



#1 FIND YOUR PURPOSE

Guide book

Let me just make it clear what this is NOT.

This is not where you will find the answer to life,
the universe and everything. [awwwwww bummer LOL]

I'm not going to magically deal you the hand that tells
you who you are and what your purpose is.

I trust that you're aware that it's *YOU* who decides this.

Now we've established what it's not, let's quickly move on to
what this IS. [Yay!]

Have you ever tried to explain what you "do" to someone only to
have him or her stare at you like they're waiting for the punch
line? Or perhaps you found yourself an hour later coming up
with all of these awesome things you could have said?

How good would it be if when you were asked, "What do you
do" you had an answer that would light up their eyes, tickle their
curiosity and spark up their interest to hang out with you more
...the... "I'll have what she's having" phenomenon.

That would be very cool I hear you say!

THAT is what this is. A way for you to articulate in the coolest way possible the answer to the question “What do you do?”

I listened to a TED x Malibu talk by a man named, Adam Leipzig. He called his talk “How to know your life’s purpose in 5 minutes” When I first heard it, it was a light bulb moment for me.

With all that I had been learning through my studies as a coach and through my work in marketing, it really struck a chord...

"People want to know how, what I do, [could] add value to their lives"

Of course!

I was so inspired by this I have made it my mission to share this with as many people as I can, I'm so excited that you are here right now! We are going to make magic here today!

Adam Leipzig suggests that this is a 5 minute exercise.

I quickly received feedback to the contrary. [Thanks Laura]

So I'll say this instead. Take your time as much time as you need but not TOO much time. If you have to think for too long then I reckon you might be over analysing yourself.

If you are not the person you WANT to be yet then just go for it and say it how you want it to be. Try it on for size. You cannot plan for something if you don't know what you're heading towards right?

Perhaps THIS will be the start of something new...

Feel free to print this off and use it as a written workbook or you may even like to begin a journal.

You can always come back to this later as a handy digital resource :) Let the fun begin!

Question # 1

WHO ARE YOU?

Question # 2

WHAT DO YOU DO?

Question # 3

WHO DO YOU DO IT FOR?

Question # 4

**WHAT DO THEY WANT
OR NEED?**

Question # 5

**HOW DO THEY CHANGE
AS A RESULT?**

NOW FOR THE MAGIC!

Using what you have written above, construct the ultimate response to:



"What do you do?"



I help people... [insert answer to #5]

Here's a quick example:

"Hey Teash, what do you do?"

"I help people take their business from
Hobby to HELL YEAH!"

And so what inevitably comes as the next question after that?

"Oh WOW - how do you do that?"

By answering the 5 questions in this exercise I know who I am, what I do, who I do it for, and how they change as a result.

And now YOU do too. Cool huh!

I trust this has been incredibly valuable and maybe even a whole lot of FUN to do 😊 [Woohoo!!]

Come and visit me on my Facebook page and tell me all about it <https://www.facebook.com/SocialVibes> I would love to know how you went with it.

For more loving, learning, giving and growing head back to the Social Vibes website <http://www.socialvibes.com.au/> and go and accept the next mission to rock-stardom HELL YEAH!

See you there!

Teash x