

WHAT IS YOUR PURPOSE?



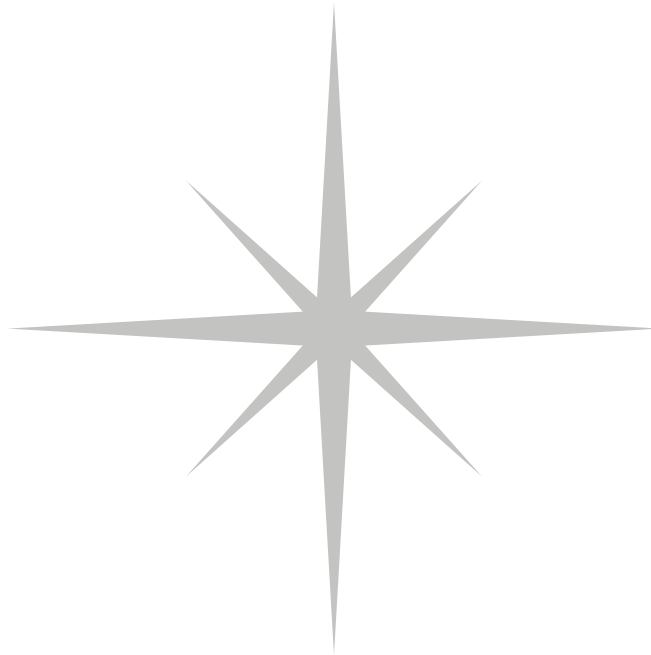
BELLE-HAMPTON
Consulting

The soul which has no fixed purpose
in life is lost...

Michel de Montaigne

INTRODUCTION

What is a Purpose Statement?



A purpose statement is a clear and concise declaration that outlines the reason or objective behind your individual goals. It serves as a guiding principle, a north star, that helps to focus efforts, make decisions, and communicate intentions effectively. Purpose statements can be found in various contexts, but for our purposes, they describe

“WHO YOU WANT TO BECOME”



Let's collaborate to craft your very own purpose statement. Just the simple act of putting it into words will ignite a powerful transformation and yield remarkable results. Get ready to take your goal setting to soaring new heights!



Having an individual purpose statement is important for several reasons:

CLARITY AND FOCUS:

A purpose statement helps you clarify what truly matters to you and what you want to achieve in life. It provides a clear sense of direction, helping you focus your energy and efforts on what aligns with your core values and aspirations.

MOTIVATION:

When you have a clearly defined purpose, you're more likely to stay motivated and driven to pursue your goals. Your purpose serves as a source of inspiration and a reminder of why you're doing what you're doing.

DECISION-MAKING:

An individual purpose statement serves as a guide for making decisions. When faced with choices or dilemmas, you can refer to your purpose statement to help you determine which option aligns better with your long-term goals and values.

RESILIENCE:

Life is full of challenges and setbacks. Your purpose statement can provide resilience during tough times by reminding you of your underlying mission and encouraging you to persevere through difficulties.

PERSONAL GROWTH:

Your purpose statement can evolve over time as you learn and grow. Regularly revisiting and reflecting on your purpose can lead to personal development and self-discovery.

ALIGNMENT WITH VALUES:

It ensures that your actions and choices align with your core values and beliefs, helping you live a more authentic and meaningful life.

COMMUNICATION:

Sharing your purpose statement with others can help them understand you better and foster more meaningful connections, whether in personal relationships or professional settings.

Legacy:

For some people, having a purpose statement is a way to leave a lasting legacy or make a positive impact on the world.

Ultimately, an individual purpose statement provides a sense of meaning and direction in life.

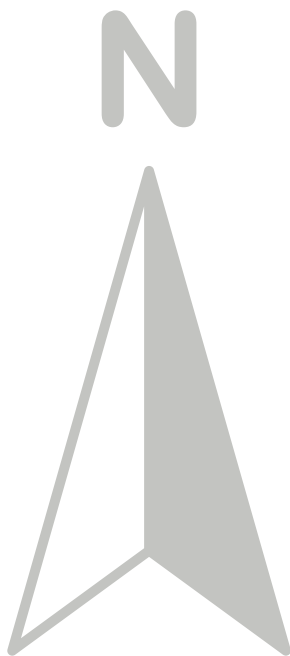
“Paint your future picture and make sure to
add color.”

Tom Hoge



You are the painter of your dreams. This short eBook serves as a canvas to create your life’s purpose for the next 10 years. As an advisor, coach, and mentor, we will walk you through the steps to customize it for your individual needs.

Consider your purpose statement as your personal compass to give you the direction and focus you need to stay on track.



“Efforts and courage are not
enough with enough purpose
and direction.”

John F. Kennedy

“Here you have been told that you cannot do a worthwhile thing that you want to do. Make it your business to prove that you can. You will grow with the effort.”
Robert Hatcher Hoge

This eBook provides step-by-step instructions and queries to help you lay the groundwork for your future. Answer the questions truthfully and put in the effort, and you will gain a clear view of not just what is realistic, but also what is worth pursuing. You can go beyond what you might think is possible.

Instructions

- Find a quiet, comfortable place with little or no distractions. Getting outside to take in nature or sitting in a comfy chair enables you to dream, dream big.
- Spend a few minutes doing mindful thinking. Mindful thinking is a practice that involves focusing your attention on the present moment without judgment. It can help reduce stress, improve concentration, and increase self-awareness.
- As you sit quietly, thoughts will naturally arise. Instead of trying to suppress them, simply observe them without judgment. Imagine your thoughts as clouds pass through the sky of your mind. Let them come and go, bringing your attention back to your breath whenever you notice your mind wandering.
- Spend time on each question, just noting your thoughts. This first step is just ideas and will be edited out at a later time. You might be doing 30-40 interactions before you are satisfied with your statement.

“Don’t let life happen to you, live it.”

Tom Hoge



The meaning of life according to Viktor Frankl lies in finding a purpose and taking responsibility for ourselves and other human beings. By having a clear “why” we can face all the “how” questions of life. Only by feeling free and sure of the objective that motivates us will we be able to make the world a better place.

YOU ARE A WINNER

“Dat Gloria Vires”

Strength in Name

You have a past, a history, a story. Your ancestors came to America, crossing the ocean because they knew they were meant to do great things. With a solid foundation of core values, they couldn't fail. They not only survived, they thrived. Leaders in all areas like politics, religion, business, and military service. With that heritage, you, too, are meant to achieve greatness. If you live intentionally by moving the flag toward your purpose, anything is possible.

“You were put on this earth to achieve your greatest self, to live out your purpose, and to do it courageously.”

— Steve Maraboli, *Life, the Truth, and Being Free*

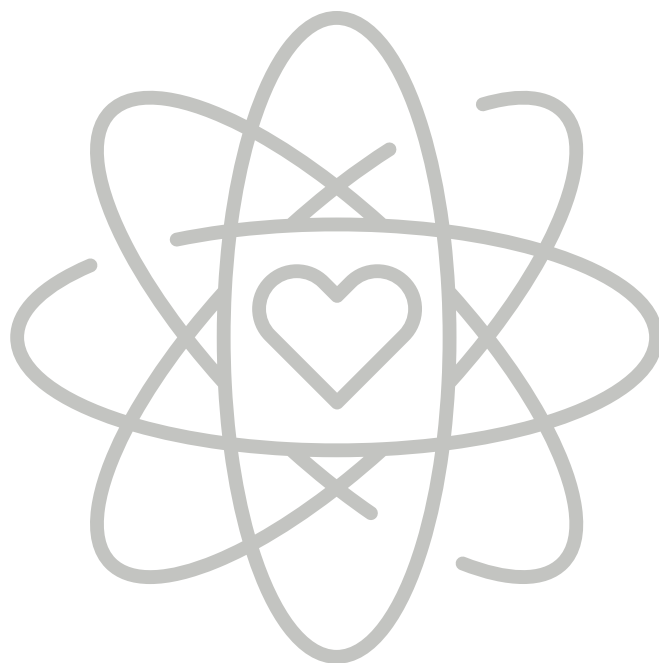
However, striving to meet an unattainable standard can lead to discouragement on a one-way path. Reduce frustration by focusing on what you can readily experience daily. This practice forms the essence of your identity, the person you are evolving into, and the individual you will ultimately become.

START

Define Your Core Values

Core values are the fundamental beliefs and principles that guide and shape an individual's or an organization's behavior, decisions, and actions. These values represent the essential and enduring principles that reflect what is important and meaningful to a person or entity. Core values serve as a moral compass, helping individuals make ethical choices, set priorities, and maintain consistency in their actions and relationships.

Use the core values exercise on the next page to narrow down your core values. Remember, some of the words can mean the same thing, but choose the one that represents your values more accurately. You might use similar words when you define what the value means to you. You might want to use a dictionary to note the nuances of the differences. This list isn't all-inclusive. If there isn't one on the list, add it under other.

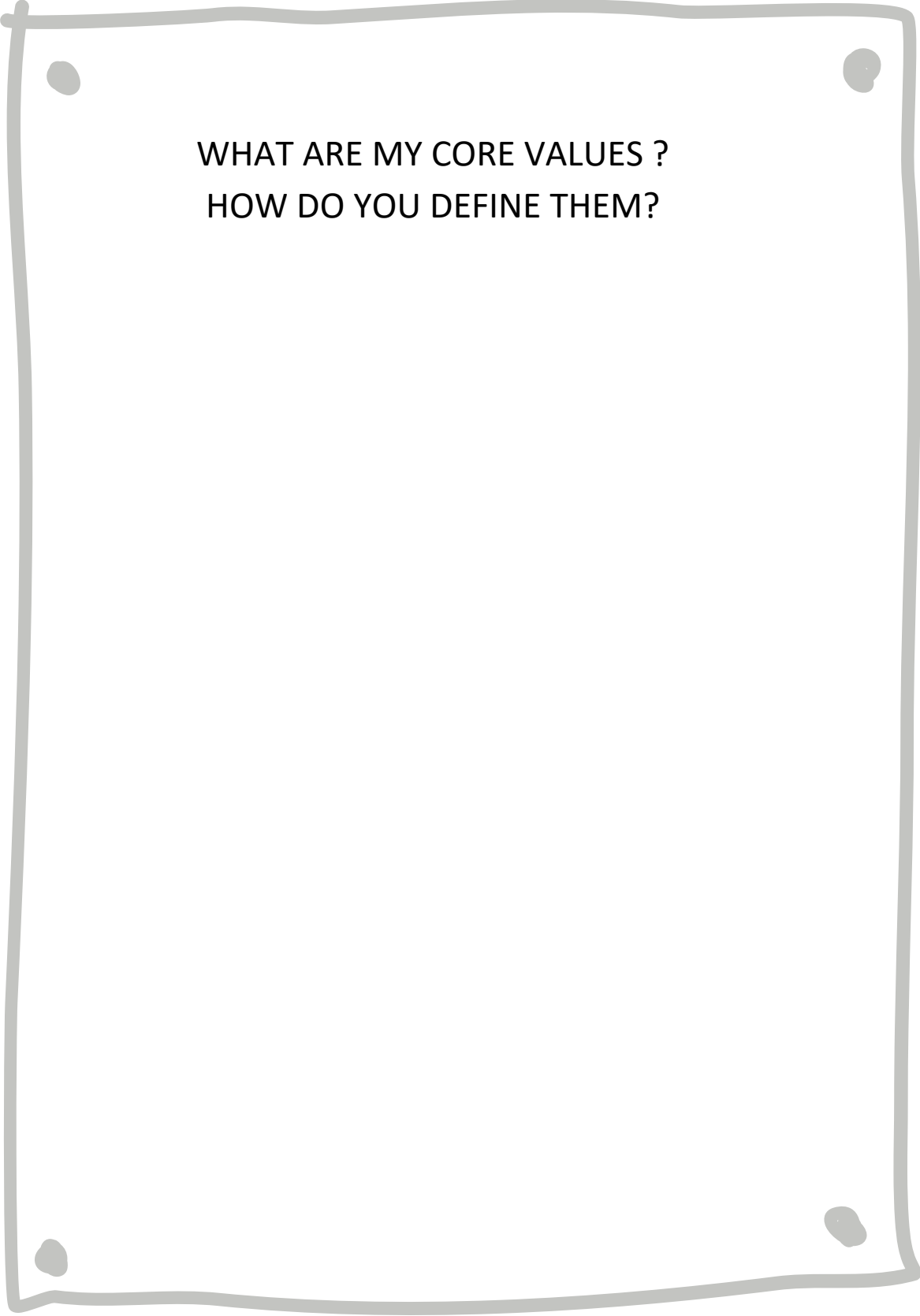


SEVEN QUESTIONS TO ANSWER based on your future self. In 10 years, I will be _____.

Use the following questions as a guide. If you feel you cannot answer it at this time, move on to the next question and get back to it. This is a journey to find your purpose, not for the rest of your life, but for the next 10 years.

WRITE ONE TO TWO SENTENCES ANSWERING EACH QUESTION ON
THE FOLLOWING PAGES.





WHAT ARE MY CORE VALUES ?
HOW DO YOU DEFINE THEM?



WHAT DOES SUCCESS MEAN TO ME?



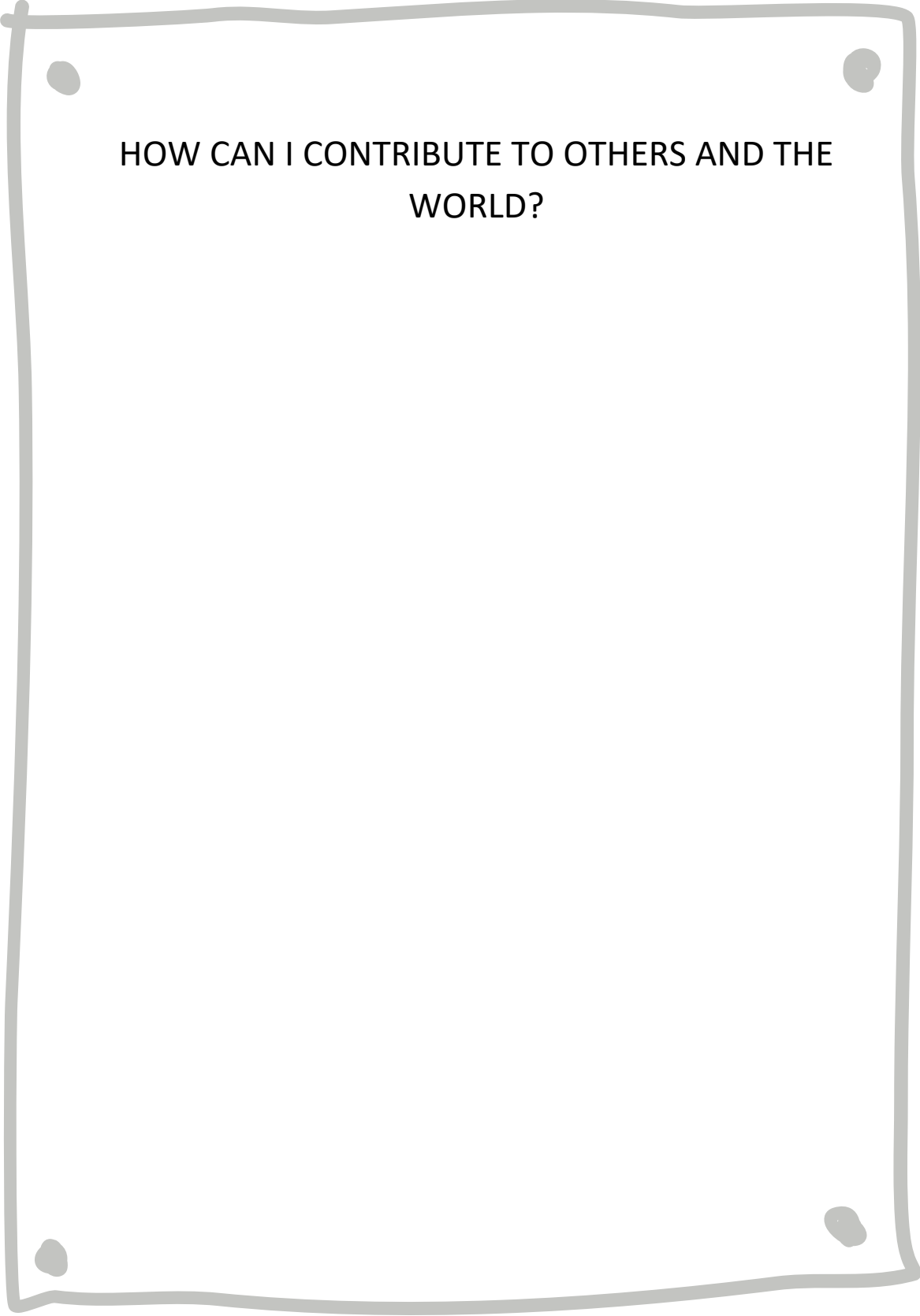
WHAT ARE MY PASSIONS AND INTERESTS?



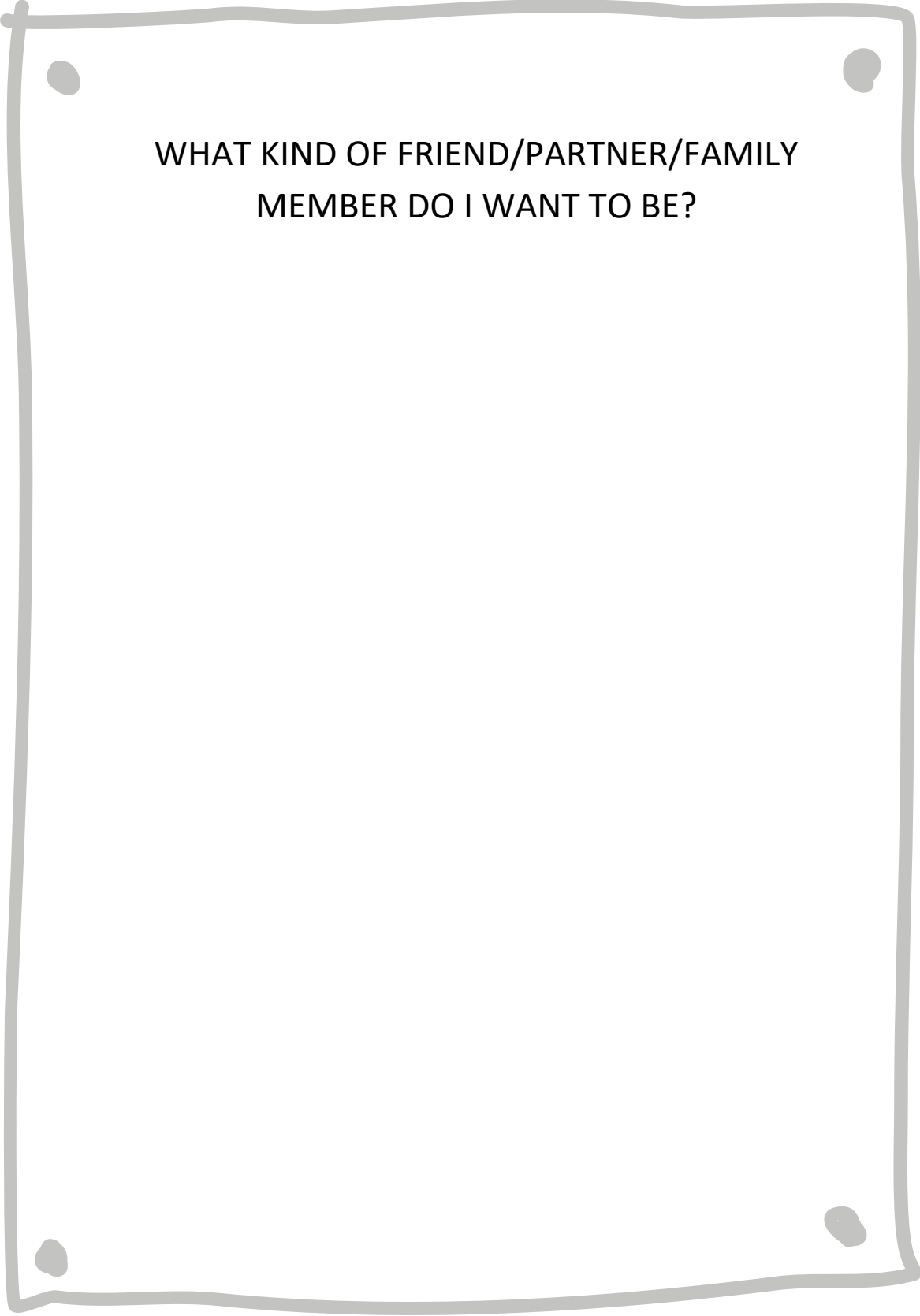
WHAT KIND OF LEGACY DO I WANT TO LEAVE?



HOW DO I WANT TO BE REMEMBERED?



HOW CAN I CONTRIBUTE TO OTHERS AND THE
WORLD?



WHAT KIND OF FRIEND/PARTNER/FAMILY
MEMBER DO I WANT TO BE?

“If you want to change the world, start off by making your bed...Making your bed to perfection each morning is a reminder that if you do the little things right, it makes the big things possible.”

Admiral McRaven

AI platforms such as Chatgpt to give some additional wording thoughts.

Refine your thoughts with passion and purpose. Keep only what ignites your excitement, provides you with certainty, and motivates you to take action. Remember, imperfection is part of the process, as you are not finished yet. If you use Grammarly, you can have the software improve it. You can also use different AI platforms such as Chatgpt to give some additional wording thoughts. As an example, cut and paste the following information below into ChatGpt and enter your answers when prompted. **Make sure the entire dialog is below is entered before you respond in ChatGpt.**

Can you help me write my purpose statement?

There are 7 questions that you will need me to answer. I will need help with articulating these questions. You will need to ask me leading questions about each one to really pick out my answers. When I give my answer, check to see if I answered the questions and ask me leading questions and if I want to add more or move on if I say no. Once the final question is complete, ask if I would like to create a purpose statement. After the purpose statement, ask if I would like you to provide goals to help me achieve my purpose.

What are my core values?:

What does success mean to me?:

What are my passions and interests?:

What kind of legacy do I want to leave?:

How do I want to be remembered?:

How can I contribute to others and the world?:

What kind of friend/partner/family member do I want to be?:

Ask the questions 1 at a time and as we complete one, move on to the next.

Use AI ONLY for ideas, not the completed Purpose Statement

My Purpose Statement

“Who I Want to Become”

Name: _____ Date: _____

"Have no fear of perfection--you'll never reach it."
--Salvador Dali

Do You Have Writers Block?

Is it because you are afraid your purpose statement won't be perfect?

Or is your purpose statement so far out from achievement?

Fortunately, you aren't alone; writing a purpose statement is a big quest.

If you are feeling overwhelmed, put it down, come back to it when you are in a better frame of mind.

By defeating your fear, you are achieving change.

Start by thinking smaller, instead of 10 years, what about one year, then three years.

It will never be perfect and will continue to change as you change.



Say your purpose statement out loud.

Does it resonate with you?

Rewrite it, write it again, and acknowledge that every word means something. Do you need to tweak the words?

Say your purpose statement out loud again.

Repeat this as many times as you need until you feel comfortable with it being
“Who You Want to Become,” not “Who You Are Now”

Print out your current version. Post it where you can frequently see it.

Share it with family and friends. Solicit feedback. Don't be afraid of constructive criticism.

Next Steps



You have your purpose statement, now what?

Now is the time to set your goals for 10 years, 3 years, and 1 year.

See our goal-setting eBook for setting good goals that lead you to achieving your purpose at www.bellehamptonconsulting.com



Tom and Madeline Hoge live on their historic farm, Belle Hampton, in Dublin, VA. They are passionate about sharing the story of their journey. If you have questions about how to find your purpose, goal setting, or Family Governance, contact them at:

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