

# **How Do I Reach My True Destiny?**

*9 Principles and Strategies to Help You  
Realize Your Personal and Professional Destiny*

**Vincent T. Williams**

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*Within every human being lies a dream. For many, their dreams have been realized. But for most, their dreams are trapped within, never to be attained, or even pursued. – Vincent T. Williams*

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**T**o the aspiring dreamers and achievers, there is a divine, foreordained greatness in each of us. Stay true to the desires of your heart. Never, ever abandon your dreams. May you touch your own light and discover your true destiny.

**T**o the accomplished, even though you have acquired much in the form of wealth, material, and academics, if you have not yet achieved that which fulfills your heart, may you find the courage, to retreat and pursue the desires of your heart.

**T**o my acclaimed contemporaries and colleagues: teachers, preachers, coaches, and speakers - those who empower the world - you are the true models of leadership. May you continue to inspire those around you to seek and achieve their dreams.

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# PREFACE

Personal growth is a journey, not a destination. There is no designated point of arrival. It is a never-ending process. In this work, I would like to take you on part of that journey. By revealing principles commonly practiced by great achievers, I will show you what is possible in your own life. God has deliberately designed all of us with individual significance. When you discover this gift of distinction, buried deep down inside, you will experience a wonderful transformation. Your old way of thinking will be lost, and a more expansive and productive perspective will open you up to new potential.

Who am I to be your guide on this journey? Well, I'm no Oxford guru on success. Neither am I a "name it and claim it" spiritual evangelist. Rather, I am an individual who, in my desire to successfully pursue my own dreams, became exposed to some highly effective tools of empowerment. I wrote this book because I knew that writing it would be helpful to me first, and also, to anyone who would read it. In particular I thought it would be of great benefit to my nieces and nephews. These techniques can be applied by anyone, from the homeless person, to the corporate executive.

My purpose is to enable and maximize one's ability to achieve without boundaries. To assist individuals of all backgrounds in leveraging the human mind power to reach their most desired dreams. As a child growing up in a family in the most southern region of Alabama, we were unfamiliar with many of the strategies and mind-sets of high achievers. My mother was a woman ahead of her time. She was a compassionate leader with great drive and vision. My father is the nucleus of his family. He is well respected in the community, and at the mature age of 76, still has the endurance and work ethic of a farmyard mule. My parents provided a good home and raised us with excellent core values.

My parents surprised even themselves with their accomplishments. However, being relatively unexposed common people, they believed that to do great things, you must come from a historically great and accomplished background. They did not understand that history resides inside all of us, and that it had to start with one of us. I remember my mother telling me that I could be the president of the United States. On one hand my mother taught me to believe that I could be whatever I desired, but in reality, my parents were unable to support an uncommon career path or a path that was unfamiliar to them.

There was a contradiction which existed between my mother's words and her actions. I believe her actions were the result of a well-meaning parental reflex act of caution and protection. Our social background created a culture, which caused my parents to feel that they needed to protect me from the disappointment of a failed attempt at what appeared to them as a pipe dream. My chosen paths were usually 'outside the box' of my upbringing, therefore my goals were viewed, by my parents and siblings, as overly ambitious or egotistical pursuits. As a result, there were many lost opportunities. It is my goal to share methods and strategies which will sustain those who find themselves among these social mind-sets.

***Sometimes family and friends are unable to support an uncommon career path, or a path that is unfamiliar to them.***

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For most of my life, I have been fascinated by human behavior. I've often wondered what makes people do what they do, and how they can change their behavior. I wondered why we don't change our behavior when we are not getting the results we desire. I've wondered also, why one person succeeds and another fails, why some make millions and others live a life of poverty. How do you produce the results you want?

In my search for explanations to comprehend these mysteries, I have researched, interviewed, and worked with many high achievers. It has been said, "*Success leaves clues*" and I have found many of those "*clues*." I have spent over half of my life examining and exploring, with fascination, the success secrets and model behaviors left behind by those who exemplified a sense of discovered destiny in their achievements. After talking and interacting with many peak performers, I have discovered key success patterns and tools necessary to realize your dreams.

## ***I wondered why we don't change our behavior when we are not getting the results we desire.***

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As I began applying these principles in my life, I was empowered with a determined confidence and courage to pursue my most desired dreams. Today I share these principles to empower highly motivated professionals, business owners, athletes, ministers, principals, schoolteachers, and everyday working class individuals. If you learn and adopt these patterns, you will essentially possess the tools that will allow you to skillfully and quickly adjust your course, just the way a skillful mechanic can tune or repair your vehicle. Our challenge is to obtain enough mental leverage to act on our newly acquired knowledge.

We struggle with the mental ability to change our behavior, even when we know we have been introduced to a more efficient method. Let me ask you a couple of questions. Do you feel that you are relatively intelligent? Have you attended a seminar, college course, business conference, or any type of development workshop within the last six years? Did you learn something that you thought was really valuable? I mean you really, truly knew that what you learned was valuable. Did you ever actually apply what you learned? If you have had this experience, say "I." Now how many of you have had this happen to you more than once in your lifetime, say, "I." ***I CAN'T HEAR YOU!***

## ***Our challenge is obtaining enough mental leverage to act on our newly acquired knowledge.***

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How is it that an intelligent person, like you or me, could learn something and know it is valuable, but still not use it? It is because we are opposed to change. We are naturally reluctant to deviate from our normal routines or comfort zone. Another factor is that we are unexposed to specific wisdoms that give us a mind-set to take action.

I have discovered many of those wisdoms, including how to harness the power of *action*. I have learned that the old cliché, "*knowledge is power*" is just that, a cliché. After a wide-ranging amount of growth and development, I have learned that knowledge without wisdom is just information, and wisdom is the right use of information. But, it is important to understand that knowledge and wisdom together are merely *potential* power. So, please be clear, only one thing gives you power: **ACTION**, my friend! *Faith by itself, if not accompanied by action, is dead* (James, 2:17 NIV).

***Only one thing gives you power—  
ACTION...***

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When taking action, it is critically important that you have the right tools. I am sure you can remember attempting a simple task, such as tightening a screw or changing a tire on your car, only to find out that you didn't have the correct tool. So, you called a neighbor for help. No luck. You drove to the hardware store. No luck. Finally, Johnny, the clerk at the hardware store, knows who carries the tool you need and directs you there. In the meantime, what should have taken only a few minutes took hours to successfully complete. Our lives are very similar. Some of us live our entire life using insufficient methods and tools in attempting to reach our destiny. Others travel what seems the world over before they discover their true destiny. We know this approach as 'trial and error.' What if we could save ourselves all of that time of trial and error? What if you had the right tools and then took *action* to use them? Imagine what you could accomplish!

This book contains some of those vital tools. It's my sincere hope that they will help make possible the results you desire in your professional and personal life. You have an inherent gift specific to you. Maybe you've seen a glimpse of it for a brief moment, only to have it return to its place of hibernation. The problem is that the methods you are using are unable to draw out your gifts and harness their power. The intent of this work is not to benefit you alone. It is my hope that you share this newfound information with your family and friends. I am certain that if you learn the principles and apply the tools outlined in this book, you will find personal fulfillment, while reaching your true destiny.

# WHAT IS YOUR DESTINY?

We often claim to be authors of our own destiny. Yet, we spend most of our time as passengers on the journey of life, instead of “driving the bus.” As humans, we share the aspiration to live happy, productive lives, but happiness is a condition we often find too complicated to grasp. Happiness is not a discrete, nor a sustainable state. We have the same individual perceptions about happiness as we do about beauty, justice, and goodness. However, many of us believe that if we could just fulfill our dreams and passions in life, we would be happy. To achieve true emotional satisfaction and purpose, it is necessary to obtain the courage to pursue your dreams. It is then that you will discover your true destiny.

Destiny is defined as the purpose or future, as arranged or foreordained by the Divine or by God. Based on this definition one may ask why I am attempting to tell you how to reach your true destiny. The answer to this question can be found in the pages that follow. Our destiny is inherent—we were born with it. But to fulfill it, you have to do something! To reach our destiny, we must first release the self-imposed limitations we place on ourselves. It’s a fact. Let me ask you a question. Who keeps us down most of the time? We do, of course. We are the cause of our own mediocrity. It is based on our belief system about who we are, and who we can become. Let me say that again: it is based on our belief system about who we are and who we can become. When we change our belief system, and pursue our dreams with passion and determination, we will ultimately realize our true destiny.

***When we change our belief system and  
pursue our dreams with passion and determination,  
we will ultimately realize our true destiny!***

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We all have dreams. Some of us dream of competing in the Olympics and bringing home the gold. Some of us dream of being the president of our own corporation, while others simply dream of connecting with a soul mate and building a wonderful family. Many people are satisfied with a day’s work and catching the game on the sports channel before passing out on the couch. To dream of what you want to become or do in life is wonderful. Unfortunately, after experiencing some of life’s harsh disappointments and unknowingly sharing our dreams with dream-killers who discourage and impede our progress, we lower our beliefs and expectations (self-efficacy) of who we can become.

To raise those hopes and expectations back up and obtain the results we desire, we have to learn to use new patterns of thinking and behaving. It means changing our perspective.

In this writing, I do not profess to share any philosophy or ideology you’ve never heard before. In fact, you probably have, if you’ve been paying attention. I don’t guarantee any overnight success or breakthroughs. Success is hard work! Neither do I offer some philosophical “Think Positive” self talk. If you have weeds in your garden, you can’t get rid of them by saying again and again, “There are no weeds in my garden.” If you don’t physically pull the weeds, I promise you, they will destroy your garden.

No, my purpose here is to add value to someone’s life. In adding value to others’ lives, I am left with a great feeling of self-significance. I want to remind you that, if what you’ve been doing is not producing the results you desire in your life, you must try something different! *“If you always do what you’ve always done, you’ll always get what you’ve always gotten.”* The first step in changing your outcomes is changing your outlook.

Here you will learn that it is human nature to inventory more of our negative life experiences than our positive experiences. The memory of our unpleasant situations far exceeds our recollection of our pleasant ones. As a result, our adverse experiences become the dominant character of our perspective, shaping and forming our personal belief system. In the classic games of competition such as championship tournaments, the loser remembers feelings of disappointment much longer than the winners celebrate or remember their feelings of adulation and victory. You will learn that we are psychologically at war. We are at war with our collective experiences. Everyday, inside our minds, we are in a psychological battle with the historical influence of our past relationships, both personal, and professional. We are at war with our past and present social environments. And these experiences have shaped our “thought life.” We must win the battle in our minds. It’s extremely important that you take control of your thought life.

One of the vulnerabilities of our thought life is that, it is often ruled by fear and conformity. Our thoughts are greatly persuaded by fear of failure and disappointment. We struggle with the courage to march to our own beat. Consequently, we conform by copying the masses. We act like everyone else without knowing why, and without having any idea what the people we are modeling are doing, or where they are going. We tend to go with what is perceived as the normal, or popular, notion. In the book of Romans we are instructed, “... *be not conformed of this world; but be ye transformed by the renewing of your mind...*,” (Romans, 12:2 KJV). When you manage your thought life, you gain better control of your decisions. When you change your thoughts, you change your life.

***When you change your thoughts,  
you change your life.***

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Your thoughts are your own; no one else controls them. You can, however, control your own thinking and your goal is to lend your thoughts to things that have value and meaning to you. To do this, you must have a sense of certainty about who you are and what you want to accomplish in your life. How do you obtain that certainty? You have to do the work to gain clarity. In order to achieve clarity about your goals and dreams, you have to see it first on the inside. You have to become laser beam sharp about where your passions lie. You will have to conduct a thorough search and examination of yourself to clearly identify your passions and your gifts. Then, and only then, will you discover your destiny! ***Inner Work = Self Examination = Identification of Your Passion = Clarity = Certainty = True Destiny***

A common trait I found among high achievers is their insatiable appetite for new knowledge. Champions, peak performers, and precision thinkers, constantly invest in themselves. They buy books. They employ consultants. They attend seminars. They will move Heaven and earth to obtain the information they believe will move them forward in their professional and personal lives. Too often we spend money on *things* instead of investing in ourselves. You have to take inventory of your personal tools and investments (books, tapes, classes, seminars), and determine what is going to increase your value. Everyday we step over dollars, trying to save pennies, because we don’t realize the importance of investing in ourselves. If, and *only* if you *act*, on what you have learned, the returns will far outweigh any investment you have ever made. So, do not be afraid to invest in yourself.

***...A common trait among high achievers  
is their insatiable appetite for new knowledge.***

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This book can be one of those investment tools. In it, you will find specific tools, strategies, ideas, and principles that can help facilitate your journey toward discovering your destiny. Of course, reading the text is easy, but the words on the page cannot apply the principles. You're going to have to make a concerted, disciplined effort and practice consistently to gain a return on your investment. Obtaining personal achievement in one's individual life causes an inner peace and joy. You will find that when you have personal fulfillment you will become a better producer in all areas of your life.

Today—this very moment—begins the rest of your life. So, decide right now, to choose the outcome of your life. At the same time, life will throw you what seems like unendurable challenges, whether you do your personal best or if you just rise daily and only produce the bare minimum for survival. *The pain of your journey at times will cause you to question your destiny.* You cannot escape the difficulties of life; there is no place to hide. Will pain still stop by to visit you late at night in the form of an unbearable migraine? Will the pale rider called death unexpectedly show up at the home of a relative or loved one? Will life introduce you to the pain and frustration of falling short in achieving some of your most desired goals? Will you experience some cut-your-heart-out disappointment in your marriage or relationships? Of course you will. The key is deciding how you will respond. I suggest that you grab life, and demand what is yours. The success principles inside this guide are for those who are committed to doing more with their lives and those who desire to positively impact the people around them. Mark this day as the day you made the commitment to change your life – *Get in the game! Do not stand on the sidelines. Get in the game! Follow your passion, and discover your true destiny.*

***Get in the game. Do not stand on the sidelines. Get in the game!***

# PURPOSE

**Purpose:** intent – proposed as an aim for oneself; the reason for which something exists.

There is a point where most of us come to a crossroad in our life. Somewhere between 35 and 55 years of age, the famous mid-life crisis appears. There is an unrest that visits us and we begin to ask questions like, “Is this all there is?” As we ponder deeper, the unrest begins to feel like a void, a sense of emptiness. We feel as if something is missing. There is meaninglessness in our life, but we can’t quite put our finger on it. Gradually, we come to the realization that our value system to pursue the “American Dream”—which includes the accumulation of status symbols and material rewards—isn’t doing it for us.

One reason this occurs is that we confuse money with success. And we also confuse goals with purpose. For example, it may be your *goal* to purchase a Mercedes by age 30, but what was your *purpose*? It is important to understand that there is a difference between setting goals and having a purpose. Your purpose is the big picture—it transcends your goals. A goal is something specific that you want to accomplish. The purpose is why you want to accomplish it. You may have several goals within your purpose. Your goals are the steps you take along the journey to realize your purpose.

***Your purpose is the big picture;  
it transcends your goals.***

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To clarify your purpose, you have to ask yourself the question, “Why?” Why do I want to do it? Why do I dream of doing this? Harriet “Dr. Ball” Ball, a mentor and close friend of mine, is a divinely gifted teacher and facilitator. Harriett is often referred to as “Dr. Ball” because of the remarkably amazing results she produces with students labeled “at risk” or “unreachable.” After a visit from Dr. Ball, students feel like they have experienced an educational and attitudinal revival or healing. For twenty years she worked as an educator and counselor in the public school systems in San Antonio, Austin, and Houston, Texas. Dr. Ball was often criticized for her non-traditional methods as a schoolteacher.

Today, she is well known for her techniques and outcomes as a national speaker and facilitator. In the course of a week, requests for seminars and workshops may send her to Washington D.C. and New York, followed by a trip to Detroit or Chicago and then on to New Orleans. In addition to her accomplished background is a flattering profile on 60 Minutes, CBS News and Oprah Winfrey.

When I first met Dr. Ball in the airport, suffering with chronic back and leg pain, she could barely walk. I asked her why she was traveling in such a condition. She said, “It’s my *passion*. I have to do it. I am passionate about children who are labeled “unreachable,” and I want to prove that the labels are wrong and inappropriate.” Simply stated, Dr. Ball is living on purpose.

Dr. Ball has found something that fills her with enthusiasm and excitement every day. She has the purpose and passion, which are the motivations necessary for life to have meaning. Her soul has been granted the fulfillment most of us seek. Her *purpose*—which is to make sure no student is left behind—is fueled by an adrenaline surge, a tremendous fervor, which allows her to achieve her *goal* of performing workshops for underachieving students and seminars to train educators in modern methods for transferring knowledge to students. Her life has excitement and meaning.

When you have a fire in your belly to do something, you can do the impossible. So many people simply go through the motions everyday, caught up in life's routines that often become boring. If you are experiencing this meaningless merry-go-round in life, don't fret. There is abundant life for you when you began to live your life on purpose.

You must first identify your talents to discover your purpose. You may not believe you have an inherent talent, but you do—it's your gift. By using your gift to the fullest, you will positively impact your own life and the lives of those around you. You'll recognize your gift when you identify your *passion*. What do you love to do? What gets you excited? What gives you great fulfillment and satisfaction? It can be anything: cooking, math, writing, sports, gardening, art, or singing. Maybe you love helping people, or maybe you enjoy solving complex problems. If you can identify that which you love to do, you're on your way to discovering your purpose.

So, if you love kids, your purpose might be to help children succeed, or to simply be a wonderful parent. If you love to draw or paint, maybe your purpose might be to bridge the gap of race relations through art. If you have a great analytical mind and enjoy business challenges, your purpose could be to apply your gifts to the world of commerce to help the federal government build a better business model or to help a corporation prosper by restructuring their organization.

When you do what you love, and love what you do, you will find true fulfillment. Mother Hale of New York had a passion for children. Throughout her life she worked tirelessly to give unwanted children the love and support they so desperately needed. Her life's work was truly a labor of love. Hale House stands today, as a testament to her passion. I know you can think of many examples of men and women who have found tremendous joy in their work because they felt *on purpose*. Be determined to make a *difference*, not just a living.

Once you have identified your passion, you will be able to clarify your purpose. Here are 5 key elements, which will assist you in discovering your purpose:

- 1 Purpose Statement
- 2 Alignment
- 3 Determination
- 4 Humility
- 5 Visualization

**Purpose Statement** - A *Purpose Statement* states clearly and simply what your "reason for being" is: "My purpose is to bridge the gap of race relations through art." Whether you own your own business, or simply would like to set your own purpose in motion, I suggest you start by writing a "**Purpose Statement**" instead of a "Mission Statement." Too often company executives and individuals with well-meaning intentions fashion some grandiose statement about their mission, which no one remembers. Keep it short and simple, one sentence. Devising a powerful statement ("Our Purpose" or "My Purpose") that you and/or your employees can put into practice everyday will add meaning to your life and theirs.

**Alignment** - *Align* your purpose with your natural ability—with your passion. Use your natural ability as the vehicle to achieve your goals. We have all been gifted with natural talents. Discovering what they are is part of the game of life. For most of us, our work is not aligned with what we do best. Our values and our actions may be at cross-purposes or opposed. These mixed messages can cause internal conflict and uncertainty. When you align your purpose with your passion, you will enjoy peace of mind and a wonderful sense of life.

**Determination - Determination** is a tool of perseverance. Perseverance is the power to endure failure and difficulty again and again; it is motivated by faith in a purpose. Be determined every day to stay true to your purpose, no matter what—family, friends, companions, and especially unexpected setbacks. Determination is vital; it is a mind-set which will add power to your drive, even if no else believes in your pursuit. Many of us lose our direction or focus because we are easily distracted and easily influenced by other people. Without knowing, we are being sidetracked and persuaded by our environment. The daily activities and conversations we are involved in with friends and associates often neither encourage nor support our goals or purpose. In most cases our activities are contradictory to our aim. You may also lose focus when you are engaged in an incompatible personal relationship. Your partners' inability to see or believe in your goals can pull you down emotionally and cause you to get away from your objective. Accordingly, a loss of direction or focus happens when one has no purpose in life. Once you have chosen your direction, stay focused and use determination to bolster your pursuit.

***Determination will add power to reinforce your drive, even if no one else believes in your pursuit.***

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**Humility - Humility** can be a useful tool for staying grounded. It may also serve as a daily prescription to reduce the development of an egoist. Ego-ism is a dangerous psychological state; it can create a lethal and toxic flaw in our character and decision-making. In 1985, Harry Belafonte recruited music genius Quincy Jones to bring together the largest group of singing superstars to ever be assembled in the same studio at one time. Imagine for a moment, Lionel Richie, Whitney Houston, Bono, Madonna, Diana Ross, Cindy Lauper, Willie Nelson, Michael Jackson, Stevie Wonder, Bob Dylan, Ray Charles and many other performing artist icons all in the same studio. The artists were brought together for the making of “We Are The World,” the world famous song created to raise funds and awareness to provide relief for starving Africans. Quincy Jones knew and envisioned how challenging and destructive this many egos could be to the project. In his foresight, as he sent copies of the instrumentals to the interested musicians, he included a letter that stated they should “*check their ego at the door.*” He also posted his admonishment outside the studio door. Quincy was able to maintain an atmosphere of groundedness with everyone. The project was a historic success. “We Are the World” won Grammys in 1985 for Song of the Year and Record of the Year. As your sense of accomplishment grows, so will your confidence; and confidence can increase your ego. So remember to practice the principle of humility.

***...An egotistic condition is a dangerous psychological state — it can create a lethal and toxic flaw in our character and in our decision-making.***

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**Visualization** – “Where there is no vision, the people will perish...,” (Proverbs, 29:18 KJV). Vision is the ability to see the ending, before the beginning. You have to picture the outcomes of what the achievement of your goal does for you. What is the result of achieving this goal? What is its benefit? It is important to gain some idea of what it feels like to have achieved the goal. *Visualization* is an in-depth imaginal process of picturing yourself doing what you really desire to do. This is what drives you in your purpose. Visualization is a recognized and proven success technique. Many high-level achievers employ the method of visualization. Visualization increases the likelihood of success in achieving your goals. If you desire to learn advanced visualization techniques, you may search the Internet for coaches and books. They will guide and coach you through the process of how to employ advanced visualization techniques.

Visualization is the employment of virtual reality. You are picturing your success. As you picture the outcomes of your purpose, be specific. The more specific your picture, the clearer your obstacles will be to you. Ken Samuelson describes it this way, “*The ability to dream, see the obstacles, and transform the obstacles into strategies is the distinguishing feature of people who transform the world, rather than just living their lives responding to the world.*” There are certain fundamental obstacles that will impede you—time, money, knowledge, support, resources, and emotional opposition. But if you can visualize how to overcome these obstacles, you learn to harness the power of the opposition by determining the solution long before you come face to face with the obstacle.

***“The ability to dream, to see the obstacles, and transform the obstacles into strategies is the distinguishing feature of people who transform the world, rather than just living their lives responding to the world.”***

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It’s up to you to decide what you want to experience in life. You make choices every day. You may not realize it, but you are creating your life with each moment, through the choices you make—the priorities you set, the job you have, the friends you surround yourself with, and the beliefs you hold. All of these choices *custom design* your life. When you choose fulfillment over perceived security, your values become your guiding principles. Choose your career path by the passion you have for the work, and not by it’s income opportunity. When you choose the path of fulfillment, you are choosing a *passion directed* life. In other words, when your life is passion directed, you are designing a life that reflects the core of who you really are.

Having a passion directed life has a positive ripple effect. Your work is excellent because it is personally fulfilling, it reflects you and your passion. The inner man/woman inside of us desires true authentication. Said another way, if your current career is that of an architect, but your passion is to be a fireman, a music sound producer or an airplane pilot, *you will not possess true fulfillment until the passion of your spirit is fulfilled.* When we pursue a path we delight in, the rewards are boundless.

You will discover your mind is at ease because you find enjoyment (fulfillment) in your activities. A healthy state of mind will cause us to excel in all areas of our life—self, career, family, and community. Being balanced gives life new meaning. You will no longer simply move from one day to the next. You will look forward to each new day because it offers you the opportunity to use your unique abilities.

***You are creating your life with each moment through the choices you make.***

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It takes courage and self-sacrifice to follow your dreams and passions in life. Are you committed to do that? It requires being brutally honest with yourself. Are you committed to do that? Fulfilling your purpose may necessitate changing careers, furthering your education, or something else that causes you to leave your “comfort zone.” Are you committed to do that? The life you choose will not always be easy. Therefore, you must develop an inner conviction and belief that you will and can do whatever it takes to achieve your dreams. *“Be strong and of good courage...”* (Joshua 1:6 KJV).

Decide today to find your purpose in life, and get busy fulfilling it. Your work is vitally important in fulfilling your purpose in life. Most of us spend well over 50% of our waking hours working. Obviously financial remuneration is one reason we work. Yet to be fulfilled, we must enjoy what we do and use our innate abilities creatively. Regardless of your occupation, it has value. So, resolve in your mind that you will bring all of who you are to your work and ennoble it with a style that’s distinctly yours. Spend some time discovering where your passions lie and give your life “Purpose.”

## ***It takes courage and self-sacrifice to follow your dreams.***

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### **1 To help you cultivate the principle of Living On Purpose, practice the exercises below:**

Take a blank sheet of paper and write down the answers to these questions:

1. What do I really love to do?
2. What do I really do well or excel in naturally?
3. What would I do for free?
4. What do I really want to become?
5. From those answers, write your purpose statement.

Make your work a labor of love, and all your achievements will have meaning and will satisfy your desire for success. Do what you love, and love what you do.