

# The Ultimate Life Purpose Workbook

Discovering and Achieving Your Calling  
in a Changing World



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Changing World  
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# Dedication

This labor of love is dedicated to you, and to the world which needs your gifts.

May you find your purpose and live it with passion, joy, and perseverance!

“The power to change the world lies where it always has.

Not in offices of power, but within ourselves.”

-Theo Ikummaq

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# Introduction

Do you long to have a more fulfilling and impactful life, but don't know how to create it? If you were drawn to this workbook, you probably want more clarity about what your purpose is and how you can achieve it. You might also be feeling a greater call to make a difference given the current environmental, political, systemic, and cultural crises. Although it may feel overwhelming, this crossroads contains the urgency and potential for complete transformation if we rise to the occasion together. This includes the opportunity for personal and spiritual transformation, as well.

The world's immense needs may cause you to wonder what you, as an individual, can do to make a meaningful difference. Even if you feel powerless to change the global situation, you are probably a lot more powerful than you think. Believing that you can make an impact is key to achieving your dreams. Can you imagine how things would change if everyone assumed that they could accomplish their ideals?

## Belief

Beliefs tend to become self-fulfilling prophecies. As Henry Ford said, "Whether you believe you can or you can't—you're right." If that makes you feel discouraged because you're not always brimming with confidence, I would suggest that part of you does believe you can fulfill your dreams. If you had no hope, you probably wouldn't have bothered to check out this workbook. Simply choosing to focus more on the hopeful part of you can be all that's needed to empower yourself to create a better outcome.

Even if your dreams seem totally unrealistic, believing in them can make you come closer to reaching them than you would have otherwise. Studies of optimism indicate that people who, "feel overly optimistic about their own capabilities and their futures, and about how much control they wield over their environment," aim higher and are more energetic in their pursuits than those who are more realistic.<sup>1</sup> To take this to the extreme, it has been found that a delusional person pursuing seemingly irrational goals tends to achieve more than one who is not delusional.<sup>2</sup> So, there's something to be said for outrageous optimism!

Believing that your dream is possible, even if the odds are against you, can also help you find creative ways to reach your goals with less time and effort. My work with Rose,\* who was pursuing her calling of becoming a Licensed Clinical Social Worker (LCSW), illustrates this point. Due to some personal hardships, she had previously taken a couple of years off from completing the many hours of social work experience required for licensure. Even though she was back at work now, her goal seemed to be getting further out of reach. Due to the licensing rules, many of the hours Rose had accumulated would be voided after the deadline that was fast approaching. There was no way that Rose could complete the remaining hours in time. It seemed as if she wouldn't be able to reach her goal for years because more hours would become disqualified as time progressed.

I asked Rose to set aside what she believed was possible and to simply identify what she wanted. She realized that deep down she wished the licensing board would make an exception by taking into account the many years of relevant experience she had attained prior to completing her degree. This felt like an implausible fantasy to her because the board had a reputation for being inflexible and

unsympathetic. It seemed so far out of the realm of possibility that she hadn't even entertained the thought. In fact, prior to being asked what she wanted, she hadn't been consciously aware that this was her wish. (I'm frequently amazed by the insights people receive from the simple question, "What do you want?")

I encouraged Rose to make a list of all of the people who might be able to help her with her goal. She listed supervisors and colleagues from her current and previous positions, and over the course of the following week asked each one for help. To her delight, all of them responded that they felt that she was already a highly qualified clinician and they were happy to write her glowing letters of recommendation. After submitting her request and supporting documentation, the licensing board made a rare exception to the rules. As a result, Rose was able to shave years off of her goal of becoming an LCSW. As her story demonstrates, believing that your dreams are possible despite the odds can be invaluable.

Optimism might feel out of reach sometimes given the magnitude of the global challenges we are facing. However, we can still take action even when hope is scarce. Authors JoAnna Macy and Chris Johnstone describe their concept of *active hope* as a practice. "Like tai chi or gardening, it is something we *do* rather than *have*...Since active hope doesn't require our optimism, we can apply it even in areas where we feel hopeless. The guiding impetus is intention; we *choose* what we aim to bring about, act for, or express. Rather than weighing our chances and proceeding only when we feel hopeful, we focus on our intention and let it be our guide."<sup>3</sup> In addition, none of us can predict the future with a hundred percent accuracy no matter how much evidence we have.

The importance of mindset when facing great odds is illustrated by the following fable told by Nobel Peace Prize Laureate, Wangari Maathai. A raging fire had erupted in the forest, which was home to many animals. A brave hummingbird worked tirelessly to extinguish it, even though she could only carry a tiny amount of water in her beak from a nearby stream. Meanwhile, the other forest creatures stood transfixed, helplessly watching their home go up in flames. They did nothing to help, even though some of them, such as the elephants, could have transported much more water than the little bird. The animals asked the hummingbird what she thought she could possibly do about such an immense threat. She replied simply, "the best I can."<sup>4</sup>

Our best is all that any of us can do. And if we each do our best and work together, I believe we can affect massive change. This workbook represents my best (in all its imperfection) and is my invitation to you to do and be your best (also imperfectly). You may be like the hummingbird, making a difference one drop at a time. Or you might be more like the elephants, capable of making a big difference, but perhaps not realizing it. If you identify more with the tiny hummingbird, your endeavors are still an important piece of the collective solution. Even helping one person or cause matters immensely. You also can't predict whom your efforts will inspire, and how big of an impact they will have. Each action has an immeasurable ripple effect that extends far beyond its original impact. Even small acts of kindness can have big reverberations. So, trust that you have the power to make a difference.

## Perseverance and Resilience

Even in normal times, we face hurdles in the pursuit of our goals. That is at the heart of every hero's journey tale, and is part of our growth as individuals. Add climate and ecological change to the mix and we are going to need even more resilience and gumption. A clear purpose can provide the added determination necessary to navigate challenges. It can give you the energy and drive to keep getting back up no matter how many times you get knocked down. People who are lit up with purpose tend to have a high degree of *grit*, which is a combination of passion and perseverance.<sup>5</sup> Grit has been found to be the single greatest determinant of success because those who have it simply refuse to give up.<sup>6</sup> This finding highlights the simple truth that the one thing most likely to turn potential failure into victory is to just keep going.

Renowned Psychiatrist and author, Victor Frankl's experience in the Nazi death camps is an ultimate example of the perseverance that a compelling purpose can generate. He believed that he had something important to contribute to the field of psychology with his theory that the greatest human drive was not survival, but rather a will toward meaning. However, after he was arrested, the Nazis burned the book he had begun writing on the subject. Nevertheless, he clung to his sense of purpose during his imprisonment. He rehearsed lectures and rewrote the book over and over again in his mind.<sup>7</sup>

Frankl had survived many life-threatening incidents during his internment, which helped him to feel that he was being kept alive for a reason. However, one day, after three years in the horrific conditions, his hope was severely tested. He and his fellow prisoners were being marched through extreme winter weather in thin clothing to repair a bridge that had been bombed. Frankl was gravely ill and collapsed. The guard commanded him to get up and keep walking, but he was too weak to proceed. The guard began savagely beating Frankl and he thought that death was imminent.<sup>8</sup>

However, to his surprise, he suddenly found himself no longer facing his demise in the snow. Instead, he vividly experienced giving a lecture sometime after the war on the psychology of meaning based on his experience in the concentration camps. Of course, this vision existed only in his mind, but it felt real and compelling. He spoke brilliantly and the audience hung on every word. He told them about the day he almost died, and that he had miraculously found the strength to get up. Incredibly, just as he was envisioning this, he found that he was, in fact, able to get up.<sup>9</sup>

He began to walk, all the while telling the imaginary audience how he put one foot in front of the other despite being in excruciating pain. He continued to visualize the future lecture the whole time that he walked to the bridge, did his work, and marched back to the camp. He fell asleep that night receiving a standing ovation from the listeners that existed only in his mind. Years later, Frankl did receive standing ovations from the many audiences with which he shared his story.<sup>10</sup> He also went on to write *Man's Search for Meaning*, which sold over twelve million copies and is considered one of the most influential books of our time. What could a clear and compelling purpose help you to overcome? And what imagined future might it help you to create one step at a time?

Another person who epitomized the determination and resilience that can result from a strong sense of purpose is Mattie Stepanek. He was a poet and peace activist who suffered from a rare disorder, which led to his death at the tender age of 13. In his short life, he gave inspirational talks to thousands of people, became National Goodwill Ambassador for the Muscular Dystrophy Association, authored 7 bestselling books, co-wrote a book with President Jimmy Carter, and appeared on The Oprah Winfrey Show multiple times sharing his message of peace.<sup>11</sup> Incredibly, he accomplished many of these achievements in between hospitalizations and while on life support. What might be possible if you pursue your purpose in spite of adversity, focusing on what you can do rather than your limitations?

What may seem to be an insurmountable hindrance can even become the fuel that ignites a powerful sense of purpose. Imagine how impeded you might feel if you were born without arms or legs (or hands or feet, for that matter). That was Nick Vujicic's unenviable fate. As a result, in his youth he wondered if anyone would ever love him or if his life would have any value. As a teen, he prayed to be shown the purpose of his unique existence. Eventually, he realized that he was destined to inspire others to have faith and to pursue their callings, even when facing incredible obstacles. He went on to get married, have four children, and impact thousands of people as an internationally successful motivational speaker, author, and non-profit founder.<sup>12</sup> Perhaps your obstacles or limitations also contain the seed of an awe-inspiring purpose (which you can explore on p. 14).

Another model of fire-in-the-belly-unstoppable purpose is teacher and activist, Sister Zeph. She educates girls in her home country of Pakistan, where there is such a taboo against female education that it can incite violence. She initially began pursuing her goal by going door-to-door, facing the uphill battle of trying to convince families to allow her to teach their daughters. She worked a full-time job to cover her expenses while teaching free of charge in the evenings. Unable to afford even a small classroom in the early days, she taught her students outside. However, with persistence, she was eventually able to raise funds for a school. She now educates 200 girls at a time, opening up a world of opportunity to them through the power of technology.<sup>13</sup>

Sister Zeph says, "My purpose is not only to teach students to read books and to get degrees. I am making them change-makers; I teach them to recognize their calling because when we come to know our purpose of life it makes us successful."<sup>14</sup> She is determined to make the biggest impact she can despite the fact that she has faced death threats and an assassination attempt.<sup>15</sup> Does fear ever stop you from going after your dreams? Fortunately, for most of us, our purpose doesn't require putting our lives at risk. (If yours does, then more power to you.) Heroes like Sister Zeph can help put our fears into perspective. Imagine the difference you could make if you embraced the fear and did it anyway.

I share these stellar examples in the hope that they will inspire you to uncover the impact that you are capable of making. But I'm also aware that you might compare yourself to these outliers and feel that you come up lacking. Rest assured that you don't have to be a Victor Frankl, Mattie Stepanek, Nick



Vujicic, or Sister Zeph (or whomever your personal role models are) to have a worthy calling. We each have our own unique contribution to give. Whatever that is for you, celebrate it! None of us can ever truly know the full impact and legacy that we create. And I believe that for most of us, it's much greater than we will ever know. Think of all the ways you're already living on purpose. Whether you're being there for your family, supporting a friend, performing your job, maintaining your household, taking care of yourself, smiling at a stranger, meditating, or just being you—it's all purposeful!

### The Being Aspect of Purpose

As author Kyle Cease suggests, many people burden themselves with the idea that they need to “find” their purpose, and overemphasize the doing aspect of purpose. (This is especially prevalent in American culture). He offers that, “Your purpose is not what you do. You are your purpose; you can't get out of it. There isn't a moment that you're not in purpose.”<sup>16</sup> I hope the notion that purpose is part of your very essence will give you a greater sense of freedom. It won't serve anyone if you put pressure on yourself to “make something happen” or “save the world.” It's also not constructive to allow the global crisis to inhibit you from enjoying life. A teaching attributed to Hopi Chief White Eagle says, “Don't feel guilty for feeling blessed in these troubled times... Resistance is resistance through joy! You have the right to be strong and positive.”<sup>17</sup> I believe that taking pleasure in the gift of life regardless of circumstances is part of our shared purpose. So, I encourage you to fill your cup of joy and trust that all you have to do is your part.

The French expression *raison d'être* literally translates as one's *reason for being*. I believe that a fundamental reason for our existence is to evolve individually and collectively. This growth includes developing higher states of being such as unconditional love, compassion, generosity, forgiveness, acceptance, and peace. Because we are all connected, expanding these states within yourself also affects the whole. Furthermore, states of being like equanimity and detachment can have the paradoxical benefit of helping us achieve more with less stress and strain. (You can explore the being aspects of your purpose on p. 13.)

### The Magic of Purpose

A particularly delightful aspect of having a clear purpose is that surprising synchronicities sometimes transpire that support your efforts. These moments can make us feel like we are on the right track or like we are co-creating with life. As W. H. Murray said, “the moment one definitely commits oneself, then providence moves too. All sorts of things occur to help one that would never otherwise have occurred.”<sup>18</sup> I experienced that phenomenon many times after committing to create this workbook. I repeatedly came across resources that significantly boosted its quality, even when I wasn't seeking them out. It was as if the right information practically fell into my lap at just the right time, and useful ideas popped into my mind unbidden. Many of these resources also helped me grow personally; they were things I needed to learn or be reminded of.

Because I wanted to make the workbook as beneficial as possible, I decided to seek input on it from people who were searching for their purpose. So, I shared about it in a social media group, offering a download of it in exchange for feedback. To my surprise and delight, I was immediately overwhelmed with interest. In fact, I responded to so many requests for the workbook in such a short time, that Facebook accused me of being a “bot” and threatened to block me if I didn’t slow down! I was just looking for feedback, but I received so much more than that. As a result of a single post, I was able to share this work with over 150 people in more than 20 different countries. Within a few days, this passion project, and its potential to help people maximize their impact, was sprinkled around the globe.

I believe that unexpected serendipity, delights, and successes will transpire for you, too when you keep taking steps toward your calling. I’m also certain that this workbook can help you clarify what your purpose is and how you want to pursue it. Knowing your purpose gives you a compass for your life—it points you in a clear direction. However, you won’t fully know the terrain, the treasures it holds, or the ultimate destination until you embark on the journey and take action in the real world. These experiences will give you valuable insights, help you fine-tune your aspirations, and allow you to course-correct as needed.

### The Money Question

You might be wondering if and how you can make a living with your purpose. That’s the million-dollar question (pun intended). The more that your calling and career are aligned, the more you will be able to maximize both your impact and contentment. However, if you’re like many people, you may think you have to sacrifice passion for security, or vice versa. If that’s the case, I would encourage you to keep in mind that what might typically be thought of as “safe” professions don’t always turn out that way. Some career tracks that were once lucrative are less so now with rising education costs, lower salaries, and stiff competition for positions. The job market and life in general are unpredictable, especially now. There are also more unique opportunities to make money than ever before.

It’s natural to want to minimize financial risk, but a life half-lived is a risk, too. You might fail if you pursue what you love, but you could also fail at something that you already know has no chance of making you happy. Your ability to be resilient, pivot, and apply your skills in new ways may be necessary no matter which path you choose. You can invest in your career and education, but you can also invest in yourself as the ultimate factor of your success in life. If you think your purpose and your income are mutually exclusive (but wish that weren’t the case), I would encourage you to test out the hypothesis that there’s a way to profit from your passion.

Whether or not you will make a career out of your purpose depends on many factors (which you can explore in Part 4). And you can still fulfill your purpose even if you decide to pursue it separately from your day job. You can also experience more purpose in your current vocation, no matter what it is (p. 41). The parable of the three craftsmen illustrates this principle. A traveler was walking by

and saw the men working on a project. He asked the first what he was doing and he replied, "I'm laying bricks." When he asked the second man about his job, he responded, "I'm building a wall." Finally, the third man informed the stranger, "I'm building a cathedral."<sup>19</sup> Similarly, John F. Kennedy once asked a janitor at NASA what he did there and he replied that he was, "helping put a man on the moon." Do you see your work in the larger context of the impact that it has, even if you might only play a small part in it?<sup>20</sup>

### Small Investments, Big Rewards

If you're up to your eyeballs with day to day responsibilities that make your dreams seem unattainable, this workbook can still help you. You can begin working toward your aspirations today even if you are over-scheduled and overwhelmed. In fact, it may be even more important for you to not delay. Little investments you make in yourself now can pay off big in the long run. So, the sooner you start, the sooner you can reap the rewards. Author Elizabeth Gilbert shared a story about a woman who was able to fulfill her greatest vision for her future by using this principle.<sup>21</sup>

When the woman was 28 years old, her husband left her with five children to care for between the ages of three months and 10 years. Although she had financial hardships, she promised herself that her life wouldn't always be so full of struggle and scarcity. She secretly longed to see the world someday and decided to give herself the gift of believing in this vision. She began squirreling away one dollar per day into her travel fund, which she kept hidden in a coffee can in the back of her closet. It took twenty years, but ultimately, after her kids were grown, she finally went on an epic international travel adventure. If you think your dream will take too long to fulfill or you're too old to pursue it, remember that the years are going to pass anyway. Wouldn't it be great to be able to live your dreams when that time comes? Your future self will thank you for the seeds you plant today. And even if your vision doesn't come to fruition despite your best efforts, anticipating it is half the fun anyway.

If you don't have money to set aside toward your vision right now, you can leverage your other most precious resource: time. Author, Siobhan Adcock was able to write her first novel while working at a demanding full-time job, and being a wife and mother of an infant. How did she do it? In approximately 15 minutes a day.<sup>22</sup> Fifteen minutes doesn't seem like much, but it can reap huge dividends over time. It's like the time equivalent of those stories you hear of somebody's grandma of humble means who invested five bucks a week only to later shock everyone with her ginormous fortune. In Part 5, you'll explore how managing and investing time into your dreams can pay off big in the long run.

### My Story

They say that we teach what we most need to learn. That's certainly true in my case and part of the reason I'm so passionate about this topic. It took exploring many different vocational avenues before I was able to refine and come into alignment with my purpose (which I expect will continue to evolve as

I do). I thought that I had finally found it when I pursued my dream of becoming a psychotherapist in 2007. I developed deep connections with my clients and found the work to be very rewarding. However, over time my heart began to feel heavy because therapy seemed disconnected from what was happening in the larger context of the world. I knew that the actions we take (or don't take) to address our environmental impact will have huge ramifications for many generations to come. Helping people improve their wellbeing and relationships mattered to me, but it didn't feel relevant to these broader issues that I cared about.

After a few years, I was nearing completion of what felt like a marathon of requirements to become a Licensed Marriage and Family Therapist: a master's degree followed by more than 3,000 hours of clinical experience and training. On the last day of my internship, I met with my supervisor, Angela\* for our final weekly meeting. After sharing how much our time working together had meant to each of us, her expression grew pained. She said there was something she wanted to tell me that might not be easy to hear. I braced myself for bad news, wondering what it could be. Angela shared that she had come into the office a few days prior and found another intern lying on the floor dead. I was shocked. She was a very young woman who appeared to have her whole life ahead of her. On the contrary, her life ended abruptly due to natural causes that no one could have seen coming.

The news of her passing woke me up to the finiteness of life, as death tends to do. I had already been questioning what would make me truly happy, but this felt like an additional imperative to not wait until "someday" to figure it out. With an extra jolt of urgency, I immersed myself in life purpose discovery processes. Through that work, I had some of the most valuable insights I had ever had. I was able to pinpoint that the overarching theme of my purpose is joy, healing, and making a difference. That realization brought into focus the reasons that I didn't feel completely fulfilled by my role as a therapist. I loved the healing aspect of therapy, which allowed me to make a difference in my clients' lives. However, I longed to create a much bigger difference. And while there were many moments of joy shared with my clients, I longed for joy to play a much greater role in my work.

Clarifying my purpose allowed me to see that I could experience more satisfaction as a therapist by helping my clients get in touch with the bigger difference they longed to make with their lives. I also realized that I wanted to help them cultivate more joy rather than focusing primarily on solving problems or reducing symptoms. Knowing my purpose also gave me clarity and confidence in my decision to study life coaching in order to add it to my repertoire. I could see that coaching others around life purpose specifically would allow me to experience more of the sweet spot of all three central aspects of my purpose: joy, healing, and making a difference. Now I get to help people create more joy-filled lives, heal what holds them back, and make the difference they were born to make. It makes my heart sing and feels like the highest, most leveraged use of my skills and gifts. It is the way that I can make the biggest difference, and I have more joy and satisfaction than ever before. And I don't regret starting out as a therapist because I know that foundation makes me a better coach.

I have also personally experienced the perseverance that a sense of purpose can generate since I have had a chronic illness for many years. Feeling called to a higher purpose has given me the motivation and drive to keep pressing forward with my dreams on so many occasions. It also makes me committed to finding creative ways to make an impact, while also honoring my physical needs. For example, part of the reason I was inspired to make this workbook was because I knew that it would allow me to help many more people in a sustainable way.

Even though it sometimes feels like my health challenge is an obstacle to my calling, I also believe that it is part of it. Purpose isn't just about what we're here to give, but also what we're here to learn. I believe the "school of life" curriculum related to my health is about acceptance, intuition, patience, faith, gratitude, adaptability, and the mind-body connection. I'm also learning so much about health and hope to one day share my knowledge to help others improve theirs as well. You can explore how your challenges may apply to your purpose on page 14.

### The Ultimate Guide

Imagine having an incredible personal guide who holds a space for you to realize your infinite potential and resolve the feelings and beliefs that hold you back. He or she gives you great advice, empowers you, makes your problems seem solvable, and is available to support you 24/7 free of charge. Would you want to take advantage of such a resource? Well, I believe that you do have access to such valuable guidance—it's within you. And accessing it requires sitting still and doing nothing for a while. If the thought of getting quiet with yourself is unsettling, read on.

You probably know that there are many physical and mental health benefits of meditation. However, you might not think of it as a way to be more successful and expand your impact. I think meditation is the best way to hear from your inner guide (a.k.a. higher Self, inner wisdom, intuition, soul, etc.). And the direction you receive through meditation can be more powerful and individualized than any advice you might receive from an outside advisor. Albert Einstein said it best: "I think 99 times and find nothing. I stop thinking, swim in silence, and the truth comes to me."<sup>23</sup> Meditation can also help you find the calm center from which you can be more effective. Martha Beck writes, "There's a quote attributed to the mathematician Archimedes: 'Give me a place to stand and a lever long enough, and I can move the world.' Meditation helps you create a place to stand and observe your reactions, and from there you can move the world."<sup>24</sup>

Meditation has been the best thing I have ever done for my personal development and professional growth. Initially, I thought it would be difficult to sit in silence for extended periods, but soon the time seemed to pass quickly and eventually I began to crave the expansiveness, inspiration, clarity, and peace that it generated. I began to receive valuable insights and actionable ideas while my fears and worries lessened. All of these benefits kept me coming back for more.

Soon I experienced the tangible rewards that can come when the voice of the inner guide is

heard. While meditating one morning, I asked my heart what it most wanted. I immediately saw myself coaching people who are working to help the environment. I'd had the idea of working with environmental change-makers before, but I hadn't seriously considered it nor taken any action to that end. As I witnessed my thoughts, I realized that I had several stories running in my mind about why that dream wasn't possible or why I wasn't ready to pursue it.

For example, my inner doubter said things like: "The environment' is very broad (literally the whole planet when you think about it). I'm not even sure what types of people I would like to coach who are working on it or what kind of help they might need. The voice said, "'They' (the people I made up in my head) would probably have more of a need for a consultant with expertise in the environmental field to give them advice. Or maybe what they need is more of a business, executive, or career coach. I don't know if I could help them. Oh well, maybe someday..."

Fortunately, meditating allowed me to see that those were just stories. By taking off the lenses I had been looking through (which I had thought were reality), I realized that individuals who are working to help the environment are just regular people like all of us. Therefore, many of them also probably have fears, beliefs, and stories that hold them back. Just like everyone else, many of the answers they are seeking are already inside of them. And I'm already adept at helping people find those answers and move past their inner limitations and outer obstacles to make a bigger difference. To do that with individuals who can make a positive environmental impact would make me feel even more inspired and on purpose. To my delight, I saw that there was actually nothing stopping me from pursuing this dream.

It felt freeing to remember that I didn't have to have all the answers or an entire plan laid out. I just needed to follow my heart's guidance to the next step and be willing to take it. One of the stories that had stopped me was that I didn't know anyone in the environmental field or how I could connect with them. But in the quiet of my meditation, I saw myself searching for events where environmentalists gather. That may sound like an obvious strategy. However, simple solutions often get obscured by the to-do lists of daily life, or what we think we "should" be doing (rather than prioritizing what we truly want). The mind can be like a glass of cloudy water that settles and becomes crystal clear when we get still. After I finished meditating, I eagerly got online to see if I could find any related events. To my surprise, there was a networking gathering for environmental professionals scheduled in a nearby city the following week.

I felt a little shy about attending since I'm not an environmental professional. However, that was far outweighed by my inspiration and curiosity about what would happen and who I would meet if I went. When I arrived, I struck up a conversation with a couple of ladies near the door who were warm and friendly. I shared that I help people to get out of their own way of what they really want. I explained that, given the current crisis, I feel called to support people who are working to improve the environment so that they can clarify their goals and make an even bigger difference. They suddenly looked at each

other with eyes wide and jaws agape as if they had just been discussing those very topics. We had a spirited and engaging conversation, and we exchanged information before parting ways. One of them reached out to me a few days later and decided to begin working with me. I was able to support her in clarifying how she could make a greater environmental impact in her position. Our work also helped her resolve the angst of contemplating whether to change jobs altogether. I watched her blossom and flourish with newfound inspiration and satisfaction as she implemented her goals. Within a couple of weeks of my meditation-derived insight, I had created a new client in my ideal niche, which I had imagined was only a possibility in the distant future. In addition, the other professionals I spoke to at the event enthusiastically supported my intention for being there, gave me tips on other ways I could connect with people in their field, and invited me to join their organization.

Many so-called experts are selling rote formulas for success based on what worked for them. However, your inner guide can often provide the most helpful direction specific to your unique purpose, strengths, and goals. I believe it is the best way to work smarter, not harder, as they say. Studies show that the more observant someone is, the greater their odds of spotting opportunities that others miss.<sup>25</sup> Meditation is a way to increase our capacity to see and take advantage of these possibilities. As a result of this experience, I continue to tune into what I would love to do, get increasingly more specific about my aspirations, and stay open to potential shortcuts to getting there. Meditation also gives me greater willingness and confidence to take whatever directions I receive—to surrender my egoic mind to my higher Self's lead. It's a relief to know that I can relax into being guided more through life. I can practice letting go of the need to "figure it out" or "make something happen." Of course, I don't always get to a place of profound peace or receive specific guidance in my meditations, but I always finish feeling better than when I began.

What would you need to gain from a regular meditation practice to be willing to try it out (if you're not already meditating daily)? If the only thing you get out of this book is that you begin meditating every day, it will have been well worth your investment. If you think that your mind is too active for you to meditate, that's all the more reason to do it. There's no wrong way to meditate and getting your mind to be "quiet" isn't the goal (see p. 45). It's certainly not necessary to meditate for an extended duration. Simply pausing to check in with yourself for one minute before you get out of bed in the morning could be very beneficial. You could also start small and extend the duration over time. The longer you meditate, the better it tends to get.

In the spirit of mindfulness, I encourage you to let go of any attachment you may have to discovering your purpose as you go through the workbook. Please don't think of the pursuit of your purpose as a problem that needs to be solved. If you hold too tightly to "figuring it out," it may paradoxically remain elusive. You probably have some idea of your purpose already and it will continue to unfold and develop the more that you simply stay curious and open to it.

## The Call

We are being called to be part of what has been called *the great turning*: a massive paradigm shift from competition and industrial growth to sustainability, cooperation, interconnectedness, and unity.<sup>26</sup> By each of us doing our part and working together, we can create a more just and life-sustaining world. There has never been a more important time to make a difference, and there is more opportunity than ever to make an impact doing what you love. Author Frederick Buechner referred to *purpose* as, “the place where your deep gladness and the world’s hunger meet.”<sup>27</sup> My wish for you is to discover this intersection between the world’s needs and your most heart-felt fulfillment. I applaud you for choosing to create more joy for yourself and a better outcome for the future.

Please get support and be your own best friend as your journey unfolds. Believe that you can create magic and magnificence and you will. You are more amazing and powerful than you know. I’ll be rooting for you all the way! I’d love to hear what purpose or calling you discover, and what you are able to achieve through using this workbook. So, feel free to reach out. I eagerly await a full report. :)

With love and in solidarity,

Cynthia



Part 1:  
Preparation

# Instructions

Part 1: Preparation will help you lay the groundwork and remove any resistance you may have to knowing your purpose. Part 2: Your Purpose takes a deep dive into who you are and what matters to you most. In Part 3: Keys to Fulfillment, you will clarify your purpose, the world's needs, and how you can help address them while living a good life. In Part 4 you will choose your mission and chart a clear and achievable course for achieving it. Part 5: More Purpose Now will help you infuse your current vocation and personal life with greater purpose. Finally, Part 6: Success Toolbox will increase your capacity to stay the course and achieve your dreams.

**It's not necessary to complete every section, exercise, or question.** It's OK to focus only on the parts that interest you. Some sections also may not be relevant depending on where you are in your journey. **However, the workbook is designed so that each part builds upon the previous one. So, if you would like to use the book the way it was intended, I recommend completing at least the core exercises that are highlighted in purple in the table of contents. In addition, the most essential sections are emphasized in bold.** The core exercises can also be identified by the purple band at the top of their first page. All other exercises are teal at the top. There are Notes, Ideas and Actions sections at the end of the book for additional writing space. Ideally, please enter your answers into an electronic format. If printing the workbook, please use more eco-friendly ink and paper, and print only the pages you will use.

It's important to identify what you would really love to do before focusing on what you are good at. We usually have gifts that relate to our calling, and skills can be learned. So, set aside concerns about whether you *can* do something and first freely explore what you *want* to do. If you try to be realistic too early in the process, you will likely compromise your dreams down to what you believe is possible.<sup>28</sup> And you are probably capable of much more than you realize. Being discerning comes later (in Part 4). You also probably won't take action on all of your ideas. However, your answers will give you valuable insights and you may decide to pursue some things at a later date. So, dare to dream and be curious about what will emerge.

Facing your greatest aspirations may bring up emotions because it will likely require you to step out of your comfort zone. Many of the workbook exercises will help you address these growth-oriented aspects of living your purpose. However, it can also be beneficial to have support, connection, and accountability throughout this process. So, consider working with a friend or in a small group. It can also be helpful to have the individual support of a coach or therapist in order to resolve any persistent inner blocks that may hold you back.

The world is in great need of your gifts. So, get whatever support is necessary for you to stay the course. Trust that you have begun this journey for a reason and commit to completing it. I can assure you that it will be worth it. Most importantly, have fun! Enjoy the unfoldment of your purpose and making your dreams come true!

# Life Purpose

## What Is Life Purpose?

*Purpose* is defined as: 1. the reason for which something exists, 2. an intended or desired result, aim, or goal, and 3. determination.<sup>29</sup> Therefore, your *life purpose* is your fundamental reason for existing, allows you to live with great intention, and gives you the resolve to achieve your goals. Living your purpose is about doing what lights you up while working toward your vision for a better world.<sup>30</sup> It involves using your unique gifts and talents in service to something greater than yourself. It is the “Why” behind what you do with your life.<sup>31</sup> While *life purpose* is the overarching reason for one’s life, it can be expressed in many different ways—through a mission, calling, project, or individual action. But purpose isn’t just about doing; it can also include inner aspects such as intentions and ways of being.

Life purpose is characterized by meaning, motivation, inspiration, and passion. However, it can also be sparked by anger, grief, or trauma. It is part of the innate essence of who you are<sup>32</sup>, but may also include life experiences that have shaped you. Of course, people usually perform many different roles throughout life, but knowing your primary purpose can help you create an optimally fulfilling and successful life.

## Why Is Life Purpose Important?

Knowing your purpose can lead to more passion, energy, inspiration, creativity, empowerment, resilience, joy, fulfillment, and the ability to make a bigger difference. Being clear about your purpose is like having a compass that guides your goals, decisions, and each aspect of how you choose to live your life. It can prevent you from climbing to the top of the “ladder” of a chosen career, only to realize it doesn’t fulfill you. It can also help you avoid the most common regret people have at the end of life—that they didn’t pursue their dreams.<sup>33</sup>

In addition to these benefits, scientists have discovered that meaning and purpose are essential for lasting happiness.<sup>34</sup> In fact, psychology researcher, Shawn Achor defines happiness as, “the joy we feel striving after our potential.”<sup>35</sup> Having a strong sense of purpose can even significantly improve your health and increase your lifespan.<sup>36</sup> For example, Victor Frankl, the concentration camp survivor discussed in the introduction, observed that prisoners who had a sense of purpose (such as actively helping others) were more likely to survive their treacherous conditions.<sup>37</sup> Given all of these benefits, imagine what a greater sense of purpose can do for you!

*“Our greatest fear should not be of failure, but of succeeding at things in life that don’t really matter.”  
–Francis Chan*



# Motivation

1. Why does discovering and fulfilling your purpose matter to you?

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2. How would it make you feel to fulfill your purpose?

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3. What would be the best part about fulfilling your purpose?

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4. How will you feel if you *don't* fulfill your purpose?

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5. What would be the worst part about *not* fulfilling your purpose?

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# Celebration

Congratulations on finishing Part 1! Making a habit of pausing to celebrate each milestone along your journey can give you the stamina to fulfill your dreams. Plus, it just feels good! So, do something fun, pleasurable, or nurturing to honor your efforts. Refer back to what you wrote on question 6 in the Motivation section (p. 4) for ways to celebrate.





Part 2:  
Your Purpose

# Passion

Passion is a feeling that can give you clues to your purpose, as well as the energy to fulfill it. Think of 3 times you felt passionate<sup>38</sup>, in flow, inspired, on purpose, alive, curious, and/or engaged as if time stood still. Write what you loved about each experience and how you felt (which may include physical sensations). Think broadly.<sup>39</sup> For example, if one of your memories is of dancing, that doesn't necessarily mean your purpose is to dance (though it could be). Alternatively, what might have been compelling about it was that you were performing, in community, expressive, felt free, etc.

Memory	What I loved about it	Feelings/Sensations
<i>Example: planning my wedding</i>	<i>Creating memories, organizing, problem solving, teamwork, tradition, beauty</i>	<i>Joy, love, celebratory, excited, energized</i>

Review what you wrote in the second and third columns above and look for themes.<sup>40</sup> Each theme doesn't necessarily need to be present in each memory. Identify those that resonate with you the most and write them below.

*Example: teamwork, organizing, joy, celebration, etc.*

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# Values

Choose your top 10 values from the list below, or add your own.

- |              |            |               |                |
|--------------|------------|---------------|----------------|
| Risk         | Initiate   | Achieve       | Adapt          |
| Awareness    | Create     | Join          | Loyalty        |
| Family       | Improve    | Participation | Empathy        |
| Experiment   | Accomplish | Explore       | Authenticity   |
| Compassion   | Invent     | Order         | Generosity     |
| Teach        | Advocate   | Ideas         | Flow           |
| Venture      | Prevail    | Analyze       | Freedom        |
| Beauty       | Inspire    | Environment   | Doing          |
| Education    | Acquire    | Discipline    | Being          |
| Encourage    | Guide      | Novelty       | Connection     |
| Radiance     | Realize    | Originality   | Clarity        |
| Enlighten    | Unity      | Intuition     | Efficiency     |
| Energy       | Lead       | Play          | Sustainability |
| Preservation | Mastery    | Integrity     | Ministry       |
| Experience   | Pleasure   | Joy           | Communicate    |
| Influence    | Fun        | Love          | Gratitude      |
| Serve        | Expertise  | Peace         | Teamwork       |
| Presence     | Bliss      | Truth         | Sensing        |
| Design       | Catalyze   | Justice       | Superiority    |
| Facilitate   | Excellence | Uniqueness    | Spirituality   |
| Nurture      | Entertain  | Expression    | Relate         |
| Perform      | Discovery  | Abundance     | Calm           |
| Inclusivity  | Innovate   | Security      | Organization   |
| Growth       | Restore    | Wealth        | Community      |
| Health       | Organize   | Harmony       | Fairness       |

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Narrow your selections down to your top 3 to 5 values and write them below.

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# Ways of Being

1. Living your best life isn't just about what you do, but also how you "be." For example, many people near the end of life wish they had had forgiven more or worried less.<sup>43</sup> In addition, living on purpose is about enjoying the process of going after your dreams, not just achieving them. What ways of being do you want to develop so that you can fully enjoy life and avoid regrets? Example: *optimism, kindness, acceptance, etc.*

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2. What actions or practices will help you develop those ways of being?

Example: *10 minutes of loving kindness meditation each morning, a daily gratitude journal, etc.*

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3. Knowing how it feels to be lit up with purpose is like having an inner compass that can guide you towards your calling. Close your eyes and imagine that you are waking up to a day that is the ultimate expression of your purpose. It's OK if you're not sure of the details about what you're doing; just write about how you feel, including any physical sensations.

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4. Review what you wrote in question 3 and identify two or three words that represent your inner compass of purpose. You may want to consider what state of being will be sustainable for you in the long-run.

Examples: *calm and inspired; excited and nervous; energized, focused, and grounded.*

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Use these inner compass words to assess whether ideas, projects, or opportunities are right for you in the future. You can also use these keywords to set an intention regarding the attitude you want to bring to your goals and actions.

# Alchemy

Alchemy is the transformation of something undesirable into something extremely valuable. Personal challenges, loss, and trauma can contain the silver linings of learning and growth. They can even fuel one's calling.

1. What have been your major life challenges?

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2. What have you learned from those challenges?

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3. What else would you like to learn (or are in the process of learning) from them?

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4. How could you make a difference with what you have experienced or learned from your challenges?

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*"Hardships often prepare ordinary people for an extraordinary destiny." -C. S. Lewis*

# You At A Glance

Now you should have one or more of the exercises from the six boxes below complete. Identify 1-3 words or phrases from each that are the most meaningful, inspiring or important to you. Then write them in the corresponding spaces. For the Values and Passion sections, select only from the words you wrote at the bottom of each page.

Passion p. 9	Values p. 10	Your Heart's Desire p. 11

Spiritual Guidance p. 12	Ways of Being p. 13	Alchemy p. 14

Great job! Now you have a snapshot of who you are and what matters most to you. By narrowing these themes down even further, you will have the building blocks from which to create your purpose statement in the next section. In the chart above, circle the words that are most important to you. Then select 3 to 4 words total (from all boxes combined) that resonate with you the most. If you have a hard time choosing, consider if one word could encompass some of the others. For example, *connection* might incorporate *community* and *communication*.

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*"Your own Self-Realization is the greatest service you can render the world."*

*-Ramana*



# Celebration

Congratulations on completing Part 2: Your Purpose! You have taken a huge step towards creating a more joyful and impactful life. You probably have a lot more clarity about what is meaningful and inspiring to you. In the next section, you will create a purpose statement and identify the other keys to your fulfillment. But first, celebrate your progress by doing something special for yourself. Refer to what you wrote on question 6 in the Motivation section (p. 4) for ways to celebrate.



Part 3:  
Keys to Fulfillment

# Purpose Statement

Having a purpose statement helps guide your decisions and allows you to set an intention for how you will live your life. Use the 3 to 4 words you wrote at the bottom of the previous page to create your purpose statement. Here are some helpful tips for creating your statement:

- Experiment to see what phrase makes you feel the most inspired, excited, or lit up. Ask yourself where you would rank it on a scale of 1-10. Keep tweaking it until it becomes a 10 (or as close as possible).
- Keep it short and simple. It should be easy to remember and make you feel good when you say it.
- The broader your statement is, the better.<sup>44</sup> Your purpose can be expressed through many different outlets, and the specifics may change over time. A more inclusive statement can prevent you from losing focus when your role or job changes. It can also inform multiple areas of your life. So, it helps to create a broad statement. For example, “my purpose is to teach,” can incorporate more than, “my purpose is to teach middle school art.”
- Don’t leave yourself out of the equation.<sup>45</sup> For example, “My purpose is to empower,” can include empowering yourself. Whereas, “My purpose is to empower *others*,” excludes you.
- The statement may be in the form of nouns or verbs (or some combination). For example: “My purpose is advocacy, education, and entertainment.”  
Or, “My purpose is to advocate, educate, and entertain.”
- Consider including at least one word related to the being aspect of your purpose. For example, *love, joy, kindness, etc.*
- Don’t worry about getting your purpose statement just right! You can always fine-tune it later and it may evolve over time as you gain more experience.

## Example Purpose Statements



**My purpose is:**

*Peace, justice, and creativity.*

*To lead, organize, and connect.*

*To protect, innovate, and make a difference.*

*Joy, beauty, and expression.*

My Purpose Statement

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Congratulations!!! Your purpose statement is a huge step toward creating a fulfilling life and using your gifts to make a difference! This is a milestone worth celebrating!

Remember that you can use your purpose statement to guide your choices. This may include major crossroads, day to day decisions about how you spend your time, and everything in between.

Now that you have identified your purpose, the questions and exercises in the following sections will help you explore how you want to express it.

*“True happiness... is not attained through self-gratification, but through fidelity to a worthy purpose.” – Helen Keller*

# World Needs

1. List the top problems that you think the world needs solved.

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2. List the top things that would make an ideal world.

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2. What do you imagine the life you described above would give you (e.g., more time freedom, confidence, etc.)? What are you really longing for deep down?

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3. What other ways could you experience more of what you wrote in question 2 (now and in the future)?

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4. Imagine it's sometime in the future and you've created and experienced everything you described in question 1. What other dreams do you have for your life? What do you *really, really* want if you could choose *anything*? Include things that may seem unrealistic or impossible.

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# Your Gifts

Inventory your gifts, skills and knowledge. Ideally, ask people who know you or have worked with you what gifts, skills, and knowledge they see in you. This can be very enlightening and confidence-building! Don't get hung up on which column each capacity should go in; just get them down.

**Gifts** are aptitudes and inclinations that you are naturally blessed with. It might be hard to see their true value because they come easily to you. So, include things even if you think most people are good at them (they probably aren't). For example, being a good listener, organizing skills, connecting well with children, having an eye for detail, working with your hands, etc. You can also include interest areas, things you love to do, and the type of content you are drawn to. Even traits that seem like a liability can be a gift in the right context. You may also refer back to what you wrote about your gifts in the Spiritual Guidance section (p. 12).

**Skills** can include abilities you developed within or outside of work. Consider what skills you've gained throughout your entire career, as well as hobbies, and other life experiences. What things do people turn to you for help with?

**Knowledge** includes what you've learned through formal and informal education. What do people ask you for information about? If you had to teach a class on something with little notice, what would you teach?

Gifts	Skills	Knowledge

Circle or put a star by the gifts, skills, and knowledge you enjoy using.<sup>46</sup> Then in the space below, write any capacities or knowledge that you would like to gain or expand upon in the future. This could include formal and informal education, training, or experiences.

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# Your Keys

Review what you wrote on the pages listed below. Identify a few words from each that are the most important to you; then write them in the corresponding spaces. In the Gifts, Skills and Knowledge boxes, focus on the ones you identified as pleasurable. You may also include capacities you intend to gain or develop further.

Purpose Statement p. 18	World Needs p. 20	Dream Life p. 21

Your Gifts p. 23	Skills p. 23	Knowledge p. 23

Great job! Now you know your purpose, dream life, the world's needs, and the capacities you can use to address them. Highlight the items you definitely want to be part of your mission. Share these insights with people in careers or fields you are considering and ask them for input. Request an informational interview with individuals whose mission inspires you or makes you curious. People want to help! The Career and Volunteer Resources section (p. 67) also offers ways to research possibilities. On the next page you will brainstorm possible missions that take your key aspects into account.

*"Vocation is the place where our deep gladness meets the world's deep need." - Fredrick Buechner*



# Celebration

Congratulations on completing Part 3: Keys to Fulfillment! Now you have identified your life purpose, personal dreams, the world's greatest needs, and ways you can help address them. (And it's OK if you don't feel completely clear yet!) Next, in Part 4: Your Mission you will use these keys to select a specific mission and design a plan for making it a reality. But first, celebrate your progress. You're doing great! Refer to what you wrote on question 6 in the Motivation section (p. 4) for ways to celebrate.



Part 4:  
Your Mission

# Three Paths

Review your brainstorm results at the bottom of page 25. From those ideas, select the top three missions that you are considering pursuing and write them below. A mission could be your career, a volunteer position, passion project, etc. (See the Career and Volunteer Resources section on page 67 if you're still unsure.) Then write how you can explore these options through conversations and direct experiences that will help you determine which will be the best choice.<sup>47</sup>

If you're unsure what to write for the three options, you could explore:

1. making the best of your current position, 2. what you would do if your current position was no longer an option, and 3. what you would do if you had no limitations and didn't care what others thought.<sup>48</sup>

Option <i>Eg.: Professor</i>	1	2	3
Description <i>Eg.: Teach and publish research on ecology.</i>			
Who can I talk to about this option?			
What do I want to ask them? *			
How can I get direct experience to explore whether this is something I want to pursue?			

\*Research common informational interview questions for ideas.

# Mission Statement

Now that you have explored your three mission options, it's time to choose one! If you're still unsure, imagine that you've chosen one and there's no going back. Then notice how your body feels. Repeat this with each option. Do your due diligence to make the best choice and then try not to second guess it. Allowing a decision to be reversible tends to decrease one's happiness with it significantly.

Once you have made your selection, create a mission statement making sure that it is in alignment with your purpose statement.

- Consider including your big "why:"
- Your statement can define your objective and, if applicable, who you intend to impact.
- Explore whether adding specifics such as, "with ease" would make you feel more lit up about it.
- Continue to tweak it until it makes you feel inspired, passionate, or motivated.
- If it's scary to commit, remember that most people change jobs or careers multiple times.
- Don't be afraid to dream big and stretch outside your comfort zone. You'll develop greater confidence and resilience in Part 6.

## Example

Purpose Statement: *My purpose is sustainability, creativity, and teamwork.*

Mission Statement: *I work with an award-winning marketing team for a top solar company. I have fun, live a balanced life, and make six-figures while helping to address climate change.*

# My Mission Statement

Purpose Statement:

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Mission Statement:

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Consider posting your mission statement where you will see it daily.

*“A small body of determined spirits fired by an unquenchable faith in their mission can alter the course of human history.” -Mahatma Gandhi*

## Quest

You don't necessarily have to map out a longterm plan to fulfill your mission. Instead, you could use your mission statement like a GPS leading you on a quest of discovery. It can direct you to the next step, and then the next, and the next. Write or draw a few next steps you can take in the direction of your mission. For example, what are you curious or inspired to do in the next week? What opportunities are you aware of? What is your intuition telling you to do? How can you learn more? Who could you talk to about your mission?



# Mission Possible

Any worthy mission contains potential challenges. These may include external circumstances such as time or financial limitations, and can also be internal obstacles such as fears and doubts.<sup>49</sup> Making a list of these hurdles can help you design creative strategies to address them and increase your confidence that you can. This is particularly useful when your dream seems unrealistic. Please be kind to yourself as you complete the exercise. It's about creating empowering solutions, not self-criticism.

Name your mission at the top. List the potential challenges related to it in the left column; then identify one or more strategies to address each one.<sup>50</sup> Strategies could include doing research, asking for help, hiring someone, gaining more experience, getting an accountability partner, saying an affirmation, implementing self-care practices, etc. If you have trouble designing effective strategies, you may want to seek clarity through meditation (see p. 45), get input from a friend, or work with a coach or therapist.

Mission:	
Challenge	Strategy
<i>Example: fear of public speaking</i>	<i>Hypnosis, give presentations at work, join Toastmasters, remember my message is valuable</i>



Challenge	Strategy

“Doubt kills more dreams than failure ever will.” -Suzy Kassem



# Dream Team

Mission fulfillment doesn't happen in a vacuum. Teamwork makes the dream work, as they say! Enrolling others in your vision is the biggest shortcut to making your dreams come true.<sup>51</sup> It can also help you overcome the obstacles of not having enough time or money.<sup>52</sup> Identify who can support you and what you want to request of them in the chart below.

When you reach out to the people you list below, slow down, relax, and take your time communicating with them. This is about making a real connection, not rushing through a to-do list. Consider what approach and mode of communication would make you respond positively if someone made a similar request of you. Don't let fear of rejection hold you back from your dream. If you feel intimidated, remember what inspires you about the difference your mission will make. Your objective could even benefit the person you are asking for help in some way.

Most people love to help and the worst they can say is, "No." Big dreams often require hearing multiple "no's" before getting to "yes." So, if you receive a "no," reframe it as being one step closer to "yes." If someone isn't able to help, ask them who they know that you should talk to about your dream (and if they can introduce you). The average person is connected to everyone else on the planet by an average of only three and a half degrees of separation.<sup>53</sup> So, you are probably much closer to the resources you need than you think.

Set an intention for the outcome that you want, craft a clear and concise request, and consider how you can make it easy for them to say yes.<sup>54</sup> If you're not sure what would make it easiest, ask them. Use purposeful language that speaks your dream into reality. For example, "I'm creating a non-profit," is more powerful than, "I want to create a non-profit." You're doing this—own it! Finally, express your vision with passion and confidence. Inspiration is contagious!

Person	Request	Making It Easy
<i>Linda</i>	<i>"My dream is to get a marketing job with a top solar company so I can help them make the biggest climate impact. Would you be willing to introduce me to your contacts in solar?"</i>	<i>I will provide her with a brief written description of my experience and objective, which she can refer to when reaching out to her contacts.</i>

Person	Request	Making It Easy

# Master Plan

Select one to three projects that you will work on in the next few months to move your mission forward. List the project(s) and date you intend to complete them on the left. In the center, list the larger goals you need to accomplish in order to finish the project, and the intended completion date. Make the goals specific (and measurable, if applicable). Finally, break each goal down into small, concrete action steps.

Choose at least one project that you can complete within one month. This is an optimal amount of time to stay inspired and also see significant progress.<sup>55</sup> If your project feels overwhelming, consider breaking it down into even smaller projects, goals, and/or actions. Don't underestimate the power of tiny, manageable steps! As you complete your projects, map out new ones to continue fulfilling your mission. Note: master plans don't work well for everyone. If that's you, stick with the Quest approach (p. 30).

Project	Goals	Action Steps
<i>Get a marketing job with a top solar company by July 1st</i>	<i>Set up 5 job interviews by June 1st</i>	<i>Research companies, make a list of everyone I know in the field (or who may know someone), schedule calls with them, connect at social events, update resume, apply for jobs...</i>

# Action Plan

Review the action steps that you listed on your Master Plan (p. 36) and the Dream Team requests you wrote on the previous page. Identify when you will take these actions over the next few weeks or months below. Then schedule time into your calendar for completing the actions you listed.

Month	Week 1	Week 2	Week 3	Week 4
<i>May</i>	<i>Research solar companies</i>	<i>Make a list of potential solar contacts</i>	<i>Make Dream Team requests: Diane, Mark, Linda...</i>	<i>Update resume</i>



*Schedule time for your action steps into your calendar now.*

“Action without vision is only passing time, vision without action is merely day dreaming, but vision with action can change the world.” -Nelson Mandela

Month	Week 1	Week 2	Week 3	Week 4

# Celebration

Congratulations on completing Part 4! Now you have a plan for making your mission a reality. Remember that you are co-creating with life. So, be open to discovering unexpected avenues and shortcuts for bringing your vision to fruition at each step along the way. There could be something even greater in store for you than you can envision now.

In Part 5: More Purpose Now you can explore how to infuse your purpose statement into your current work and personal life today. Then in Part 6: Success Toolbox, you will build the confidence and resilience to see your greater mission through. But first...well, you know the drill by now—go celebrate!





Part 5:

More Purpose Now





# Celebration

Congratulations on completing Part 5! Now you know how to infuse your life and current work with purpose so that you can experience more fulfillment today. In Part 6: Success Toolbox you will develop the confidence, resilience, mindset, skills, and habits you will need to achieve your mission and biggest dreams. But first, celebrate your progress!



Part 6:  
Success Toolbox

# Meditation

Meditation can lead to enhanced wellbeing, focus, performance, health, relationships, and improvement in just about any area of life. It can also help you live more fully in the present moment, which decreases worries about the future and regrets over the past. Meditating can also lead to more clarity about the best next step(s) to take regarding your goals, allowing you to “work smarter, not harder.” The best way to reap the benefits of meditation is to have a daily practice. The longer your practice is, the greater the rewards. However, even very short periods of meditation can be beneficial. You can start with as little as one minute, or even just one mindful breath, and build upon that.

## Tips

Let go of any agenda or preconceptions about what you think is supposed to happen. The main intention is to be present with yourself and to allow your mind and body to rest. It’s the nature of the mind to wander, so don’t frustrate yourself with trying to stop your thoughts. When you notice that you have become absorbed in your thoughts, gently bring your attention back to your point of focus without judgment. Set an intention to accept the thoughts, feelings, and sensations that arise. You don’t need to resist them. Meditation that incorporates breathwork (breathing practices) can be especially helpful for beginners. Intense breathing also facilitates emotional release (ask your healthcare professional about any contraindications).

If your intention is to practice daily and you miss a day, simply start again without judgment. If you have a limited amount of time, set a timer so you don’t need to check the clock. There are many guided meditation recordings available on YouTube, Insight Timer, etc.

Choose one or more methods to try to see what works best for you.

- Follow a guided traditional or breathwork meditation.
- Count your breath such as 4:4:4 or 4:7:8 (inhale: hold: exhale).
- Simply focus your awareness on the sensation of your breath as you breathe normally.
- Focus on the life force that is beating your heart. If you’re experiencing any concerns or questions, present them to your heart and listen to what it has to say about them.<sup>58</sup>
- Observe and hold a space of compassion for any thoughts, feelings, or sensations that arise.
- Observe the observer (your consciousness).

# Habits

1. The way that you start each morning sets your energy and tone for the rest of the day. Morning practices that high achievers frequently attribute their success to include meditation, prayer, affirmations, gratitude, intention-setting, visualization, exercise, hydration, reading, and writing.<sup>62,63</sup> Design your own personal morning success ritual.

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2. Who has achieved something that inspires you? It could be someone you know or a public figure. What behaviors, habits and lifestyle do you think helped them succeed? How can you do more of what you imagine worked for them?

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3. What will you need to say, “No” to or limit in order to bring your dreams into reality? This may include commitments, obligations, relationships, requests, invitations, habits, lifestyle choices, etc.

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4. How can you use your time more efficiently so that you can devote more of it to your visions?

Example: *trade childcare with a friend*

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4. What changes can you make to your environment that will help you succeed?

Example: *Turn phone notifications off when I'm working, organize files*

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5. No matter how well you try to map out the future, life may have other plans for you. Spiritual teacher, Eckhart Tolle suggests that instead of asking, "What do I want from life?", it is more powerful to ask, "What does life want from me?"<sup>59</sup> Sometimes people serendipitously discover a calling that they hadn't considered or perhaps even knew was possible. Others are able to live out their long-held dreams because of a chance encounter or other fortuitous event. How can you remain open and available to what life may be guiding you to? Tip: people who are optimistic and create daily gratitude lists are more likely to spot opportunities that others miss.<sup>60</sup>

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# Energy

List the things that give you energy on the left and things that drain your energy on the right.<sup>61</sup> They may include habits, people, commitments, activities, routines, food and drink, media, thoughts, etc.

Generate Energy	Drain Energy

What changes do you want to make based on what you wrote above?

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# Resilience

1. Top performers ironically often attribute their success to a willingness to fail. Michael Jordan once said, "I've missed more than 9,000 shots in my career. I've lost almost 300 games. Twenty six times, I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed."<sup>64</sup> Imagine fully embracing failure as a necessary part of success. How do you imagine this would affect your results?

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2. What some consider failure, many high achievers would view as valuable learning experiences. Thomas Edison was once asked how it felt to fail 1,000 times when attempting to invent the lightbulb. He replied, "I didn't fail 1,000 times. The lightbulb was an invention with 1,000 steps."<sup>65</sup> Imagine viewing everything you attempt in life as an experiment. Even if you don't get the results you hope for, you will gain valuable information. In the space below, list some past failures or mistakes and what you learned from them.

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3. Human potential research shows that a major key to success is the ability to view challenges as temporary and “not that bad.”<sup>66</sup> How can you view any difficulties you are facing more optimistically?

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4. Many spiritual leaders teach that the key to happiness and wellbeing is acceptance of the present moment. How can you accept things just as they are right now?

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5. What self-care practices help you the most? What new self-care practices would you like implement?

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# Visibility

Increasing your visibility may be required to fulfill your purpose. Ironically, most people report being more afraid of public speaking than death. As comedian Jerry Seinfeld has said, people would rather be in the casket at a funeral than giving the eulogy.<sup>68</sup> This may seem illogical, but it is believed that our brains view rejection as a threat to survival because early humans couldn't survive if they were exiled from the tribe. Therefore, the more that you can get out of your head and into your heart (where you feel connection), the more you will feel safe and connected to those you are communicating with. Then you will feel more focused on your desire to serve rather than on self-conscious fear.

- Imagine you are about to do something related to your mission that requires you to be more visible than is comfortable for you (such as speaking publicly, recording a video, or otherwise putting yourself out there). Rate your discomfort level from 0-10 \_\_\_\_.
- Close your eyes and take some slow, deep breaths. Focus on your heart and feel your desire to serve your listeners. Imagine that all of the people you are going to be speaking to are in need of the gift you are about to share. See them looking at you, eagerly waiting to receive your offering. Feel them supporting you and wanting you to succeed.
- Allow your heart to open to them. Then sense their hearts opening to you. Feel your heart connecting with all of their hearts. Sense your shared humanity. Notice their gratitude for your service.
- Imagine all of the ways that what you are sharing is benefiting the listeners, as well as other people they will come into contact with in the future.
- Rate your discomfort level again from 0-10 \_\_\_\_ . Has your discomfort lessened? If not, consider working with a counselor or coach.

If desired, write about your experience with this exercise in the space below.

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# Mindset

1. One of the biggest factors that determines whether you will succeed at any goal is your relationship with yourself. Imagine that you're working toward achieving a big dream and you encounter an obstacle, adversity, or setback. What are the most supportive, empowering things you could say to yourself that will enable you to persevere? Consider posting your encouraging statements where you will see them often.

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2. Leaders of the environmental movement stress the importance of remaining hopeful despite the great challenges we are facing with the global crisis. Hope is energizing and empowering. What gives you hope for the future?

Example: *people with fresh ideas running for office, new technology that cuts emissions, history shows that only 3.5% of the population need to demonstrate to affect massive change.*<sup>69</sup>

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3. Gratitude can make you feel supported on your mission, empower you to take risks, and help you spot opportunities. Take inventory of what you are grateful for below. Be sure to include things that you tend to take for granted. For example, when you're grateful simply to be alive, everything else is a bonus.

Examples: loved-ones, opportunities, abilities, resources, dreams that have already come true, people doing good in the world, your basic needs being met, all that your body can do, your breath, simple pleasures, etc.

I am grateful for:

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# Confidence

1. What goals have you already achieved (in any area of your life)? You may want to include small accomplishments, in addition to larger ones. Even if these successes seem insignificant, listing them can help you see that you are continually learning and growing.

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2. What else makes you believe that you can achieve your mission?

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3. What would you say to a friend who is pursuing a big dream and needs encouragement? (Consider posting these affirmations where you can see them regularly.)

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## Confident Performance Exercise

If you think you need more confidence before you can pursue your dreams, think again. Confidence is usually the result of taking action, not a prerequisite.<sup>70</sup> However, it does feel empowering and may help you perform better. You might think you need to work to develop confidence, but it is actually readily available when you are centered in your *Self*, the core essence of you. In addition to confidence, *Self* is characterized by calmness, clarity, compassion, curiosity, creativity, connectedness, and courage.<sup>71</sup>

Your natural *Self*-confidence can become temporarily obscured by parts of you that want to keep you safe.<sup>72</sup> These protective parts of the psyche are often formed in childhood and rely on coping strategies that may no longer be helpful. The compassionate energy of *Self* can help these parts to feel safe and trust you to handle challenging situations.<sup>73</sup> The more that you are centered within your *Self*, the more present and peaceful you will feel, and the more capable you will be of fulfilling your dreams.

It's natural to have many different parts of you (and no, it doesn't mean you have "multiple personality disorder").<sup>74</sup> For example, you've probably said things before like, "Part of me wants to go for it, but another part of me is afraid that..." That is an example of the way these inner aspects can be in conflict with each other, or simply have different needs, desires, and perspectives. Mindfully witnessing and connecting with them can help you resolve inner conflicts and release burdens from the past so that you are more confident.<sup>75</sup> Often just observing a part's thoughts and feelings is sufficient to differentiate your *Self* from its perception so that you feel calmer. If the idea of having distinct inner parts doesn't resonate with you, another way to think about them is simply as thoughts, emotions, memories, and body sensations.

The following is inspired by Internal Family Systems Therapy's Path Meditation<sup>76</sup> and is not intended to treat any mental health concern.

1. Think of a goal or activity that you would like to have more confidence performing. It could be a big goal related to your mission or anything you would like to feel more confident doing.
2. Close your eyes and take a few slow, deep breaths. Imagine you are standing on a path in a beautiful place in nature and up ahead is your goal. Allow the scene to come alive through all your senses.
3. As you turn around on the path, you discover that behind you are all the parts of you that lack confidence or fear taking this action. You might see, feel, hear, or just sense them.
4. Feel compassion for them and comfort them in whatever way feels right. Invite them to receive your comfort and compassion, and to trust you to complete the goal.



5. Create a comfortable place where they can relax and have all their needs met. Let them know they can stay there where they feel safe, rather than forge ahead on the goal. Invite in helpful people to take care of them if they would like that. Provide anything else they need to feel safe and comfortable.
6. Let them know you're going to travel down the path toward your goal now and that you'll come back for them. Tend to any concerns they may have before proceeding.
7. Begin heading down the path toward your goal feeling calm, clear, and confident. As you travel down the path, you notice a doorway up ahead. On the other side of it is where you will achieve your goal. You reach the doorway and step through it feeling positive, strong, and empowered.
8. Take in your surroundings, the sights, sounds, and sensations. There may be other people there who are supporting or working with you. You begin completing your goal. You're in the flow and in the moment, engaged yet unattached. You feel confident and are succeeding beautifully.
9. Feeling very satisfied, you prepare to return. Thank any others who are there with you. Appreciating yourself and your success, you cross through the threshold and begin heading back up the path. You continue along the trail and up ahead you see the spot where your inner parts are waiting for you.
10. You have a warm reunion with all the parts of you that awaited your return. You express gratitude to them for trusting you to complete your goal and you celebrate your success with them. Let them know they can stay in this comfortable place if they want, or you can invite them into your heart or another safe place.
11. Ask if they would like you to check in and comfort them the next time you face a similar challenge. If so, set an intention to become aware of and tend to their needs in these future situations.

If desired, write about your experience with this exercise:

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# Celebration

Congratulations on completing The Ultimate Life Purpose Workbook! You are well on your way to living the life of your dreams and making the difference you long to make. Now go celebrate this great accomplishment! If you need ideas for ways to celebrate, refer back to what you wrote on page 4.



Extras



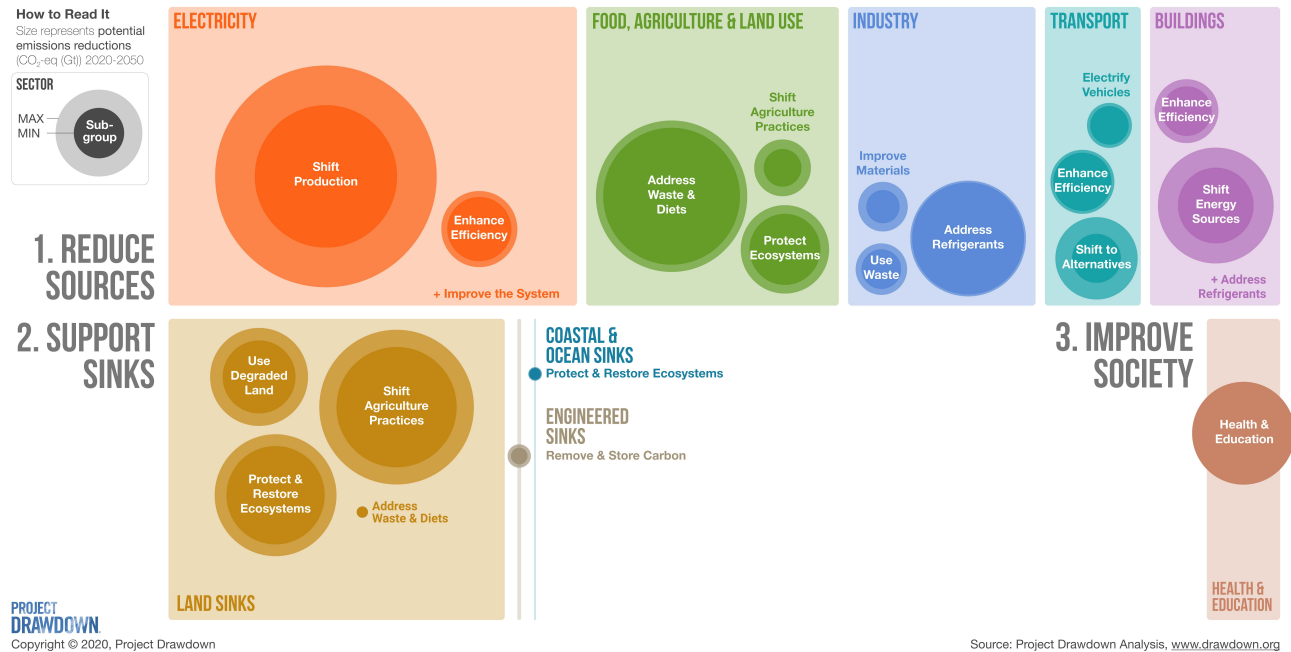






# Sustainability & Social Justice

## DRAWDOWN FRAMEWORK FOR CLIMATE SOLUTIONS



## The Solutions

To reach Drawdown, we must work on all aspects of the climate equation—stopping sources and supporting sinks, as well as helping society achieve broader transformations. That is, three connected areas call for action, which we must pursue globally, simultaneously, and with determination.

1. Reduce Sources — *bringing emissions to zero*
2. Support Sinks — *uplifting nature's carbon cycle*
3. Improve Society — *fostering equality for all*

Nested within each area of action, there are sectors and subgroups of diverse solutions—practices and technologies that can help the world stabilize and then begin to lower greenhouse gas levels in the atmosphere. Together, they comprise the Drawdown Framework for climate solutions.

Browse solutions by sector at [drawdown.org/solutions](http://drawdown.org/solutions)



<https://www.un.org/development/desa/disabilities/about-us/sustainable-development-goals-sdgs-and-disability.html>

## Activism and Education

### Extinction Rebellion

A global, non-partisan movement using non-violent direct action to persuade governments to act justly on the climate and ecological emergency.

[rebellion.global](http://rebellion.global)

### Job One for Humanity

An independent non-profit doing dialectical meta-systemic analysis focused on creating options for the best possible climate future.

[joboneforhumanity.org](http://joboneforhumanity.org)

# Career & Volunteer Resources

[bls.gov/ooh](https://www.bls.gov/ooh)

U.S. Bureau of Labor Statistics Occupational Outlook Handbook

[onetcenter.org](https://www.onetcenter.org)

Extensive database on occupational data, interest assessment, a wide variety of career search tools, etc.

[mynextmove.org](https://www.mynextmove.org)

Search by career, industry, and interests.

[gallup.com/cliftonstrengths](https://www.gallup.com/cliftonstrengths)

Clifton Strengths Assessment

[80000hours.org](https://www.80000hours.org)

Resources for choosing high-impact careers.

[greatnonprofits.org](https://www.greatnonprofits.org)

[greenjobs.net](https://www.greenjobs.net)

Environmental and social impact job boards and newsletter.

[climatebase.org](https://www.climatebase.org)

Climate jobs, talent and community.

[score.org](https://www.score.org)

Free individual mentorship and low-cost education for small business owners and start-ups.

[salary.com](https://www.salary.com)

[glassdoor.com](https://www.glassdoor.com)

Insights about jobs, companies, and salaries shared by employees.

A Guide to Resources for Running for Office

[slate.com/news-and-politics/2017/01/a-guide-to-resources-for-running-for-office.html](https://www.slate.com/news-and-politics/2017/01/a-guide-to-resources-for-running-for-office.html)

*“80% of jobs are landed through networking.”<sup>77</sup> -Wasim Hajjiri*

# Author

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I would love to hear from you. I'd especially appreciate receiving:

1. a testimonial about how the workbook helped you (please indicate if I may share it publicly)
2. what you learned about your purpose and how you are living it (for my own personal delight)
3. constructive feedback (large or small, even if it's just a typo)

Please share the workbook with others by directing them to:

[cynthiabakercoaching.com](http://cynthiabakercoaching.com)

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# A Better World and a Happier You

*The Ultimate Life Purpose Workbook* is ideal for anyone seeking to make a career change or who is starting out on their occupational or educational path. It is a guidebook for a happy, successful life. It will help you:

- Get crystal clear about your calling
- Know what makes you happy and fulfilled
- Use your unique gifts to help the world
- Break through what holds you back

*"The Ultimate Life Purpose Workbook* is a beautiful offering to the world. It is filled with such heart, devoted to helping us all raise our awareness and live our best, most inspired lives. If you are looking to discover, renew, or reconnect with your purpose, this book is the perfect guide to take you there and beyond."

-Cherie Kephart, award-winning author of *A Few Minor Adjustments*

*"The Ultimate Life Purpose Workbook* is a fantastic, easy to follow resource packed with great ideas and ways to discover one's inner compass." -Herena Stone

"I highly recommend this helpful, polished, and detailed workbook to anyone seeking to understand and evolve purpose on life's journey." -Barbara Watson

*"Completing The Ultimate Life Purpose Workbook* helped me feel less anxious and overwhelmed because now I have a beacon to guide me through my life. It helped me figure out my purpose and as soon as I did, ideas dropped into my head about how to live it." -J. Andre



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