



## Writing the Story of Your Life – Module 2

### “The Traps Along The Way”

Pick some or all of the following action steps. Add any of your own as well. Once you identify some actions you want to accomplish.....BY ALL MEANS GO DO THEM!

## Module 2: Application

The journey into a purposeful life is not without difficulties. Often our greatest challenges come from within. Our thinking, the way in which we view our past and the way in which we see ourselves in the context of our dreams can easily dismantle our hopes. Our significance as a person is inherent. Regardless of others and most often in spite of them, our potential is not determined by anything external. Our potential is inherent and independent of all else. Our potential is the spark of life within ourselves and holds the key to our futures.

A purposeful life flows like a river, the challenge for each of us on this intentional journey is to unblock the debris that accumulates with the years. The fear that imprisons us, self doubt and self imposed responsibilities often begin to suffocate us. To move forward into a new chapter of life, you must face your "demons", the shadowy figures that nip at our heels attempting to trip us up as we take the most important step of our lives.

Don't let ideas like "wasted years" or "insignificance" block the vital flow of purpose in your life. Every experience teaches us. No time is ever wasted and nothing is insignificant. Choose well, learn to listen to the voices inside that speak life. Ignore all the other voices. Tune into your dream, dial into your heart and let the song of your soul reemerge from the darkness of your past. Learn to leverage experiences both good and bad. Trust the process.

As trials of life hit with hurricane force on the shores of your experience, face the force of the wind head on. Remember that these difficult times are building you, refining you, and defining a beautiful future that is uniquely yours. The places of our greatest pain most often become a platform for our purpose. Pain and loss does not steal your future, it positions you for a purpose and a future that is only possible because of the process. Without darkness the brilliance of light would never be revealed. Without hardship the potential of your future can never be realized.....embrace it!

## **Action Steps - Take the next step today!**

- Take a personal inventory. Take a walk through even the most difficult times of your past. List the traits, skills, and accomplishments that emerged even through hardship. Identify how these "tools" can be utilized to propel you into your life's purpose.
- Make a hard decision. Sometimes moving forward has a cost. Sometimes we have to experience a temporary "pain" to achieve a long term goal. (it is always worth it!) Rip the bandage off today! Take the step, whatever it is. Have the hard conversation, tell the news, sign up for the class, cut up the credit card, quit the job! The most important thing is DO IT TODAY! If you delay you will wake up another year older and realize nothing has changed. Don't make that mistake again.
- If you have not done so already, infuse your day with purpose. Even the smallest efforts consistently done will move you forward. Add 30 minutes to your day (better than that dump 30 minutes of empty/wasted time.....I promise it is there to dump!). Read a book. Write the notes. Make the call. Set up the meeting. Visit the organization. Take the trip. Add daily purpose to your life. Step by step, no matter how small or seemingly insignificant, DO SOMETHING PURPOSEFUL!
- If you still don't have clarity about your purpose. Explore the world. Go Help. Go Volunteer. In the process of doing you will bump into the specific purpose of your life. Sometimes it is surprisingly different than you imagined. Find the flow. Discover what works, what feels "right", then take that path. Push down it until it changes direction or opens up into a new and bright future. In doing we will find ourselves and discover the rhythm of our hearts.