

INGREDIENT #6: NEED

Pursuing something that you see a need for is the essence of pursuing your purpose. Your purpose is forged and exists within a need.

For me personally, I felt like there was a huge need for someone to come alongside my generation with a voice of insight, humor, and hope. I was struggling. I saw countless others struggling. Yet, I didn't feel like anyone was really talking about the struggle and helping others out of it. I dedicated my life to meeting that need because I knew firsthand it was real.

When your pursuits are rooted in a need, setbacks will not set you back in the same way. More and more I'm realizing that our most profound ideas won't come solely from inspiration; they are forced out by necessity.

If your Signature Sauce is not serving a need, then it just stays in the pot on a slow-burn and will soon be smelling up your entire house.

You serve your Signature Sauce by serving the world.

1. Mine Your Story For Needs in Triumphs

Look back at your story and your biggest pivotal plot points. Can you see "needs" you were meeting in your biggest triumphs? You solved some problem or stepped into a role. Write down the "needs" you were meeting in your biggest triumphs.

2. Mine Your Story for “Needs” in Your Tragedies

When looking at your story, can you see in any of your Tragedies a “need” that you know firsthand all too well that you’re passionate about helping others fix, transform, or succeed in?

3. Look at the World

When you look at the world you live in, what frustrates you or what problems would you love to address?

a. On a big macro level? (Big picture, big scope)

b. Then on a micro level? (Your community, church, family)

4. Look at Your Work

What have you been complaining about at work? Write a few of your biggest frustrations.

How can you enter into that complaint, which is typically because you see a problem, with a solution? Brainstorm here:

5. Look at your Sacrifice:

What is worth giving your life for? If that's too "big", what things do you sacrifice your time for that don't feel like a sacrifice? What is worth you sacrificing your safety and security for?

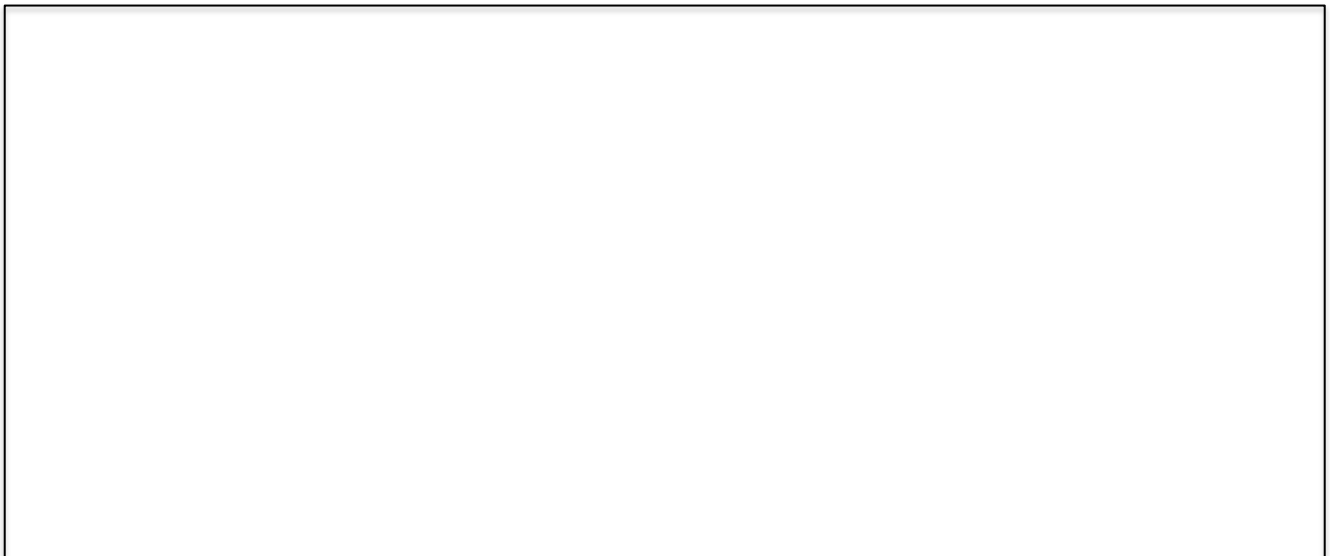
“When considering purpose in our lives, we often confuse the “what” with the “how”. We ask ourselves, “What am I going to be when I grow up?” The answer we’re looking for is a job description – doctor, lawyer, business owner—not a state of being—wise, energetic, compassionate, at peace...Always focusing on the external manifestation, we may miss the foundation of purpose.” – Kevin Cashman

6. What do you find yourself reading the most about – politics, social justice, family issues, parenting tips, designing better websites? Write some down.

7. What breaks your heart? Identifying what breaks your heart can clarify what makes you feel whole. What injustice makes you angrier than a parrot being poked with a stick? And what’s something you can do about it right now?

8. What needs do you like solving that bring you the most joy?

9. Out of all these questions and needs you've defined and uncovered above, what are the 1-3 biggest needs you see that you want to start doing something about? There's power when it's a need that you've experienced first-hand in an all too real way. It's that personal experience and the pain you might have even felt yourself that becomes a driving force to help you push past obstacles. As I write in my book *All Groan Up* "World changers typically have their greatest impact where they have experienced the most personal pain." These 1-3 needs you write down can become a crucial component of what you're passionate about and what you feel your purpose is.

A large, empty rectangular box with a thin black border, intended for the user to write down their 1-3 biggest needs.

Living our Signature Sauce is "is the call to service, giving our life over to something larger than ourselves, the call to become what we were meant to become—the call to achieve our vital design." – Joseph Jaworski