

TO START THIS COURSE, YOU ARE GOING TO COME UP WITH YOUR  
PURPOSE BY ANSWERING THE QUESTIONS BELOW.

1. YOU ARE ALREADY COMPLETE AND GOOD ENOUGH. DO YOU BELIEVE  
THIS? HAVE YOU BEEN TRYING TO BE GOOD ENOUGH? PLEASE  
EXPLAIN.

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2. IF YOU ARE ALREADY DONE AND COMPLETE, HOW DO YOU WANT TO  
SPEND YOUR LIFE? WHAT DO YOU WANT YOUR PURPOSE TO BE?  
BRAINSTORM BELOW AND THEN LIMIT IT TO ONE SENTENCE. (DO NOT  
GIVE YOURSELF MORE THAN AN HOUR TO COME UP WITH IT.)

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3. WHY? WHAT IS YOUR REASON FOR WANTING THIS TO BE YOUR PURPOSE? WRITE OUT WHAT IT MEANS TO YOU.

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HERE ARE MY ANSWERS, IN CASE YOU WANT SOME CUES.

1. AFTER YEARS OF TRYING TO MAKE MYSELF WORTHY, I ACCEPTED THAT I'M ALREADY COMPLETE AS A HUMAN AND THAT I DON'T NEED TO FIX MYSELF OR MAKE MYSELF MORE WORTHY.
2. I DECIDED THAT I WANTED TO HAVE A SUPER FUN LIFE (WITH NOTHING ON THE LINE) BY BEING AN EXAMPLE OF WHAT IS POSSIBLE AS A RESULTS-BASED COACH.
3. I WANTED TO PUSH THE LIMITS OF POSSIBILITY WITH MY MIND, MY EMOTIONS, AND MY ACTIONS BECAUSE IT MAKES MY LIFE MORE INTERESTING AND HELPS US EVOLVE AS A SPECIES. I WANTED TO ENJOY GETTING BETTER AT THINGS FOR THE SAKE OF ENJOYING THEM. PERIOD.