

FIND YOUR PURPOSE

Action Plan Workbook

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REBEKAHSHOPE.ORG

FIND YOUR PURPOSE

Action Plan of Discovery

By Joel and Rebekah Hughes. Published by Rebekah's Hope (www.rebekahshope.org)

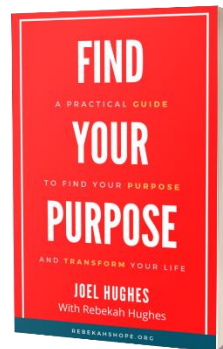
How to Use This Guide

- We've based this guide on our forthcoming book, *Find Your Purpose*.
- The forms are fillable. Type in your thoughts, ideas, and answers. Be creative and daring. Think of this as your *Purpose Journal*. Don't rush it. This could change your life!
- You need not fill out every line and section! Just do what feels right.
- Get a coffee, find somewhere comfortable, and dedicate time to do this well.
- Take *action* on your results!

Tip: To get the most out of this Action Plan, get a copy of the complete book, *Find Your Purpose*.

Summary of Contents

1. Lost and Found... Twice
2. How to Find *YOUR* Purpose in 8 Steps
3. What You Need to Get There
4. Action Steps to do NOW



Lost and Found... Twice

I Knew My Purpose Then Lost It

I first discovered my purpose and calling around age 20. But then I lost it, or better, I lost sight of it around age 32. My 30s carried a lot of pain, failure, and struggle. I didn't even realize that I had lost my life purpose until I went to see a wise therapist around age 40.

A New Purpose Found Unexpectedly

I rediscovered it again in a new way at 40. I remarried the lovely Rebekah, but then she got re-diagnosed with stage 4 breast cancer. As a way for us to fight back, we filmed a documentary about Rebekah's life and faith; I started writing again and published several books, and we formed our little company, Rebekah's Hope. Trials and tragedy unexpectedly provoked me into finding my new purpose: *to help those fighting cancer, illness, and despair find hope and healing through our writings, videos, and e-courses.*

FIND YOUR PURPOSE

Finding *your* purpose in life is not the same as a personal goal. Personal goals, like losing 20 pounds or taking control of your finances are great, but they're not our purpose in life. Everyone's purpose will look different. This is why they are *relative* purposes: they are relative to the individual. However, your *life* purpose should or will probably entail certain qualities.

Your purpose will feel like your "calling" or what you're made to do. It should help transform your life in positive ways.

Your purpose may point your life in a whole new direction. The application or the *doing* of your purpose may take on unique looks and molds over time, but the underlying purpose usually stays the same, though it may also mature, deepen, and expand with time.

Your purpose usually helps other people, but not always. Maybe your purpose is to work with and help animals. Either way, your purpose should make the world a better place.

Your purpose may require a ton of work, but it doesn't feel like work when doing it. When engaged in your purpose, you're in your zone or in flow.

You may already possess the knowledge and skills to do your purpose, OR you may not *yet* possess the knowledge or skills needed to bring your purpose to life. This guide will help you find it.

Your purpose is something that you believe in and feel conviction about. It's something that lives near the core of your worldview and is thus resistant to revision.

Your purpose may be something you do full time, part time, or just sometimes. It may be something you're already doing and not even aware of it. That was the case with me. Or it may call you to a new job or career. It may call you to an entirely new field of work. Your purpose may pay you money, but it may not. Maybe it's just volunteering at an established organization already doing your purpose. Or maybe your purpose will lead you to start your own thing.

Your purpose may start as a hobby, then a side hustle, and grow into a business. It may not. Maybe your purpose leads you to start a ministry or a non-profit. Regardless, it should be something you're passionate about and feel compelled to share with the world. You can't help but act as an evangelist for your purpose.

You might be doing your purpose already but not to your potential, and maybe it's time to take it up to another level, maybe way up. Maybe it's time you expand or venture out on your own. Maybe your purpose is just a phone call, an email, or a text away. It may terrify you or thrill you; I think it's best when it does both.

FIND YOUR PURPOSE

Four Key Features

In trying to find your purpose, there are four key features I've learned and want to share with you.

First, our purpose is something we DO. It's not just something we believe. The Bible puts it like this: "faith without works is dead." You can *know* your purpose yet sit on it for years, maybe for life. But until you take action, you will never fulfill your purpose and thus never feel fulfilled. This leads to the second thing I've learned about purpose.

Second, our purpose is something we will always regret if we fail to pursue it. We may never fully realize our full purpose this side of eternity, but if we don't at least try, we will always regret it. Fifteen years ago, I knew my purpose with no doubts. Then I lost it or lost sight of it. It all fell apart, and I felt lost for several years. But when I knew my purpose, I pursued it with abandon and I feel a sense of fulfillment that I at least took the risk and went for it.

Third, our purpose is something that takes time to discover. Rarely do we get that eureka moment. But sometimes! More often, finding your unique purpose and "calling" takes time. It takes life experiences. It takes knowledge. It sometimes takes trials and tragedy. Rather than trying to find your purpose as we would try to find the answer to a math problem, try to see this as a journey and a process. It's more like peeling back the layers of an onion. Your purpose is in there, you just need to take time and do some digging to find it.

Fourth, it's never too late to discover and fulfill your purpose. I first discovered my purpose and calling around age 20. But then I lost it, or better, I lost sight of it around age 32. I rediscovered it again in a fresh way at 41. My 30s carried a lot of pain, failure, and struggle. BUT that time and those trials also matured me and taught me a ton, all of which helped prepare me to rediscover and take on my new purpose in life. God often reserves our greatest purpose for our latter years and for a specific time or situation. He did this with Moses. He did this with Esther. He did this with Paul. He did this with Jesus. I think He does this with most people!

FIND YOUR PURPOSE

How to Find *YOUR* Purpose in 8 Steps

Tip: Write your answers down as they come to mind. Turn off your filters—especially your *negative* and *limiting* filter of self-doubt. Do this section like a brainstorm or a mind map. Also try to think outside the box. You already ARE a lot more than you think or believe. Write it!

1. What are You Good at Doing?

Do you possess any special knowledge, training, education, or skills? How about people skills (e.g. sales, gift of gab, likeability, bold, confident, etc.)? Computer skills? Religious experience and/or knowledge? Sports? Athletics? Business? Money? Dance? Music? Children? Health? History? Art? Teaching? Photography? Humor? You get the idea.

- _____
- _____
- _____
- _____
- _____
- _____

Additional Thoughts

Boil it All Down to Three Main Words, Ideas, or Phrases.

1 _____ 2 _____ 3 _____

Finish: *I'm really good at* _____

FIND YOUR PURPOSE

2. What are You Passionate About?

What do you love doing that doesn't feel like work? It may require a lot of work, but because you love it, it's pleasurable work. Examples: Art, business, animals, writing, God, kids, beauty, fashion, serving, reading, helping the homeless, etc. Write it all down.

- _____
- _____
- _____
- _____
- _____
- _____
- _____

Additional Thoughts

Boil it All Down to Three Main Words, Ideas, or Phrases.

1 _____ 2 _____ 3 _____

Finish: *I'm most passionate about* _____.

FIND YOUR PURPOSE

3. What Do You Do for Fun?

Get in touch with your kid side. What people or activities do you gravitate toward for fun? What makes you laugh out loud? It may be skydiving or a jigsaw puzzle. You are you. What stokes your fire, makes you smile, laugh, get silly, or just feel good.

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Additional Thoughts

Boil it All Down to Three Main Words, Ideas, or Phrases.

1 _____ 2 _____ 3 _____

Finish: *I have the most fun when* _____.

FIND YOUR PURPOSE

4. What Pisses You Off?

Cancer pissed me off *and* terrified me. I have a chapter in one of my books titled “F#ck Cancer.” That fear and anger helped put me on a direction to finding my purpose. What do you want to fight in this world? Who or what are the monsters of hurt and injustice in your life? Use your anger, your pain, and your frustrations *for you and your purpose to help bring change*.

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Additional Thoughts

Boil it All Down to Three Main Words, Ideas, or Phrases.

1 _____ 2 _____ 3 _____

Finish: _____ *pisses me off the most.*

FIND YOUR PURPOSE

5. What Makes You Cry?

This one packs a lot of power. What things pull your heartstrings? What brings you to tears? If it's a certain movie, what are the themes doing this (e.g. loyalty, sacrifice, love, etc.). These moments carry power because they tap into the core of your being, your heart-of-hearts, and they are telling you something important about life (and you). They tell us what matters most.

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Additional Thoughts

Boil it All Down to Three Main Words, Ideas, or Phrases.

1 _____ 2 _____ 3 _____

Finish: _____ *pulls my heartstrings.*

FIND YOUR PURPOSE

6. What Do You Need to Learn About?

As you start to see your purpose unfold, you will realize that there are some unfamiliar areas of specialty you need to learn about. You may need to learn a whole new field of thought or work. This is certainly true for us!

- _____
- _____
- _____
- _____
- _____
- _____
- _____

Additional Thoughts

Boil it All Down to Three Main Words, Ideas, or Phrases.

1 _____ 2 _____ 3 _____

Finish: I need to learn more about _____.

FIND YOUR PURPOSE

7. What Will it Cost You?

If you are unwilling to take risks, you will never discover your actual purpose for life. When you know your purpose, risk becomes a secondary issue. When you don't know your purpose, risk is paralyzing. If I'm unwilling to engage in the risks, I'll never experience the possible joys of fulfilling my purpose in this life. What risks and costs do you think your purpose will require?

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Additional Thoughts

Boil it All Down to Three Main Words, Ideas, or Phrases.

1 _____ 2 _____ 3 _____

Finish: _____ will be my biggest costs/risks.

FIND YOUR PURPOSE

8. Any X-Factors?

Your X-Factor is anything we've forgotten or left out OR anything out in left field. Maybe it's fulfilling a childhood dream that died long ago. Keep it real, though. If you always dreamed of joining the circus or playing for the Dodgers, well... But becoming a nurse, a dog trainer, a writer, or moving to Tahiti to open a real estate business are realistic X-Factor dreams. Write it down!

- _____
- _____
- _____
- _____
- _____
- _____

Additional Thoughts

Boil it All Down to Three Main Words, Ideas, or Phrases.

1 _____ 2 _____ 3 _____

Finish: My X-Factor is _____.

FIND YOUR PURPOSE

You Did It!

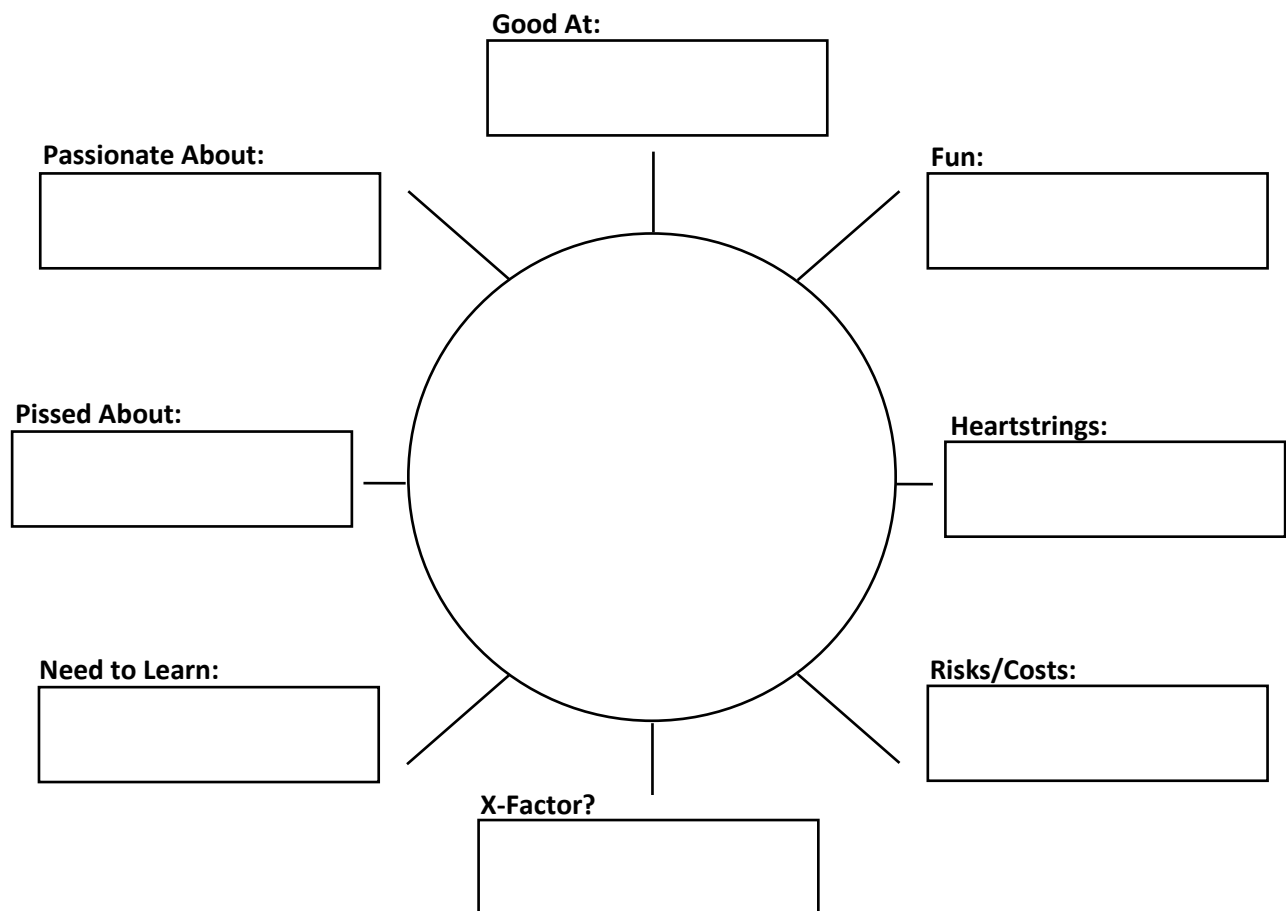
Outstanding work! You did the hard part.

Now take your keywords, ideas, or phrases from each of the 8 sections, try to boil them down into one word or sentence, and write it in the corresponding box below.

Your life purpose should be somewhere in that circle. You may not use all the section categories. Maybe you will use only five. That's okay. Stare at your words and at the circle. Then stare at them some more. Inside the circle, write whatever comes to mind.

Answer this one question:

What I really want to do is _____.



FIND YOUR PURPOSE

What You Need to Get There

You will want to cultivate the following 8 Qualities. They will get you started and *keep you going*. (We talk a lot more about how to do this in the book.) But you can use the questions following each quality to help you hone these skills.

8 Qualities You Want to Cultivate

1. Vision

It all starts with a dream. It's not about what is, it's about what could be a reality. We will find the most fulfillment when we live for something outside of and bigger than ourselves. The vision for our life purpose should feel overwhelming and greater than you can alone.

- List 3-5 things you want to see change in your life.
 - _____
 - _____
 - _____
- List 3-5 limiting beliefs you tell yourself *about* yourself, false beliefs that hold you back.
 - _____
 - _____
 - _____
- What will it look like when you are up and running in your purpose? What does it feel like? Write these feelings down. Hold on to that vision and those feelings.
 - _____
 - _____
 - _____
 - _____
 - _____

FIND YOUR PURPOSE

2. Focus

Focus is crucial! Everything will seek to steal your time, energy, and money. You must work to make the time to bring your vision alive. Every day will tempt you with choosing the good over the great, the important over the best. Discipline + consistency = habits. Good habits are the key to your success. Find your purpose and stay ruthless with your time and focus.

- Are you willing (and able) to wake up an hour (or more) early to work on your purpose?
 - _____
- Are you willing NOT to look at any news, email, and social media for that first hour?
 - _____
- What people, places, or things do you need to possibly cut out (or cut down) on to stay focused on your purpose?
 - _____
 - _____

3. Courage

The root of most procrastination is fear. In fact, usually the primary thing that will defeat us in life and keep us from taking new risks to pursue our purpose is fear. One secret to grow your courage is to take action. When you feel fear toward something, attack it. Act first and the positive feelings will follow. Don't wait until you feel courageous. You won't move.

- What are your 3-5 deepest fears in life? (e.g. being alone, sickness, loss, rejection, etc.)
 - _____
 - _____
 - _____
- What are your 3-5 biggest fears about pursuing your purpose?
 - _____
 - _____

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- What are 1-2 freaky things you need to do to start your vision and purpose?

- _____
- _____

- Go online and find several quotes on courage that speak to you. Print them and stick them somewhere that you'll see them all the time. Example:

“You cannot swim for new horizons until you have courage to lose sight of the shore.”

—William Faulkner

4. Grit

The kind of bravery we need is what Angela Lee Duckworth refers to as *grit*. Her famous TED talk on the topic has almost five million views. In that talk she says this:

Grit is passion and perseverance for very long-term goals. Grit is having stamina. Grit is sticking with your future, day in and day out, not just for the week, not just for the month, but for years.... Grit is living life like it's a marathon, not a sprint.¹

- Watch a movie this week that tells a classic underdog story (e.g. Rudy, Rocky, The Greatest Showman, etc.). Pay careful attention to the main characters attitude and mindset. Adopt it for yourself. What movie will you watch?

- _____

5. Faith

To take risks and pursue your vision, you need to believe in yourself. This is tough for most of us. We fill our heads with limiting beliefs and self-doubt about ourselves. We all carry elements of brokenness. We all tell ourselves harmful lies about ourselves. We must fight these lies every day with intention.

- Do you believe you can do this? If not, list 1-3 reasons why not?

- _____
- _____
- _____

FIND YOUR PURPOSE

- How accurate are your above reasons? How do these beliefs hold you back?
 - _____

- What's something you've done or accomplished in the past you're proud of? How did you pull it off? Can you harness that faith in yourself again to bring your purpose to life?
 - _____

6. Patience

For most people, to make your vision and purpose a reality, you will need patience. By this, I mean learn to play the long game. It may take you months or even years to get the momentum or credentials you need to make an impact. Avoid get rich quick schemes and short cuts to success. Take your time. Do things right, do things well, and play the long game.

- What does the long game look like for your purpose?
 - _____
 - _____
 - _____
 - _____
- What 1-3 things will take the longest? Can you sketch out a realistic plan for each of one? (You may need another piece of paper.)
 - _____
 - _____
 - _____

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7. Teamwork

It is unlikely that you can pull your vision and purpose off all by yourself. Successful and fulfilled people surround themselves with other like-minded people. The internet makes it easier than ever to reach out to people anywhere to form new connections and build a team.

- Who can you reach out to this week who you can share your vision with *and* who might act as your mentor, counselor, or sounding board? Ask him or her or them if they will be this person for you. Name them.

○ _____

○ _____

- Name 1-3 people, groups, or organizations who can help you in making your purpose a reality. This may include free help or paid help (e.g. graphic artist, life coach, fitness trainer, etc.).

○ _____

○ _____

○ _____

8. Action

All your visions and goals are useless without ACTION. Without action, your vision and purpose will either never get off the ground or it will die soon thereafter. And not just any old action, you need *consistent* action. If you do just a little every day, eventually, brick-by-brick, you will build a castle.

- What one thing you can do today (okay, or tomorrow) to start your journey?

○ _____

- How will you change your daily routine to make time for your vision and purpose?

○ _____

○ _____

FIND YOUR PURPOSE

Action Steps to DO NOW

Congratulations! You've made it to the end. This is an enormous accomplishment. Pat yourself on the back and don't forget it. But this is just the start. Your last task here is to write at least five things you can do this week to start making your vision and purpose a reality.

Your TO DO Action List for This Week

1. _____
2. _____
3. _____
4. _____
5. _____

If you have any further questions, please feel free to email Joel or Rebekah:

contact@rebekahshope.org

ⁱ <https://www.youtube.com/watch?v=H14bBuluwB8>