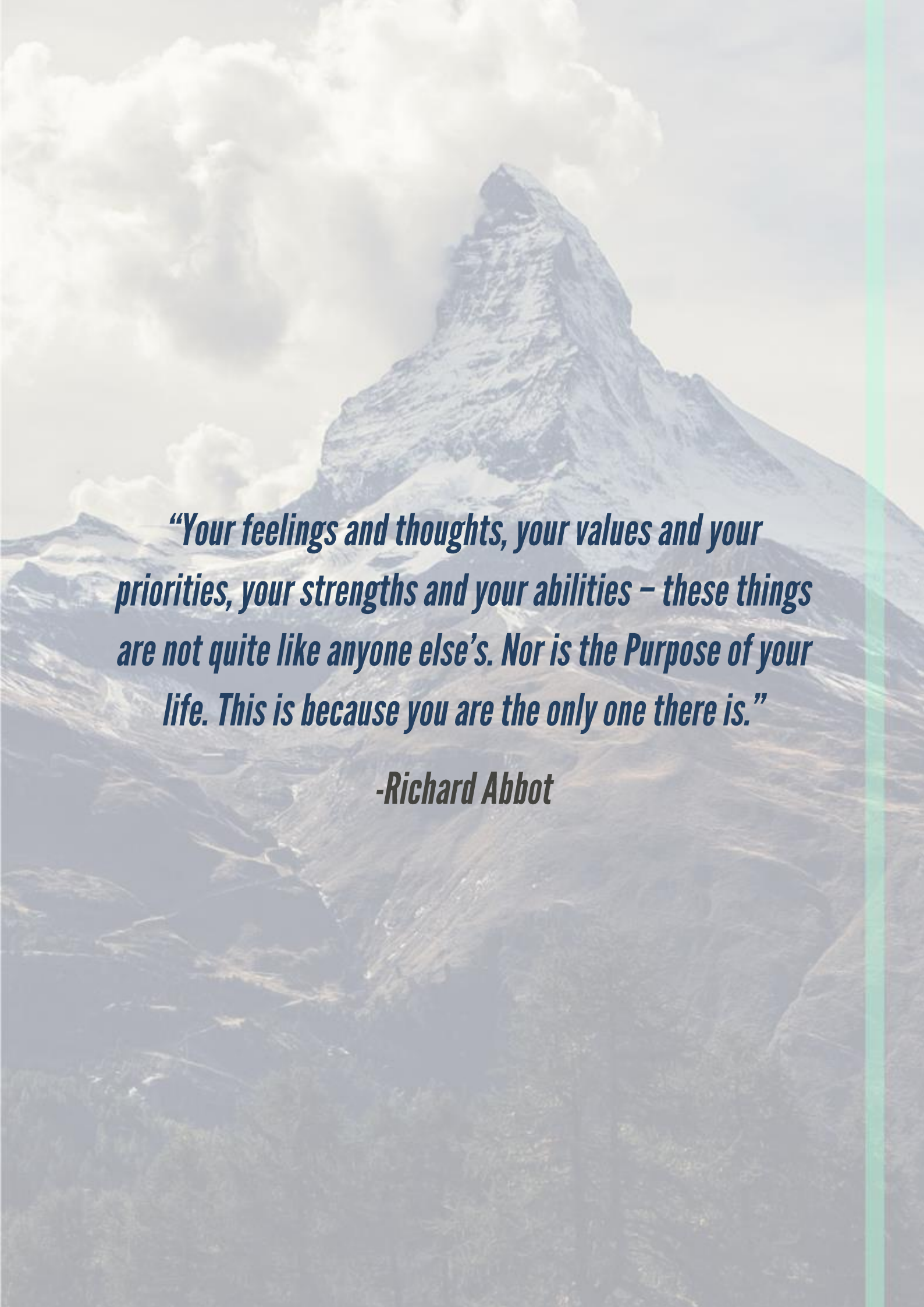


/ PURPOSE IN ACTION /

A REASON FOR BEING

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“Your feelings and thoughts, your values and your priorities, your strengths and your abilities – these things are not quite like anyone else’s. Nor is the Purpose of your life. This is because you are the only one there is.”

-Richard Abbot

A REASON FOR BEING

INTRODUCTION

By reading this, you're activating something within you. You might not recognise it happening, but it is!

You're here because some part of you is sick and tired... Of being burned out by work, struggling with relationship and finding love, never having enough money and so on...

There's no need for any of it. The answers are available. Committing to finding and applying them is the key.

This guide is the start of something for you, if you recognise that the only constant is change and that who you were yesterday and yesteryear, is NOT who you are right now. You're only dealing with consequences of those past selves running your life.

Well no longer!

So, stop reading for a moment, while you prepare yourself a drink - something non-alcoholic, nor with any caffeine. Water will do or a herbal tea of your choice.

Say the following words to activate your life change today! And say it with some bloody gusto, damn it!

"I can and I will overcome and improve [enter your specific challenge] starting right now. I have everything I need to do this, already at my disposal."

Raise your cup and take a drink. As the liquid goes into your body, so does the intention you have just set.

NO MORE MESSING ABOUT!



“If you don’t do your job, everyone loses out.”

-David Schofield

QUESTIONS

This is the first of a seven-part course designed to help you review your life and start living a more meaningful and purposeful life, TODAY! There are no quick fixes or short cuts and you have no time to lose. So let's get started.

1. If you are in a room with five people of equal qualification, what makes you the one to stand out?

2. Find Your Core
 - 2.1 Who are you?
 - 2.2 Who are you becoming?
 - 2.3 Why do you work?

3. At the end of your life, how do you want to be remembered, and what do you want your life to have meant?

4. What is the vision of the world you would like to see at the end of your days?

5. Write down those times in your life and career when you have felt like "this is what I am meant to do" as well as "this is how I am meant to be."

6. When thinking about your work, rank each of the following statements 1-4 on their accuracy for you, with 1 being most accurate and 4 being least accurate.
 - 6.1 Feeling of delight, feeling of fullness, but no wealth _____
 - 6.2 Feeling of excitement, feeling of complacency, but a sense of uncertainty _____
 - 6.3 Feeling of comfort, but a feeling of emptiness _____
 - 6.4 Feeling of satisfaction, but a feeling of uselessness _____



GREAT WORK

You've taken an important step
toward a life of greater
meaning, value and purpose.
Keep going!

If you want some feedback,
send your answers over to:

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ABOUT THE AUTHOR

Since realising that there must be more to life than maintaining the status quo, David went on a grand journey of personal development. His greatest teachers have been the worlds of martial arts, work and western philosophy. He applies all of this to great effect in his daily work with a committed and inspiring group of clients.

When not coaching he is mentoring kung fu students and enjoying family life.