

Chapter 4: My Purpose Matters

Have you ever wondered, “Why do we do what we don’t want to do?” Sometimes it may be life’s circumstances that make it hard to stay focused on what matters. But many times, it is our own selfishness that leads to bad choices that misdirect our focus. Within a fraction of a moment, we might react impatiently or become irritated and use a harsh tone of voice when someone does not agree with us.

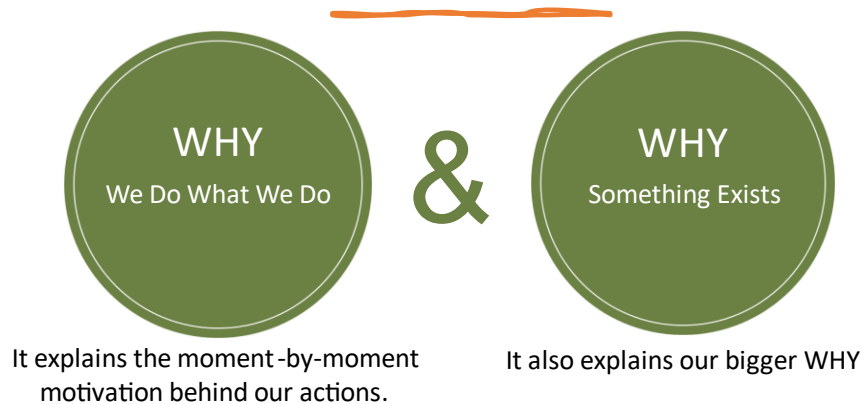
Every time we choose to fold our story into a story bigger than ourselves, life becomes more meaningful and fulfilling. Yet, in our daily lives, we all face a common problem - we live in a world full of distractions that make it easy to lose focus on our goals or dreams.

In this chapter, we are going to explore how our motivations and purpose affect how our story unfolds and gain tools to align our moment-by-moment choices with our desire to be a positive contributor at home, work, and play.

WHY We Do What We Do

There are many ways to describe what we care about.

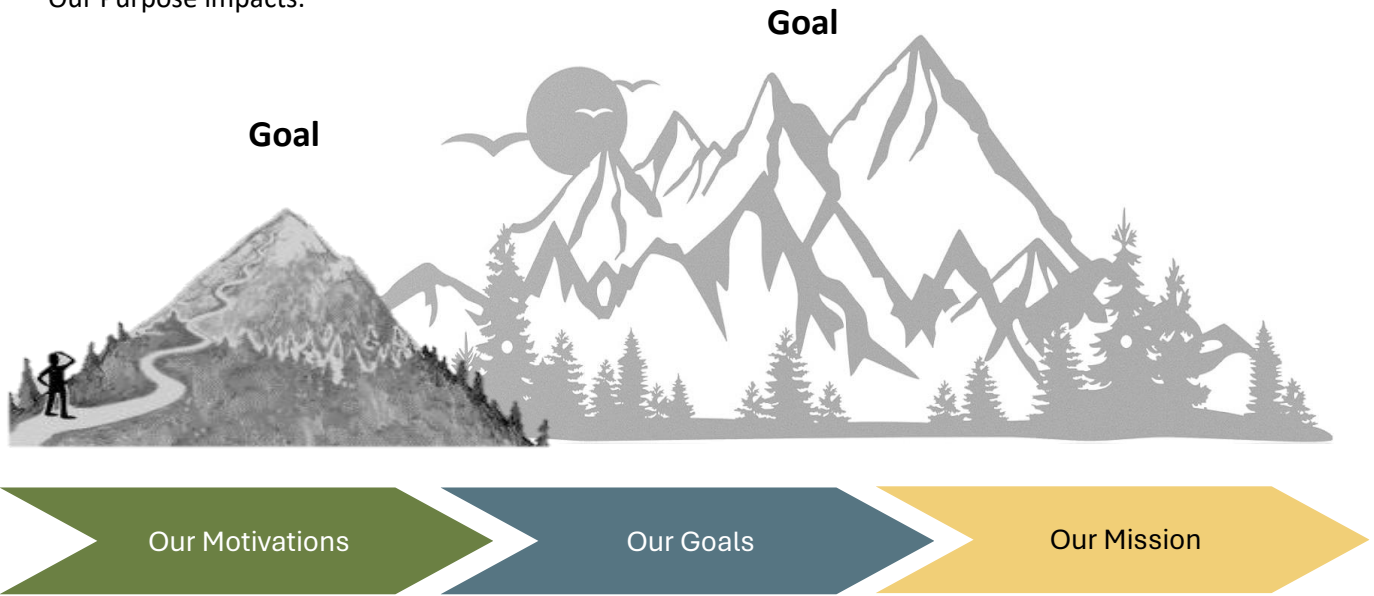
PURPOSE can be Defined as:



IDEALLY



Our Purpose impacts:



The WHY behind our Choices

Situational, moment-by-moment reasons driving our next actions. Motivated to achieve a goal increases our determination to do the hard work it takes to move forward.

WHAT We Hope to Achieve

Measurable objectives like grades, job, family life, health, etc.

Our Bigger WHY

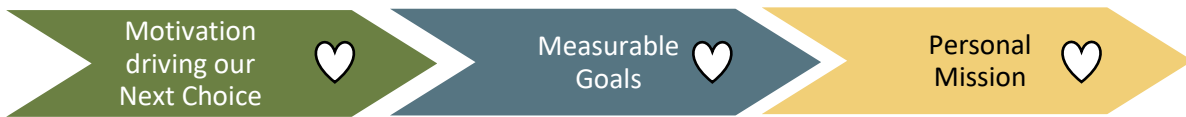
What we want our story to be about. A vision describing the impact we want to make and the type of person we want to become.

Notice:

- Our goals and mission describe what we hope to accomplish and the impact we want to make.
- Our purpose gives us the direction and focus we need to achieve our goals.
- But our moment-by-moment motivations and choices determine how our real story unfolds.



In a Thriving Cycle, love directs our actions. So, the motivation driving our next choice aligns with our goals and mission to make a positive impact.

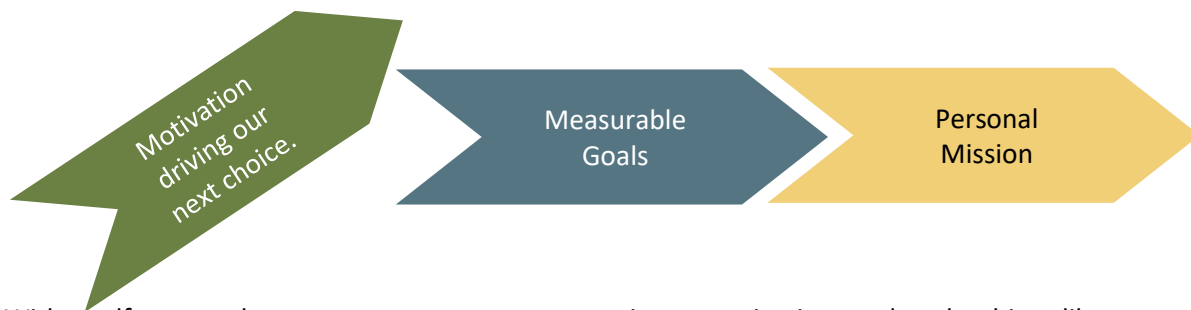


With greater purpose as our compass, we want to bring meaning into our work and relationships by:

- growing and reaching our full potential.
- being a good role model.
- building healthy relationships and supporting others.
- creating solutions for the good of humanity
- bringing out the best in ourselves and others.

As we get involved in creating solutions to the problems around us, we see our value and our motivation to be a positive contributor increase. Prepared to turn life's inevitable ups and downs into opportunities that make a positive impact, love and confidence grow under any condition.

In a Distracted Cycle, insecurity or pride direct our actions. So, there is often a disconnect between the motivations driving our next choice and our desired outcomes.



With a self-centered purpose as our compass, our primary motivation tends to be things like:

- avoiding rejection or failure.
- succeeding at any cost.
- gaining approval or popularity.
- looking important.
- winning our way.

Focused on ourselves, we can lack determination, respect, or integrity when pursuing our goals. Making choices that hurt ourselves or others, frustration and insecurity grow.

We all have a mixed narrative. In other words, our lives are a mixture of moments lived on- and off-target. For example:

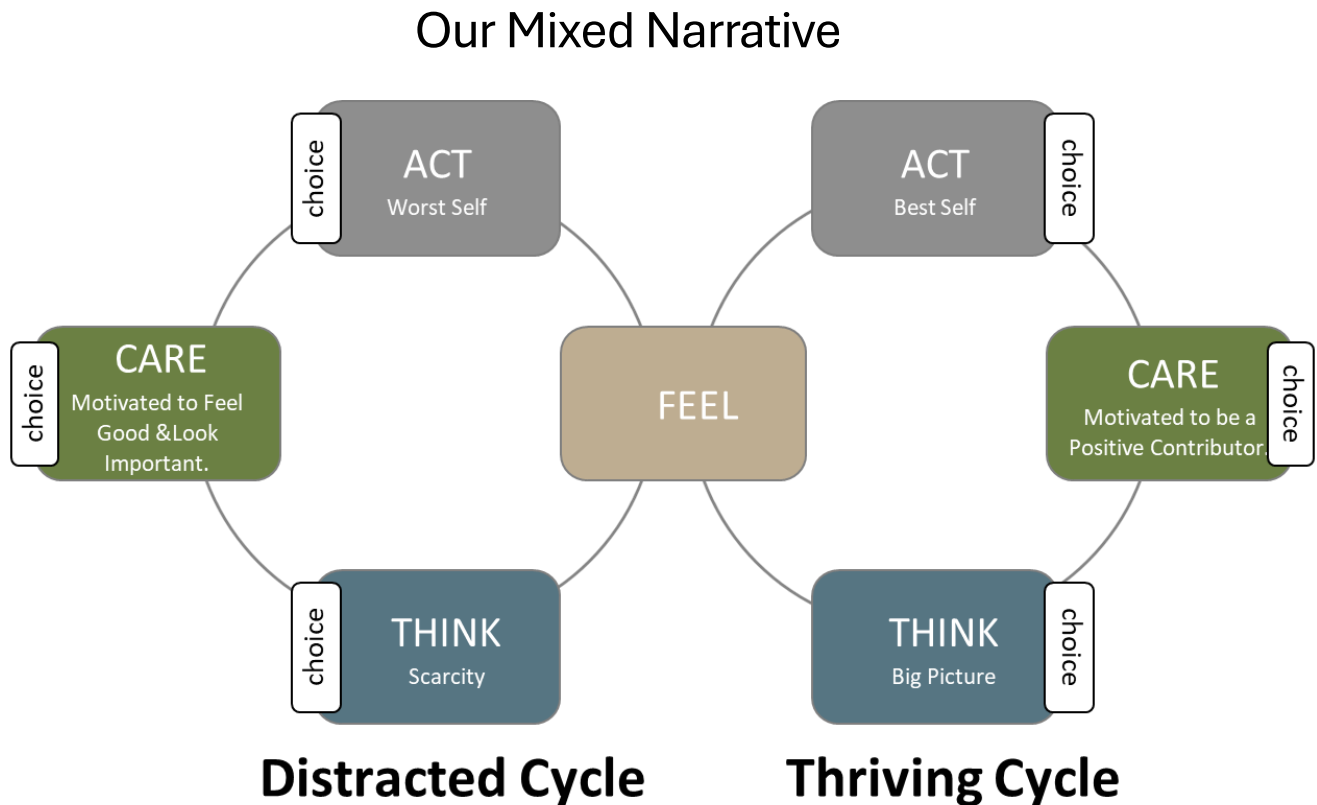
Joe wants his team to win the championship.	
Thriving Cycle	Distracted Cycle
Joe loves his team and sport. He wants to win. But more than winning, he wants to be a good example. So, he gives 100% effort, encourages others, and stays kind and respectful even when his team loses.	Sometimes Joe gets distracted and his desire to win dominates everything else. When things go wrong, he can compromise his integrity to manipulate a win. When his teammates make a mistake, he can be harsh and disrespectful.
Liz owns a business and wants it to succeed.	
Thriving Cycle	Distracted Cycle
Liz wants her business to be successful so she can help support her family doing what she loves. She also wants to build a strong team culture where everyone feels valued and supported. When things go wrong, she provides direct feedback that is both helpful and kind.	Sometimes Liz gets distracted. Focused on avoiding failure, she can feel overwhelmed. When things go wrong, her words are harsh and critical. In those moments, her employees don't feel safe, and they lack direction on how to improve things moving forward.
Stacey wants to have close friends.	
Thriving Cycle	Distracted Cycle
Stacey wants to build supportive relationships. So, she is intentional about spending time with friends having fun and helping one another. When there is a disagreement, she listens with curiosity. Then respectfully shares her ideas.	Sometimes Stacey gets distracted. Focused on gaining approval, she can give in to peer pressure. When there is a disagreement, she stays silent, so she does not risk being rejected.

In a world full of complex problems, our helpful deeds and kind words will make a positive difference. While we cannot fix every problem, when we pursue our goals and dreams with determination, respect and integrity, love and confidence grow. So, it gets easier to realign when we get off-track.

Yes, But How

At our Best, we want to be a positive contributor who drives Positive Change. We want to take the next right step because we want our life to make a positive impact. So, how can we be more intentional about living in a thriving cycle?

We can develop the habit of paying attention to our emotions, acknowledging our mixed narrative, and utilizing the **Power of a Pause**. With time, intention, and support it can get easier to realign how we THINK, CARE, and ACT when we get distracted.



The My Motivation Matters Exercise Part 1 gives us a quick snapshot of how our motivation affects how our story unfolds. The My Motivation Matters Exercise Part 2 helps us write a Mission Statement solidifying the positive direction we want our life to go.

My Purpose Matters Exercise

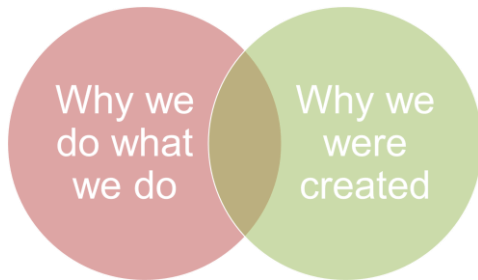
Directions: Write down one of your roles and a goal for that role. Then consider how you pursue your goal when you are in a Thriving vs Distracted Cycle by checking the boxes that apply to you.

Role _____ (e.g. student, employee, athlete, son, parent, spouse)

Goal: _____ (e.g. Get a good job or grade, have a supportive family).

Thriving Cycle	Distracted Cycle
<p>In a Thriving Cycle, I am motivated to succeed by:</p> <p><input type="checkbox"/> growing and reaching my full potential.</p> <p><input type="checkbox"/> being a good role model.</p> <p><input type="checkbox"/> bringing out the best in myself & others.</p> <p><input type="checkbox"/> Other:</p> <p><input type="checkbox"/> sculpting solutions for the good of humanity</p> <p><input type="checkbox"/> building healthy relationships and supporting others.</p>	<p>In a Distracted Cycle, my primary motivations are:</p> <p><input type="checkbox"/> avoiding pain, failure, or rejection.</p> <p><input type="checkbox"/> gaining approval or popularity.</p> <p><input type="checkbox"/> Other:</p> <p><input type="checkbox"/> looking & feeling important.</p> <p><input type="checkbox"/> success (at any cost).</p> <p><input type="checkbox"/> getting my way.</p>
Actions and Attitudes	Actions and Attitudes
<p>In a Thriving Cycle, I have determination, respect, and integrity. So, I pursue my goals by:</p> <p><input type="checkbox"/> being approachable</p> <p><input type="checkbox"/> supporting those in need</p> <p><input type="checkbox"/> encouraging others</p> <p><input type="checkbox"/> staying focused</p> <p><input type="checkbox"/> forgiving others</p> <p><input type="checkbox"/> saying I am sorry when needed.</p> <p><input type="checkbox"/> working together to create solutions.</p> <p><input type="checkbox"/> helping others</p> <p><input type="checkbox"/> asking for help</p> <p><input type="checkbox"/> persevering & not giving up.</p> <p><input type="checkbox"/> celebrating the success of others</p> <p><input type="checkbox"/> obeying the rules</p> <p><input type="checkbox"/> being honest, trustworthy</p> <p><input type="checkbox"/> being responsible</p> <p><input type="checkbox"/> being prepared & punctual</p> <p><input type="checkbox"/> engaging in civil conversations</p> <p><input type="checkbox"/> listening to understand</p> <p><input type="checkbox"/> being honest in my evaluation of myself</p> <p><input type="checkbox"/> being considerate (even when I disagree with others)</p> <p><input type="checkbox"/> being patient & respectful (even if others are not)</p> <p>Other:</p>	<p>In a Distracted Cycle, I can lack determination, respect, or integrity. So, I can:</p> <p><input type="checkbox"/> use a rude tone of voice.</p> <p><input type="checkbox"/> be bossy & demanding.</p> <p><input type="checkbox"/> be judgmental or critical.</p> <p><input type="checkbox"/> try to control others.</p> <p><input type="checkbox"/> say or do hurtful things.</p> <p><input type="checkbox"/> hold a grudge.</p> <p><input type="checkbox"/> complain/ blame.</p> <p><input type="checkbox"/> interrupt (instead of listening)</p> <p><input type="checkbox"/> be defensive or argumentative.</p> <p><input type="checkbox"/> lose focus.</p> <p><input type="checkbox"/> get distracted.</p> <p><input type="checkbox"/> not acknowledging what I did wrong.</p> <p><input type="checkbox"/> avoid asking for help.</p> <p><input type="checkbox"/> avoid difficult situations.</p> <p><input type="checkbox"/> avoid sharing ideas or feelings.</p> <p><input type="checkbox"/> shut down emotionally.</p> <p><input type="checkbox"/> reject feedback.</p> <p><input type="checkbox"/> be dishonest.</p> <p><input type="checkbox"/> make reckless choices.</p> <p><input type="checkbox"/> be rebellious.</p> <p><input type="checkbox"/> be inconsiderate.</p> <p><input type="checkbox"/> be impatient.</p> <p><input type="checkbox"/> be prejudiced.</p> <p>Other:</p>

We were created on purpose for a purpose. In Christ, We have a Beautiful WHY.



We are eyewitnesses of God's love uniquely positioned to make an eternal impact because it is what our maker designed us to do. When we put our trust in Jesus we can say with bold assurance:

I am CHRIST'S AMBASSADOR, His co-worker. He is making His appeal through me. 2Corinthians 5:2, 6:1

I am GOD'S HANDIWORK, created in Christ Jesus to do good works, which God prepared in advance for me to do. Ephesians 2:10

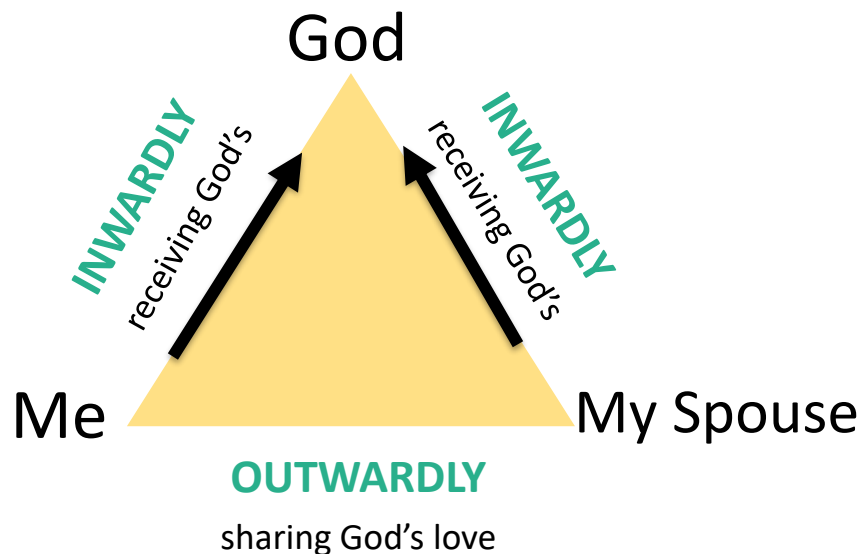
I am A LETTER, written on our hearts, known and read by everyone. I show that I am a letter from Christ...written not with ink but with the Spirit of the living God, not on tablets of stone but on tablets of human hearts. 2 Corinthians 3:2-3

I am the CLAY, Our Lord is the potter. I am the work of His hand. Isa 64:8

I am CHOSEN AND APPOINTED by God to go and bear fruit. John 15:16

I am predestined to be CONFORMED to the image of Jesus Romans 8:29

At our BEST, we are growing INWARD OUTWARD and TOGETHER!



My Personal Mission Statement Exercise

One way to stay aligned with is to think about the end of our life and what we hope to have accomplished. Then, work backward. Solidifying our Mission Statement and the positive direction we want our life to go can make it easier to realign when we get distracted.



At our BEST, we want to be a positive contributor who drives Positive Change.



Step 1: Identify your Values. What values do you need to feel more fulfilled as you strive to achieve your goals. Circle your top 15-20. Then put a start next to your top 5 values.

Authenticity	Curiosity	Kindness	Living out my faith
Achievement	Determination	Knowledge	Reputation
Adventure	Fairness	Leadership	Respect
Authority	Faith	Learning	Responsibility
Autonomy	Fame	Love	Security
Balance	Friendships	Loyalty	Self-Respect
Beauty	Fun	Meaningful Work	Service
Boldness	Growth	Openness	Spirituality
Compassion	Happiness	Optimism	Stability
Challenge	Honesty	Peace	Success
Citizenship	Humor	Pleasure	Status
Community	Influence	Poise	Trustworthiness
Competency	Inner Harmony	Popularity	Wealth
Contribution	Justice	Recognition	Wisdom
Creativity			

Step 2: Recall Your Unique Story from the Positioned for Change Exercise Session 2

Rewrite moments you will never forget (important experiences that have shaped who you are today).
Examples: Accomplishing a goal, overcoming a loss, injury, career change.

Rewrite some things that break your heart... List things that move you to action. For example: injustice, hurting people, climate change, homelessness, bullying.

Rewrite the ideas you wrote that capture your personal mission.

Step 3: What words best summarize how you hope to be a positive contributor. I want to:

- drive positive change in my home, community, and world.
- create solutions that are good for humanity.
- help others grow and reach their full potential.
- provide resources for people experiencing:
- leave the world more radiant by:
- support:
- be a positive role model.
- bring meaning into my work and relationships.
- build healthy relationships.
- grow and reach my full potential.
- live out my identity in Christ.
- share the hope of Christ.
- other:

Step 4: Write Your Personal Mission Statement:

Use Steps 1-3 to craft a personal mission statement. Your mission summarizes what you want your story to be about, the impact you want to make, and how you want to make the world a better place.
Examples: I want to help protect our environment. I want to use my strengths to help those who are hurting.

The POWER OF MUTUAL PURPOSE Explanation and Exercise

How NOT to achieve mutual purpose:

1. COMPROMISE - You both lose! Not good!
2. BULLDOZING – One person wins, the other loses! Not good!
3. GIVING IN - One person loses to let the other one win! Not good!

HOW TO ACHIEVE MUTUAL PURPOSE

1. **COMMIT** to a mutual purpose.
2. **LET GO** of conflicting strategies that you saw as your purpose.
3. **SYNERGIZE** a purpose that satisfies you both.
4. **BRAINSTORM** new strategies that accomplish this higher purpose

1. **COMMIT** to a Mutual Purpose

What are some ways you can express your commitment to mutual purpose?

Here are some ideas...

"It seems like we're both trying to force our view on each other. I commit to stay in this discussion until we have a solution that satisfies both of us."

"Let's stay in this conversation until we find something that works for both of us."

"If it's not good for 'us', it's not good for me."

Does this mean I won't get what I want?

No. It's about getting what you really want! For yourself, for the other person, for the relationship, for the organization!

2. **LET GO** of Conflicting Strategies

What is the difference between a **purpose** and a **strategy**?

A **purpose** is what I really want. A **strategy** is how I get what I really want.

Example: On a Friday night Sandy would said, *"Let's go to the beach tomorrow."*

And I had already decided I wanted to stay home and work in my home office.

- HOW TO ACHIEVE MUTUAL PURPOSE

How do I **LET GO** of Conflicting Strategies?

Find out what each person wants.

Chuck: *"Why do you want to go to the beach?"*

Sandy: *"I want to get away, see some beauty, be inspired, and spend some uninterrupted time with you."*

Chuck: *"I'm fully on board with that. I want that for you."*

Sandy: *"Why do you want to stay home and work on your office?"*

Chuck: *"I really want to clean out the mess and get things organized so I can feel good about going to work on Monday."*

Sandy: *"I'm fully on board with that. I want that for you."* Sandy is all about organization and order.

3. **SYNERGIZE** a purpose that satisfies you both.
 - COMBINE PURPOSES to make a mutual purpose.
 - Reach for a HIGHER OR LONGER-TERM PURPOSE together.
 - HOW TO ACHIEVE MUTUAL PURPOSE

COMBINING PURPOSES

- How could I not be excited that Sandy wanted to spend time with me and be inspired?
- And Sandy always gets excited about making spaces more beautiful and functional.
- So we combined purposes.
- Now for the final step...

4. **BRAINSTORM** new strategies that accomplish this mutual purpose.

Chuck: *“How about tomorrow morning we head for the beach and spend the day. On the way back we pick up the hardware supplies I need for the office. And then Sunday afternoon we work on my office?”*

- HOW TO ACHIEVE MUTUAL PURPOSE

But what if your purposes are mutually exclusive and you cannot COMBINE PURPOSES?

Then you must reach for a HIGHER OR LONGER-TERM PURPOSE.

Your Turn

Pick an area of conflict (big or small). Share your individual purpose and strategies.

1. **COMMIT** to a mutual purpose
2. **LET GO** of conflicting strategies that you saw as your purpose
3. **SYNERGIZE** a purpose that satisfies you both. Consider how your personal mission statements can bring your goals together.
4. **BRAINSTORM** new strategies that accomplish this higher purpose

Talk About It

1. We all have Mixed Narrative. When you get off-track, how can your mission help you realign?
2. What are some proactive steps you can take to align your moment-by-moment choices with your mission to be a positive contributor?
3. Knowing you have a mixed narrative, write down one thing you want to do this week, to improve how you Think, Care, and Act.
4. What support would you like from each other?