

INTERNATIONAL LIFE PURPOSE INSTITUTE

Home Study Course

Finding Your Life Purpose

Third Edition



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**International Life
Purpose Institute**

Home Study Course

CHAPTER ONE SAMPLE

Aspect Coaching and the International Life Purpose Institute

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Finding your Life Purpose

The secret to living a fulfilled and successful life

SAMPLE

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Certified Associate Coach,
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About The Author: Jane Johnson

Jane Johnson is one of Melbourne's leading Performance and Life Purpose Coaches. She has worked with many solo entrepreneurs, small business owners and middle executives, to enhance their success in their career/business and improve their income levels. She has also helped many find more fulfilling work and clarify their life purpose. She runs tele-classes/workshops and has produced a number of e books in these areas.

As a graduate in Commerce, she has worked in the Finance and Accounting Industry for many years as an Accountant and more recently as a Learning and Development Manager, Human Resources Manager and Trainer in the Finance Industry. Her area of expertise in training is in goal setting and self-esteem, having run many workshops and trained as a Facilitator for a number of large institutions, including the Pacific Institute and the Mars Venus Institute.

Her recent experience over the last 6 years has been as a self-employed Coach, a recognized "Investor in People" Advisor, L & D Consultant, and Trainer in Self-Development. She founded Aspect Consulting, in July 2000 and has worked with a variety of clients, both in industry and the community sector. Aspect Coaching was started in May 2003.

As well as running her coaching practice, she also works as a Master Coach for the Biblical Coaching Academy and the LCIA. She has trained with the International Coaching Academy to become an Associate Certified Coach, holds the Diploma of Coaching with the LCIA and is a Certified Workplace Trainer.

She has been a practicing Christian for 28 years and has held a variety of leadership positions in Pentecostal Churches. She is married with two sons and lives in Melbourne, Australia.

INTRODUCTION

Life Purpose is not something that many people think about, or even could describe. But it can be one of the most important aspects of life to clarify. If you cannot say you are giving yourself to something big in your life, you are missing out.

Did you know that only one per cent of the population are living out their Life Purpose.

Do you want to make a difference with your life?

If so we will begin by defining life purpose and then looking at some of the benefits.

This book is designed to be a practical tool for you to consider the application to your own life. Look out for the red questions. I suggest you do a section at a time and don't rush the answers. Save the book and come back and answer the questions every six months. Finding your life purpose is a journey and can take many years of exploration

WHAT IS A LIFE PURPOSE OR CALLING?

Salisbury describes Life Purpose as “a calling, an overall theme for your life or intent that transcends your daily activities. It is the quality you are here on earth to develop. The type of service you are here to render. The way you can enhance or improve some segment of the planet. It is much broader than one job or career; it pervades your entire life”.

Life Purpose Test

Tick the statements that apply to you and then count your score. Read the analysis at the end.

I have a motivating statement that defines my purpose in life and helps me make decisions

I am clear about making career decisions, as I know where I want to go

I look forward to going to work.

I talk about my work in a positive way.

My personal and work life is motivating for me.

Money is not the driving force in deciding my next career move.

I am passionate about the contribution I am making

I am learning from, and enjoy working with, my team or co-workers.

I feel excited about my upcoming projects, as they engage me creatively.

I am self-motivated and generate much of my “to do” list at work.

I feel positive about my future job prospects.

I know where I’d like to be in five years.

I know where I’d like to be in one year.

I’m being compensated fairly.

I know what environment I like to work in

I know the sorts of people, issues, causes or roles I like to work in

2. SCORING KEY:

12-15 Points:

Wow. Congratulations, you love your work and have a clear direction of where you are going! Never stop improving. Continue to make sure you are staying on the right path and not compromising your values or direction

8-11 Points:

You're doing well; this is a very good score. Maybe a little more clarity would help to keep you on the right track. Seek out material or maybe work with a coach to keep you going.

4-7 Points:

You're doing okay, but there's room for improvement. I think you would benefit from getting more clarity to help you make clear decisions in your life and give you true fulfillment. My Home Study course on Finding Your Life Purpose may be ideal to help you on this journey. Visit www.aspectcoaching.com and also www.internationallifepurposeinstitute.com where you will get more resources and info.

0-3 Points:

There's work to do. Consider taking a career assessment and/or working with a career coach to help you clarify your career goals. Know that many have successfully transitioned to careers and jobs they love. Consider my Home Study Course on "Finding your Life Purpose", available from the website www.aspectcoaching.com. Visit www.internationallifepurposeinstitute.com where you will get more resources and info. Above all take action and do not tolerate this situation. You deserve more and life can be a lot more fulfilling.