old scrapbooks will help.

Then go through each year of your life remembering and writing down the best times, the highs, lows, successes and temporary failures.

Write down a timeline of your life, year by year.

It will take a while to go through every year. You don’t have to do it all at once. It’s worth it.

Now see what patterns you can find that might lead you to your passions.

Step 5) Think About Your Possible Purposes and Try Them On

Take a break. Go for a walk. Get something to eat. Drink some water. Let your mind drift.

Now read over all the remembering and rediscovering you have done. Make a new list of the ideas that resonate the most with you. Read this list when you wake up, when you eat lunch and just before you go to bed.

“A man is what he thinks about all day long.”

--Ralph Waldo Emerson

We are going to put our conscious and subconscious minds to work on what your purpose is. I have great confidence that something is going to start buzzing in your head very soon. You are going to be pulled towards it.

When you feel it, go with it. Think about ways you could take action on your purpose right away. Taking action makes ideas come to life.

Sometimes this part of the journey scare people. What if I fail? What if I quit my job and then can’t make any money at this? What if I lose my house, my spouse
leaves me and my kids hate me? What if I end up living in a van down by the river?!

Whoa, slow down. That is a crazy fast fall to the bottom.

Spoiler alert! Thinking like that probably won’t help you follow your Passionate Purpose and live the extraordinary life of your dreams.

Fear will creep in, but there are ways to handle it. Know that taking some action – any action – will start to defeat your fear.

Remember this: You don’t have to quit your job, risk it all, and take a huge leap into your new purpose. In fact, I advise against that.

Start with baby steps on what your think your Passionate Purpose is. See how it feels. If you’re getting good feelings and good results from it, keep going. Is there a way you can work on it a little every night and on the weekends? Can you ease into creating a small business on the side?

If the first idea isn’t working after a set period of time (that you should decide before you start) then try one of the other ideas you came up with as you worked on the action pages.

This is a journey. But, you have to begin.

Take action.

GO!

6. (Bonus step!) Continue the Journey to Pursue your Purpose

I hope this has helped you find your purpose, but this is only the beginning. You must not stop here. Let’s keep the momentum going.

Wouldn’t you like to pursue your purpose?

I would love to be a part of that. It’s what my book, blog, speaking, and training are all about.

Connect deeper with me:

Get my book, GO! How to Find and Pursue Your Passionate Purpose. The book walks you through the next steps you need to take after finishing this eBook.
Read my blog.

Look for my online course coming soon to my website.

Twitter: https://twitter.com/legorybknapp

Facebook: https://www.facebook.com/legorybknapp/

LinkedIn: https://www.linkedin.com/in/legorybknapp

You Are Exactly Where You Should Be Right Now
Congratulations!

When you really sit down and think about this you will find that you have been preparing for this your whole life. All your experiences, education, relationships, abilities, and work history have set you up to be right here, right now, ready to pursue your Passionate Purpose with reckless abandon.

You are exactly where you should be. This is your time. This is the beginning of the extraordinary life you’ve been dreaming about.

GO!

Do what others won’t, so later you can do what others can’t. That’s how you pursue your Passionate Purpose and live an extraordinary life.

–Greg Knapp