

FINDING YOURSELF

Self-Exploration

“If you don’t know what you want,’ the doorman said, ‘you end up with a lot you don’t.’” -Chuck Palahniuk, *Fight Club*

Up until now, we’ve spend a lot of time exploring some powerful ideas for Living on Purpose.

In the first section, we talked about the different types of purposes, including knowing our values and being fully present. We touched on the idea of job vs. career vs. calling. We talked about how “it’s okay to walk away” because of our hidden need to self-actualize and be all that we can be. And then we spoke about how the rat-race sets us up to be in a perpetual state of “I’ll be happy when...”

Then we dove into section two and talked about following our bliss by embarking on the “hero’s journey.” We spoke about how real security is being able to handle things and that it’s okay to be scared. Then we identified ways to deal with our fears and our worry, and even embracing the idea of taking control of our life.

Now that we’re starting to get some ideas about what it takes to live on purpose, in section three I wanna change gears for a while. Mostly everything that we’ve spoken about so far has been exploring other people’s ideas. Now we’re coming to a crossroad where we’re gonna explore our own ideas.

In this section, we’re gonna spend some time exploring ourselves. The purpose of this section is to help you get a better understanding of who you are and what you value.