



How To Find Your Purpose

A Daring new way to live!

Lauren G. Foster & Tammy Todd

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Don't just imagine it, feel it in all your senses!



Create Your Vision - Chart Your Course - Set Your Compass



Use this criteria in writing your vision.



My 3 Year Vision



Remembering What You Love

When we were children, we had a remarkable capacity for dreaming, imagining, creating lovely pictures and fantasies in our heads. We tried on different futures easily and with great joy and fun. We could pretend to be a fireman, a ballerina, an astronaut and the bionic woman all in the span of an hour with no effort at all.

Over time, we got that ability trained out of us and are taught to “face reality”, to “stop daydreaming” and we begin to live our lives as victims of circumstances instead of as the powerful creators that we are.

The purpose of the exercises in this introduction to Be Happy First University is to re-awaken your imagination, ignite your ability to dream and to begin to teach you that you are the creator of your life, without exception. This is the beginning of re-discovering that truth and learning to make that knowledge the basis for everything you do. You are making this moment, this day, this life and you can make it any way you like. You were meant to be abundant, to live in joy and grace and love. Welcome to the first step in re-learning how to be a deliberate creator, living your magical life.

What were some activities that you enjoyed over your lifetime that you no longer include in your life? Write as many as you can think of. Think back as far as you can but include recent years as well.

Take a few moments to write down everything that comes to mind, no holding back.

Daily Habits

What daily habits do you have that you really think serve you, that YOU are proud of having?



Daily Habits

What is one daily habit you have that **DOES NOT** serve you?

What is a new habit that can replace it?

“Instead of worrying about what you cannot control, shift your energy to what you can create.”

— Roy T. Bennett, *The Light in the Heart*

WHAT WOULD YOU LOVE?

What do you want to do / have / experience / give / create in this lifetime?

Write a list of 50 things that you would love to do before you die, your bucket list, if you will. Really let your imagination go free and wild and write down everything you think of. Keep in mind that you are not committing to any of these things. If you write, for instance, climb Mt. Everest, you may discover that there is another mountain that you would much rather climb. Your goal here is to have a list of inspiring thoughts that you will use in a later step when you are creating your vision. Include everything, things you want to acquire, goals you want to reach, experiences you want to have. Don't censor yourself; if it pops into your head, write it down.

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WHAT WOULD YOU LOVE? (CONT'D)

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WHAT IS REALLY IMPORTANT TO YOU?

We have done some work to re-awaken your imagination, to start you on the path to dreaming big dreams and really allowing yourself to want greater and greater things for your life. Now we are going to take it a step further and get really in touch with what is important to you. What are your values? How do you want to be remembered? Finally, we will use the information we gather to create your vision for your life; your Hollywood story that makes you come alive, that fills you with joy and eagerness, that you are more than thrilled to work toward everyday. The ancient philosopher Seneca said, "no wind is favorable to the sailor with no port in mind." We are setting your destination, finding your true north, charting your course.

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WHAT ARE YOUR CORE VALUES?

Start by listing all of the things that are important to you, without censoring, paying no attention to order, just list them. Examples of values might be: Integrity, Freedom, Honesty, Kindness, Service, Respect... List as many as you can think of.

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Now go back through your list and choose the five that are the most important to you and rank them in order of importance. These are your core values.

WHAT ARE YOUR TALENTS AND ASSETS?

List all of the things that you know, that you are good at, that come to you naturally and easily. Degrees, skills you have learned, talents you have.... every accomplishment or gift. Examples might be a Bachelor's Degree, great runner, great singer, a fabulous cook, amazing mother... Don't be shy. Include every good thing you can think of about yourself, everything anyone has ever said about you, all of your assets. Use as many pages as you need to.

Believe in yourself. You are braver than you think, more talented than you know, and capable of more than you imagine. — Roy T. Bennetta

WHAT ARE YOUR PASSIONS?

What do you feel really strongly about, whether it is a deep conviction or a great love?
Example: I love spending time in nature with my family. I am passionate about teaching adults to read. I am passionate about helping animals.

The only person you are destined to become is the person you decide to be.

—Ralph Waldo Emerson

HOW DO YOU WANT TO BE REMEMBERED?

Write a feature cover story of your life in third person for Life Magazine. For this exercise you want to be very specific. You are writing in third person because it's easier to praise someone else, but no one knows you better than you. So in this cover story article, chronicle your life and what you will be known for. Do you want to be praised as a philanthropist? As someone who helped thousands to have better health/relationships/financial success? When it is your day in the spotlight in this renowned magazine, how will you shine your light (in 3rd person) on your accomplishments and projects you are working on? Here I want you to include all aspects of your life, beginning as a child, or from a time when things were simple and happy. This helps set the mood for an amazing experience and an inspiring article. Include how your career/creative expression impact the world around you; get specific about all parts of your life. Income. How you share with others. What your key relationships are like. Who you are shaping your life with. Give specific details about your relationship and life. Some examples are: where you live, what your home looks like, your travels or projects together or other activities. Are you hosting guests or parties? Are you active in your community? If so what does that look like? Church or other groups?

Once you start writing about the person you want to be in third person, it is easier to dream big!



DON'T JUST IMAGINE IT, FEEL IT IN ALL YOUR SENSES!

CREATE YOUR VISION - CHART YOUR COURSE - SET YOUR COMPASS

Now it is time for the most important work we will do together, creating your vision. This is a living breathing, growing document that we will review at the beginning of every month. This is your guide, your true north, your most important tool for being the deliberate creator of your life.

Write this with honor and respect and make the commitment that you will read a version of it every single day, that you will “put on” the person that is living this vision every day. That you will use this vision to guide you in the choices you make every day.



Use this criteria in writing your vision.



1. Write in the grateful present. Write as if time has already passed (I suggest 3 years) and you have already accomplished much of what you dream of and are well on your way to new dreams and higher levels of being. Write in the present tense and cloak your vision in gratitude and joy. “I am so happy and grateful NOW THAT I AM/HAVE.....”
2. Include as much detail as possible. The Universe thinks in pictures and you are creating the image that God will use to come to your aid.
3. Write in the positive. Include the things you want, and NOT the exclusion of things you don't want. Example: “I love living in financial freedom and having a great relationship with money” is positive. “Getting out of debt” is negative.
3. Write in the positive. Include the things you want, and NOT the exclusion of things you don't want. Example: “I love living in financial freedom and having a great relationship with money” is positive. “Getting out of debt” is negative.
4. Hold your vision out with an open hand and give the Universe room to improve upon it. Your Source can dream so much bigger than you can, so end your vision by saying “this or something greater still.”

My 3 Year Vision

I am so happy and grateful now that.....

[illegible]This image shows a full page of blank handwriting practice paper. It features 20 evenly spaced, horizontal teal-colored lines that run across the entire width of the page. The background is a solid off-white color, providing a clean and professional appearance suitable for educational or creative writing exercises.

Use additional pages as needed.



Thank You

**We Welcome Your Comments, Questions and
Feedback.**

**Please let us know what you enjoyed, struggled with or any other comments ,
questions or feedback you may have had with your experience.**

 www.BeHappyFirst.org

 Lauren@BeHappyFirst.org