

## Path And Purpose.

### Intro

I was trying to find my purpose for a long time, struggled with that a lot, I just had to 'get' it because of my compulsive need to understand what I do.

I came up with some ideas, and here they are:

Why do you want to have a purpose?

Purpose gives your life priorities and direction. It is your plan that helps you to define in which direction you wanna to go and what choices do you wanna to make at any given moment.

It can increase motivation(although I don't think that purpose is the main source of motivation), help you to be more effective, to know what you're doing. If you have a particular goal to move towards it can help you to move faster and end up exactly where you wanna to be.

Having a purpose makes sense - it gives you a reason to not slide into apathy and self destruction when things go wrong, it makes you more focused and inspired.



### Purpose is not magical. You don't find it, you create it.

My biggest problem with the purpose was that I thought that you have to find it. That it exists somewhere and you need to discover it. And you better find the "perfect" one for you, because if you'll be wrong your life won't work.

And this thinking didn't went along very well with my rational and materialistic world view, with my beliefs about science and logic. Having inborn purpose implies that you were 'put on this earth for a reason', and that implies that you were put here by someone like god, and don't see any reason to believe in that.

In my opinion life has [no particular reason](#) and wasn't created to achieve anything, it just happened.

But I understand all these benefits of having a purpose, and I wanna to have one. So where can you get it?

You create it.(just like with [passion](#) or [talent](#))

"Ultimately, man should not ask what the meaning of his life is, but rather must recognize that it is he who is asked."

### What is purpose?

Purpose is our choice about how to answer to the question "What do I wanna do about(/in) my life?", on the most general level.

When a writer creates a script for a movie he starts with creating logline - the brief

summary of what his movie will be about, what he wants to see in it, only the most important parts. Purpose is your logline for your life.

You have very limited time in this world, and instead of randomly straying from one activity to another it's better to have your own idea about what you wanna to do with this time.

### **How to create your purpose?**

So the purpose does not have to be preexisting, divine, or connected with you on some magical level. You can just choose it, by answering on question "what do I wanna to do with my life?"

And - it does not have to be perfect. You can not really go wrong with answering 'what do you wanna to do'. Also you will be improving and refining your view on it all the time. It will be evolving and changing. So what you really need - is to just find out what works for you for now.

Steve Pavlina created great and useful guidelines for that, although he means that in a less general sense, like choosing a profession for yourself.(which is what you actually need in practice). You might wanna to check out [this](#) and [this](#) audio tapes.

Here's my brief summary:

You want your purpose to 'work' in 4 general areas, what he calls 'mind', 'body', 'heart', and 'spirit'.

1. **Heart** means that you need to love and enjoy doing that.
2. **Mind** means that you need to have necessary skills for it, or be able to find a way to get them.
3. **Body** means that acting on this purpose can provide for you, be a way to make money.
4. **Spirit** means contribution, you need to feel satisfied with the thing that you do, to know that it makes world a better place.

He says that Heart is the most important field, because if you love what you do you naturally will get good at it, and that will naturally lead to making money and making a positive contribution.

In my opinion '**heart**' area can be [created](#), just by getting good at what you do and learning to enter the [flow state](#). Because passion for something comes just from being able to enjoy it and having a lot of pleasure from doing this, and this is what flow provides you with, and flow totally can be learned.

'**Mind**' is also obviously matter of learning, you can [get good at anything that you want](#).

**Body**(making money) - just comes from your ability to provide value for people(and exchange it for cash). If you're making something good and useful - it won't be a problem to exchange it for money.

As you can see - almost anything can satisfy the first 3 criteria.

Now **contribution**. I think that you can choose it simply by answering the question 'what change I wanna to make in the world?'.

And it can be anything, as small and simple, or as grand as you want. Remember you don't have to do that alone or within your lifetime, all you need is to feel satisfaction from doing(contributing into) something that really matters to you.

For example I pick 3 big dreams for myself, 3 major changes that I would like to see in the world, and you may notice that they're not too humble:

1. Make people more clever(I believe it would solve most of the world's problems)
2. Understand the universe(in a way that the [theory of everything](#) in physics would do)
3. Immortality(make life longer or semi-infinite through some kind of advancements in biology genetics or medicine)

Also I want to add another criteria to the ones Steve Pavlina has - **values** and skills that you want to see in yourself, and your preferences.

**Values** - means your own values. What kind of qualities you love and respect in yourself and in people the most, what kind of skills you want to develop, what kind of person you want to be. What do you want to get better at while mastering your profession.

**Preferences** - all kinds of ideas that you have about your perfect profession already, what kind of thing it is, what do you prefer to do, etc.

Here's my examples:

My values are written just below this website's logo: Cleverness, Positivity, Mastery. This is what I admire in people the most, and this is what I wanna to see in myself.

Preferences: Personally I wanna to work with my mind. I wanna to provide value by thinking and making ideas.

So this is how I made the decision about the perfect profession for me - personal development blogging.

1. I believe that it can make people more clever(and more positive), and that makes me feel like I'm doing something that matters(for me, nothing matters in a grand scheme of things).
2. It develops qualities that I wanna to see in myself(makes me more clever and positive, mastery is not that related to your profession, you can have it in anything).
3. This is a kind of thing that I'm doing with my mind, by thinking.
4. I can learn it and get good at that.
5. I can learn to enjoy it(at first I didn't and was frustrated, but now I'm starting to 'get' it, and I really-really do, it makes me happy)
6. Theres a way to make cash with that.(by creating useful posts that contain value).

My second main desire(to understand the universe) explains my excitement about the science.

I'm not doing anything in particular about making life longer, biology isn't really my thing)

Notice that I didn't start to choose with profession, it all begins with understanding your values and preferences, and what matters to you, professions are just tools that you're

using for that, and more likely to change throughout your life.

(for example I might do video blogging, or public speaking, or coaching, or even go and become a physicist - it all would satisfy my criteria).

Also I wanna to note that purpose is more like a process than a destination. You create it to guide your actions and to help you make choices, not to achieve something in particular. Purpose is not a goal, but it helps you with setting your goals.

What is the path?

I do not have a clear answer for that, I just felt that it is somehow connected with purpose and wanted to say in this article that

Walking your path is all that matters and all you that can do.

This idea really simplifies the life. Just do your best at walking your path, finding your way in the world, trying to think and understand things, let go of everything else, because it is not really under your control. As long as you're doing your best to find your way in life you can feel good about yourself, just because that is all that you are able to control, and you're doing it.