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**YOU'RE THE ONE
LIFE COACHING AND PERFORMANCE CONSULTING**

Volume 3, Issue 10

- **WHAT'S MY LIFE PURPOSE?**
- **LESSON FROM BRUCE LEE**
- **EMPTY THE CUP TO FILL THE CUP**
- **LIVING A LIFE THAT IS FULFILLING ON A DEEP CORE LEVEL**

THEME FOR OCTOBER — WHAT'S MY LIFE PURPOSE?

Welcome to October. I love September—the start of Spring, and I am equally passionate about October as we are moving deeper into Spring and ever closer to Summer. Here in Melbourne it is the time of the Spring Racing Carnival, Spring Fashion Festivals, and everything this year is light, and breezy! Last month was absolutely a magical month, as many of you started your Vision Boards and Magic Boxes! Please keep me updated on what manifests in your life from your visions, and remember to keep adding to your Board/Box. My inspiration for October, comes from conversations I have had of recent times with people who are asking themselves questions like "What is my life really about." So I have devoted October to exploring ways to find out your life purpose, and for you to really get to the core of specifically your true Life Purpose, so that your life has more meaning and heart and you focus on what is truly important to you.

THE PARABLE OF LIFE PURPOSE: LEARN A LESSON FROM BRUCE LEE
How do you discover your real purpose in life, the real reason for your existence? (Note: I am not talking about your job, your daily responsibilities, or even your long term goals.)

Here's a story about Bruce Lee which sets the stage for this little exercise. A master martial artist asked Bruce to teach him everything Bruce knew about martial arts. Bruce held up two cups, both filled with liquid. "The first cup," said Bruce, "represents all of your knowledge about martial arts. The second cup represents all of my knowledge about martial arts. If you want to fill your cup with my knowledge, you must first empty your cup of your knowledge."

If you want to discover your true purpose in life, you must first empty your mind of all the false purposes you've been taught (including the idea that you may have no purpose at all).

* * * * *

You may be wondering why even wonder what a Life Purpose is? When you are living your life at purpose your life is satisfying and fulfilling on a deep core level.

This month we show you many ways to discover your Life Purpose! So have fun in exploring what comes up for you.

Inside this issue:

**WHAT'S MY LIFE 1
PURPOSE**

**WHY A LIFE PUR- 1
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**CREATE A MIS- 2
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**LP EMOTIONAL 3
TECHNIQUE**

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**GOOD LUCK FOR 4
OCTOBER!**

WHY A LIFE PURPOSE? WHAT IS A LIFE WITH PURPOSE?

We go through life and most of us come to a time when we start asking ourselves these kinds of questions: "Who am I?", "why am I here?", and "what is my life all about?"

We look for answers that give us direction and knowledge that provides a life plan.

Congratulations if you are asking yourself these kinds of questions because you are ready to awaken to your true life purpose!

(Note: Some people who lack

a life mission and direction, chase material goods, money, and power, yet yearn for the satisfaction and fulfillment of living a life of meaning, a life of internal reward and satisfaction.)

Each of us also has as individual purpose. It is a calling, a mission, or an overall theme for your life which transcends your daily activities. It is the quality you have come to earth to develop, the type of service you are here to render, the segment of the

planet you have come to enhance or improve. It pervades your entire life.

There are 5 stages to discovering your purpose:

1. Awakening
2. Awareness
3. Acceptance
4. Articulating
5. Acting

This newsletter will help you to move through all 5 steps.

DISCOVER YOUR LIFE PURPOSE AFFIRMATIONS:

*Each day my life is filled with wonders and magic.
 * I feel my divine connection to everyone and everything.
 * The light of God is guiding me in everything I do.
 * Every step I take leads me toward my Life Purpose.
 * I now surrender to the will of God
 * Divine guidance is with me always
 * I now let miracles happen
 * Divine wisdom unfolds within me now.
 * I am now filled with the light and love of God.
 * Everything I seek is seeking me now.
 * I now call on the light of God to guide me.

DISCOVER YOUR LIFE PURPOSE AFFIRMATIONS:

* I am totally one with God.
 * I choose to experience things that will reveal my true Life Purpose.
 * I am now acting upon my Life Purpose with joy and passion.
 * I now accept that my Life Purpose is to love myself others.
 * I am now free to do the things I love.
 * I choose to do the things I love.
 * I am fulfilled as a person.
 * I am now clear on my goals and I have the strength to follow through on them.
 * I am in a constant state of fulfillment.
 * I am certain that my path is always perfect for me.

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EXERCISE 1:15 QUESTIONS TO DISCOVER YOUR LIFE PURPOSE

Simple Instructions: Take out a few sheets of loose paper and a pen. Find a place where you will not be interrupted. Write your answers to each question down, write the first thing that pops into your head, without editing. Use point form. It's important to **write** out your answers rather than just thinking about them. Write quickly. Give yourself less than 60 seconds a question. Preferably less than 30 seconds. Be honest. Enjoy the moment and smile as you write.

15 Questions:

1. What makes you smile? (Activities, people, events, hobbies, projects, etc.)
2. What are your favorite

things to do in the past? What about now?

3. What activities make you lose track of time?

4. What makes you feel great about yourself?

5. Who inspires you most? (Anyone you know or do not know. Family, friends, authors, artists, leaders, etc.) Which qualities inspire you, in each person?

6. What are you naturally good at? (Skills, abilities, gifts etc.)

7. What do people typically ask you for help in?

8. If you had to teach something, what would you teach?

9. What would you regret not fully doing, being or having in your life?

10. You are now 90 years old, sitting on a rocking chair outside your porch; you can feel the spring breeze gently brushing against your face. You are blissful and happy, and are pleased with the wonderful life you've been blessed with. Looking back at your life and all that you've achieved and acquired, all the relationships you've developed; what matters to you most? List them out.

11. What are your deepest values? Select 3 to 6 and prioritize the words in order of importance to you.

EXERCISE 1:15 QUESTIONS TO DISCOVER YOUR LIFE PURPOSE

12. What were some challenges, difficulties and hardships you've overcome or are in the process of overcoming? How did you do it?

13. What causes do you strongly believe in? Connect with?

14. If you could get a message across to a large group of people. Who would those people be? What would your message be?

15. Given your talents, passions and values. How could

you use these resources to serve, to help, to contribute? (to people, beings, causes, organization, environment, planet, etc.)

EXERCISE 2: CREATING YOUR PERSONAL MISSION STATEMENT

"Writing or reviewing a mission statement changes you because it forces you to think through your priorities deeply, carefully, and to align your behaviour with your beliefs"

– Stephen Covey,

'A personal mission consists of 3 parts:

What do I want to **do**?

Who do I want to help?

What is the **result**? What value will I create?

Steps to Creating Your Per-

sonal Mission Statement:

1. Do the exercise with the 15 questions above as quickly as you can.

2. List out actions words you connect with.

a. Example: educate, accomplish, empower, encourage, improve, help, give, guide, inspire, integrate, master, motivate, nurture, organize, produce, promote, travel, spread, share, satisfy, understand, teach, write, etc.

3. Based on your answers to

the 15 questions. List everything and everyone that you believe you can help.

a. Example: People, creatures, organizations, causes, groups, environment, etc.

4. Identify your end goal. How will the '**who**' from your above answer benefit from what you '**do**'?

5. Combine steps 2-4 into a sentence, or 2-3 sentences.

What is your purpose?
What is your mission?

EXERCISE 3: HOW TO DISCOVER YOUR LIFE PURPOSE– EMOTIONAL TECHNIQUE

So how to discover your purpose in life? There are many ways to discover this, and some are fairly involved. Here is one of the easiest ways. However, you do need to be very “open” to this process, and the more you expect it to work, the faster it will work for you.

Here’s what to do:

1. Take OUT a blank sheet of paper or open up a word processor where you can type.
2. Write at the top, “What is my true purpose in life?”
3. Write an answer (any answer) that pops into your head. It doesn’t have to be a complete sentence. A short

phrase is fine.

REPEAT STEP 3 UNTIL YOU WRITE THE ANSWER THAT MAKES YOU CRY. THIS IS YOUR PURPOSE.

That is all you have to do. It doesn’t matter if you are a World President, if you are a counselor, or if you are a stay at home Mum. Some people will feel absolutely ridiculous doing this exercise, and others may think it silly, or some will feel this is great! However, you feel, just persist. Usually it takes 15-20 minutes to clear your head of all the clutter and social conditioning about what you think your purpose in life is. Like Bruce Lee, you need to empty the cup of knowledge to fill

with the cup of knowledge. The false answers will come from your mind and your memories. But when the true answer finally arrives, it will feel like it’s coming to you from a different source entirely. As you go through this process, some of your answers will be very similar. You may even re-list previous answers. Then you might head off on a new tangent and generate 10-20 more answers along some other theme. And that’s fine. You can list whatever answer pops into your head as long as you just keep writing. At some point during the process (typically after about 50-100 answers), you may want to quit and just can’t see it con-

EXERCISE 3: HOW TO DISCOVER YOUR LIFE PURPOSE– EMOTIONAL TECHNIQUE

-ing. The feeling of resistance will eventually pass. You may also discover a few answers that seem to give you a mini-surge of emotion, but they don’t quite make you cry — they’re just a bit off. Highlight those answers as you go along, so you can come back to them to generate new permutations. Each reflects a piece of your purpose, but individually they aren’t complete. When you start getting these kinds of answers, it just means you’re getting warm. Keep going. It’s important to do this alone and with no in-

terruptions. When you find your own unique answer to the question of why you’re here, you will feel it resonate with you deeply. The words will seem to have a special energy to you, and you will feel that energy whenever you read them.

Discovering your purpose is the easy part. The hard part is keeping it with you on a daily basis and working on yourself to the point where you become that purpose.

If you’re inclined to ask why

this little process works, just put that question aside until after you’ve successfully completed it. Once you’ve done that, you’ll probably have your own answer to why it works. Most likely if you ask 10 different people why this works (people who’ve successfully completed it), you’ll get 10 different answers, all filtered through their individual belief systems, and each will contain its own reflection of truth.

Obviously, this process won’t work if you quit before convergence. I’d estimate that

EXERCISE 3: HOW TO DISCOVER YOUR LIFE PURPOSE– EMOTIONAL TECHNIQUE

80-90% of people should achieve convergence in less than an hour. If you’re really

than an hour. If you’re really

entrenched in your beliefs and resistant to the process, maybe it will take you 5 hours, but I suspect that such people will simply quit early (like within the first 15 minutes) or won’t even attempt it at all. But if you’re open minded (and haven’t been inclined to ban it from your life yet), then it’s doubtful you fall into this group.

NOW THAT YOU HAVE AWOKEN TO YOUR PURPOSE, YOU HAVE AN AWARENESS OF YOUR PURPOSE, YOU HAVE ACCEPTED YOU HAVE A PURPOSE, AND YOU HAVE ARTICULATED YOU HAVE A PURPOSE, THERE IS ONE LAST STEP—TO ACT FROM PURPOSE. I INVITE YOU TO DECIDE TO START LIVING YOUR PURPOSE FROM THIS DAY FORWARD AND LIVING A LIFE THAT IS FULLY DYNAMIC, FULFILLING AND POWERFUL AND AUTHENTIC TO YOU!!.

Clarifying your life purpose

Imagine you are at a dinner party in your honor with family, friends & colleagues—3 people are going to stand up and talk about you. What do you want them to say?

Who you are?

What you did?

How you achieved it?

Keys to Understanding Your Life Purpose:

- Meditate to hear your inner wisdom
- Reflect on your personal fulfilling pleasures
- Recall the activities you loved when you were young
- Inventory your unique skills, those abilities in which you excel
- Assess your values, those characteristics of you that are non-negotiable
- Combine all these insights and look for the areas of life that combine passion, attraction, excellence, and value congruence.

Remember that purpose is more about who you are being than the specific things you are doing.



you're the one
the best. the one

YOU'RE THE ONE

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I hope you have gained value from this Newsletter. We all want a life that fulfills—a life of joy and meaning. The quest for a meaningful, joyous, fulfilling life begins with purpose. Most of us get this backwards, spending the majority of our lives doing things and the latter years seeking the purpose behind our doing-ness. Purpose is more about being than doing. Joy and fulfillment feelings come from who we are being; we experience who we are being in the things we do. So being comes first. Consciously choosing who we are being allows us to select doing-things that align with purpose. Being is a state of existence. We are always in some state of existence; When you consciously choose your states of being in situations and when these states align you with purpose, life becomes much, much easier. So wishing you a wonderful October, full of discovery about what your life is really about!

IF YOU WOULD LIKE TO EXPERIENCE LIFE COACHING, NEURO-LINGUISTIC PROGRAMMING, NLP COACHING, TIMELINE THERAPY OR HYPNOSIS..PLEASE CONTACT:

KAREN ON 0419 570011 OR 03-9318 3711

TO ARRANGE A COMPLIMENTARY ONE HOUR COACHING SESSION

**WE LOOK FORWARD TO ASSISTING YOU IN YOUR DISCOVERY & BREAKTHROUGH
WARMEST REGARDS,**

KAREN VELLA

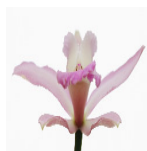
YTO OWNER,

LIFE COACH & NLP PRACTITIONER (HYPNOSIS/TIMELINE/NLP/NLP COACH)

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EXERCISE 4: QUALITIES OF YOUR LIFE PURPOSE AND WHAT IT FEELS LIKE?



Life purpose is fun, joyful, and playful. When you are carrying out our life purpose, you will find that the time goes by unnoticed. Hours pass in pure bliss. The dictionary defines bliss as 'complete happiness.' Another way to describe it is to pursue those things that cause you to experience complete happiness. Abraham Maslow called these experiences peak experiences. 'Peak experiences' are a regular occurrence when you are following your life purpose. Both of these concepts are closely aligned with discovering and following your life purpose.

Another characteristic of life purpose is that it is completely unique to you. No one else can fulfill your purpose, no one can approach it as you can. Life purpose is also the natural expression of who

you are. You are good at your purpose and you love what you do. It is the very essence of you.

There are two essential elements to life purpose:

1. Life purpose is something that you are passionate about. It's something that you enjoy so much, that you would pay for the privilege of doing it

2. Life purpose is about serving. When you know that your work makes a difference, you have the power to move mountains. Serving is what gives power to your passion.

Until you find your purpose, there will always seem to be something missing in your life.

Life purpose is something you create. It's something you bring forth out of your

commitment and determination.

Although you can't look up purpose, there is a path where purpose can be discovered

The first step on this path is to find your passion. What do you love to do?

What are you naturally good at? What turns you on? What could you throw your heart and soul into?