

## Being Fulfilled: Self-Test and Challenge Questions

Being able to confidently answer the following questions in your own words transforms insight into action. It is well worth the time and effort we invest:

- In the GWC what does our life purpose & truth mean?
- How does our truth and ethos guide our purpose?
- What is your own purpose, vision and short-term goals?
- What values are you cultivating at the moment? How? Why?

When and how are you reviewing your goals and values



### Being Fulfilled Study Tips



- **Watch the online video.** Share and discuss your answers with a friend or life partner.
- **See the card as a brainstorming tool.** Write or type your answers in a journal and continue to expand and refine them.
- **Place the card somewhere visual and accessible,** where you are likely to pick it up and reflect upon it.
- **Keep reviewing the card** until you can answer the above questions without hesitation in your own words.
- **Be open, curious and resourceful:** Research other information on value strengths and living your life purpose online.



© 2019 Adam Hammer

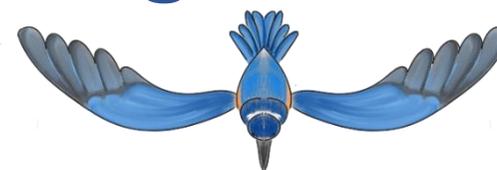
**E.i. Education & Training**

Sustainable wellbeing, happiness & success

Hobart Tasmania 7009 www.eieducation.com ABN: 258 059 545 97



# Being Fulfilled



## Living with purpose while honouring our truth

Being fulfilled naturally occurs when we act in alignment with our life purpose, while not sacrificing any aspect of our truth. Within this course, our **truth** constitutes our noblest values, core beliefs and basic needs; while our life **purpose** is a synthesis of our passion, interests and talent.

Being conscious of our life *purpose* enables us to clarify an inspiring vision and set realistic and meaningful short to long term goals. The quality of our goals and relationships enhances our motivation to pursue them through to completion, thereby protecting us from procrastination and self-doubt.

Clearly identifying and honouring our *truth* ensures that the way we achieve our goals is sustainable, humane and in harmony with those around us. This requires active cultivation of our character values, principles and personal ethos. Use the questions inside the card to gain greater clarity regarding your unique purpose-vision, goals and truth.



*Ultimately, being fulfilled does not depend on what we have, or who we are, but how consciously we act and make decisions.*



# Purpose

Our life purpose and vision give us meaning and direction.

They provide an overarching intention that channels our interests, talent and passion in a constructive way. Sharing and reviewing our short, mid and long-term goals grounds our vision in reality; increasing focus and accountability.

**Interests:** What creative activities do I enjoy, or have I wanted to enjoy?

What physical activities or sports have I enjoyed or wanted to enjoy?

**Talent:** What knowledge and abilities am I drawn to and like to practice?

What fields of service and occupation am I naturally interested in?

**Passion:** What do I care about most in my home and the world at large?

Where has been my greatest pain and joy in my life today and in general?

**Purpose:** What do I want to see more of or less of in the world?

How can I use my passion, talent and interests to achieve this?

**Vision:** How would my work-community life look if I were living my purpose fully?

How would my home-family life look like if I were living my purpose fully?

**Goals:** In what ways am I already realising my vision and living my life's purpose?

If possible, what would I love my legacy and achievements to be in:

- 6-8 Weeks:
- 3-4 Months:
- 6- 12 Month:
- 12-24 months:
- 5-7 Years:

**Rewards:** What will the benefits be of me living my life purpose to my?

- Self-Partner-family:
- Friends-Community-Earth:

**Costs:** What will I need to let go of in order to live my life fully on purpose?

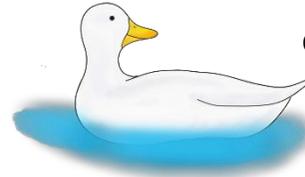
What other costs might there be? Am I happy to pay this price?

**Accountability:** Who are 3 key advocatess I can share and review this plan with on a monthly-quarterly basis?

**Focus:** Where and when will I personally review my vision and goals on a daily-weekly basis?



# Truth



Our truth is the manner in which we achieve our life purpose.

It's a combination of our noblest values, core beliefs and basic needs. Life's great challenge is fulfilling our life's purpose and realising our vision, while honouring our truth.

**Personal ethos:** What is my highest truth-core belief that I use to guide my life?

**Values Exercise:** Select a role from a life area below that naturally draws your attention:

Write 3-5 values that you would love to be remembered as e.g. *woman*: strong, reliable, caring).

Sit for 5 minutes and reflect on one of these values that needs more attention and support.

Each morning for 7 days write or share with someone small ways you've lived this value.

**Spiritual Life:** How would I like to be remembered as a human being:

**Personal Life:** How would I like to be remembered as a:

*man/woman:*

*Householder/steward:*

*Life Partner/spouse:*

**Family Life:** How would I like to be remembered as a:

*Mother-Father:*

*Son-daughter:*

*Brother-sister:*

**Community Life:** How would I like to be remembered as a:

*Friend-associate:*

*Citizen-neighbour:*

*Creator-entrepreneur:*

**Work Life:** How would I like to be remembered as a:

*Worker-helper:*

*Colleague-peer:*

*Supervisor-manager:*

**13 Week Challenge: Realising our truth:** Each week apply the above values exercise to a role:

- Every time your reflect upon your values. Take time to also read your vision-purpose-goals.

Share your discoveries if you wish at [www.eieducation.com/being\\_fulfilled](http://www.eieducation.com/being_fulfilled)

For a fillable PDF and video tutorial visit: [globalwellbeingcompass.com/being\\_fulfilled](http://globalwellbeingcompass.com/being_fulfilled) access code: TL4322