

## Life Purpose and Fulfillment

Helping clients find a Life Purpose Statement gives them the means to know, moment-by-moment, when they are on their life path and when they are not. They know this usually whether they have a well-formed Life Purpose Statement or not. They've known most of their lives when they were on purpose, and when they were not; it is an internal awareness. "On purpose" has a resonance to it. It is a strong chord that reverberates. "Off purpose" is discord, dissonance. The Life Purpose Statement is like a tuning fork that helps clients remember who they are when they are on purpose and the difference they make in the world. The Life Purpose Statement sends out a tone that clients can align with, tune to. In the broadest sense being on purpose is being true to the core. Being on purpose is one definition of living the fulfilling life. Life Purpose is a beacon for clients when they are lost. It brings them back to who they are, have always been, and will always be. Life Purpose makes this moment fully alive. Like all of the tools and skills included in the Intermediate courses, you will find the appropriate place to use Life Purpose — it is not meant to be limited to Fulfillment work with clients.

### Our Approach to Life Purpose

We view Life Purpose as more than vocation. The career people choose is often an expression of their Life Purpose but we are more than our work. So Life Purpose is also more than a personal mission statement or a career goal. You can check in any moment whether you are living your life on purpose or not. The measure to look for is the impact you are having in your world. Look at how you are affecting your environment and the people in your world. When we work with clients to create a Life Purpose Statement, "impact" is where we have them look.

We want clients to get in touch with the impact they have when they are on purpose. The goal here is for clients to feel the internal experience of being on purpose. From this internal experience, clients begin to put together words that express their sense of the impact they have when they are on purpose. Notice that clients do not have to learn how to be on purpose; they already know that. Life Purpose is not something they aspire to or learn how to have, they have it inside already. Coaching helps clients clarify what that is; we help them find words.