



*"Your Purpose Discovered"*

## How do I discover my purpose?

(The Simple Truth) [www.gohighernow.com](http://www.gohighernow.com)

- The world is full of people that do absolutely nothing to discover their purpose, why? There's always one simple answer, "Life Happens" There's so much more to that answer, too much to discuss generally because we are all individually unique, but life is hard and will never be fair, get use to it!
- I have always believed that quality of life is determined by the choices that we make. Whatever you choose is choosing you, so in all you do be true to YOU & discover YOU. Discovery is not always as simple as it sounds because there have been multiple life layers added through past choices. Your position in life is measured by the sum total of your choices thus far. Even not making a choice is in fact a choice. There's so much more to expound on in this area but for the sake of time lets just say choose wisely!
- **Distraction** is one of the most effective weapons used against the un-purposed! Distractions are affective when we have not clearly defined our purpose. Where there is no purpose there is only confusion disguised as movement lacking real progress. Distractions keep us on the wrong path until we are convinced that it is too late for purpose, It's like driving in the wrong direction for 2 hours. Now what should have been a 3 hour trip has morphed into a 5 hour trip, which now seems unsurmountable. **How do you reload?** At this point we must reassess and realign. There are a few more elements to this process but this mental element is the key! We need to dig deeper here...
- Don't be fooled by the smoke screens that people put up! The ultimate goal in life is fulfillment, everyone wants it but few attain it. Being rich in every aspect of your life is fulfillment. Its not JUST about money, but maybe somewhere along the line you got distracted by money or the lack of money and veered off track. We all start on track then life happens, or better yet, choice happens. Don't buy into the fallacy that money will buy you happiness because it absolutely will not. But don't get caught thinking that you don't need money, its necessary! Money without fulfillment is like sight without vision. It all boils down to how you process what you see and how you use what you have. "The top of every mountain is the bottom of another" Purpose helps you understand and process these principles better. There are 5 ways to learn, Fast, Slow, Easy, Hard and **On Purpose**. When you are **on purpose** the other 4 ways all fall into place because you now understand that everything is an opportunity. Change the way you look at things and the things you look at change.
- Here's the thing about **choice**. When we are purposed, the choices we make won't always make us feel good but they are good for us and we understand that. Our choices make life bitter sweet (as designed). Who promised you continuous sunshine and rainbows, that's not how life works. Life is one big test, and you must learn and apply wisely in order to pass YOUR test...

- Now comes the question: What is my purpose? When I asked myself this question and started processing toward the answer the distractions immediately started! Again, too much for general discussion but we all have our individual distractions. The discovery of your purpose gets you on the team. Once you are on the team your goal then is to become the very best at what you were purposed to do. How? By discovering and developing your God given talents. Purpose has 2 levels, General & Detailed. What you feel purposed to do is **general**. The **detail** is found in how you fulfill your purpose. **You should profit Mentally, physically and financially from your purpose!**

## SYNERGY



- **The 3 baselines principles of purpose. (For You)**

1. *Be accountable to only myself at this stage*
  2. *Release past choices and focus on new choices.*
  3. *Close the door behind you, there's no space for anyone or anything else right now, Its me time!*
- Here's where you get **synergy**: *The cooperation between two or more entities to produce an effect greater than that of 1*

The **synergy** that you need must happen between **MIND, BODY and SPIRIT**. Remember; *when there is no enemy on the inside the enemy on the outside can do you no harm*. The **inner me** has to have **synergy!** (The word spirit is used in the sense of 'strength of the mind')

- This is the reconciliation (the restoration) stage, here's where you ask yourself the hard questions and give yourself the hard honest answers.
- You may have been here many times before but you bailed yourself out, **NOT THIS TIME!** You are finally sick and tired of where you are and it's time to do something about it!

### **"The hard questions that deserve hard honest answers"**

1. **Do I believe that I was created with a purpose?**

- A. Yes
- B. No

2. **What is my purpose? It's ok if I am unsure right now, don't rush it.**

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3. **How do I learn best?**

- A. Audible

- B. Visual
- C. Touch

**4. How often do I listen to or read personal development?**

- A. Daily
- B. Weekly
- C. Monthly
- D. None

**5. How well do I care for my physical body?**

- A. I eat right, exercise and drink enough water
- B. I eat right, exercise and drink enough water 50% of the time
- C. I eat right, exercise and drink enough water 25% of the time
- D. I eat right, exercise and drink enough water 10% of the time

**6. How much sleep do I get nightly?**

- A. 1-3 hours
- B. 4-6 hours
- C. 6-8 hours
- D. My sleep is sporadic throughout the day

**7. The 3 people that I connect with most.**

- A. Push me to go higher
- B. Pull me down to their level
- C. Comfort me to feel good where I am

**8. What is my strongest habit. The thing I do consistently (good or bad) without much thought at all.**

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**9. Whats my GO number from 1-10? How often do I need to hear what I know is true about me before I act on it? \_\_\_\_\_**

**10. What is my greatest fear?**

- A. Failure
- B. Success
- C. People
- D. Other \_\_\_\_\_

**11. What is my biggest distraction? I know this is holding me back but I make an allowance for it in my life anyway.**

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**12. Name one thing about me that I like most.**

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**13. Name one thing about me that I would change.**

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**14. What Makes me Sad?**



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## 15. What makes me Happy?

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The questions that you just answered are the start of your new beginning! Understanding what makes you who you are puts you in a position to either start or improve upon your position in life. You would be surprised at how many people really don't know themselves. Taking a step back to evaluate your position means a clear view of what needs to be done to move forward on purpose.

When I started my process of discovering my purpose I was full of questions with no one to answer them. I understood that I wasn't the only one in this world trying to discover their purpose, but it sure felt that way at times. My journey was brutal and full of setbacks, setbacks that frustrated, discouraged and even made me feel as if I had no purpose. These same setbacks taught me lessons that led me to design a program that would help others discover their purpose in a more productive and timely way.

The IAO Coaching Program was developed as I searched for my very own purpose. It was through this program that I realized that I had always operated in my purpose. I had not yet defined it as that and I certainly wasn't getting paid for it! As you move through this coaching platform you will discover something different and unique about yourself. The humility gained through this approach will mentally solidify your purpose and prepare you to take on and conquer any situation.

There are still many things that you must be prepared to learn and apply if you wish to maximize your purpose, so let's get started. "The Win Now Workshop" is a 5 day 10 hr experience that takes you through 4 phases to teach you to Discover, Recover, Define & Dominate! See you on the inside where the real work begins!

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[www.gohighernow.com](http://www.gohighernow.com)  
Improvise~Adapt~Overcome



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