

Notes On Creating your 5Ps of Life

March 2020

The “Why of Creating the 5Ps of Life”

The Purpose of Life has the potential to be the single most important paper you will create for your own life. If done with the right intention and thought about deeply, it will bring what we all seek in Life - a Life full of doing the things that we love to do and giving you a plan to achieve it.

This document only contains the Potential for great importance since it has no meaning unless acted upon. You can bring this Potential to reality by truly aligning your life with your Purpose and allow for the power of Self Definition to kick in. This Self Definition goes beyond the limits of Will Power (which fades with time and depletes as it is used). Self Definition gives you the power to see yourself as a different person and the motivation to change.

The greatest challenge in completing this paper is to reach deep enough inside you to find your true voice and find what you would gladly do for the rest of your life. This paper will be the start of that important dialogue you should have internally that will keep you pursuing your Purpose in Life.

The 5Ps - Passion, Purpose, Plan, Partners, and Persistence

There are a minimum of 15 powerpoint pages (3 for each P) to be completed - I don't like to set a maximum - look at some of the included examples for inspiration. There are 3 required powerpoint pages per section.

PLEASE NOTE THAT THERE ARE SPECIFIC POWERPOINT PAGES NEEDED - Check them against the specific powerpoint pages here. Also note, that this exercise has been updated and the examples may not contain all the PowerPoint Pages required.

Passion

Passion is relatively easy to find compared to the other Ps. Think about what you love to do and what you almost would never get tired of doing day after day. I would like each student to do the following:

SPECIFIC POWERPOINT PAGES:

- 1) Describe on the first Powerpoint a time in your life or an event where you were truly happy and full of passion for Life. It should be a moment that you would like to relive again and again and then think about what Passions you displayed at that time. It is a story - so make it interesting.
- 2) Describe on the second PowerPoint page your different Passions. Each line should state what you are passionate about and most importantly - Why do you love that? Note some students like to put each Passion on each page. This can be also effective.
- 3) The Third required Passion PowerPoint is a Grid that shows each along each row and then at least 3 columns that describe WHY you love that particular passion. Perhaps you have a passion for Travel. Is the WHY - because you love to:

Discover new things about the outside world?
Experience living in a completely different culture?
Love speaking and learning foreign languages?
Connect with Nature?

- 4) OPTIONAL - Write up a page for each of the things that are the Whys behind your Passion. You love to Connect with Nature (instead of Travel) Write me a note also on if this is more meaningful than your outward initial Passion.

Purpose

This should be a 10 or 20 year Goal of yours. Most people have no idea what their Purpose of Life is initially. It is easiest to first find your North Star. It may not be something you actually reach, but it is something that gets you pointed in the right direction. It will actually help you not go South at least! After finding your North Star, then find your North Pole. Your North Pole will be very specific and it will take Passion, a Plan, Partners, and Persistence to reach it.

After you created your initial great Purpose Statement, an even better Purpose Statement will have the following characteristics. You should have try many different Purpose Statements and see your initial reaction to it. Wait for the Purpose that really speaks to who you are.:

- It will build upon what you are passionate about. This is what makes a Purpose not such a hard thing to achieve after all -- a Life Full of what you are passionate about is a life well live
- It will feel like something that is Unique to you. General Purposes will not be your true calling - make it as unique as you can to fit the real you.
- It will have a specific time period - 10, 15, or 20 years.
- It will be something that is specific enough that you can tell if you actually achieved your goal
- It should be as specific as possible so you can feel and visualize what it takes to succeed.

SPECIFIC POWERPOINT PAGES ON PURPOSE

1) Your North Star - this is just a general direction

(make the background the visual of what you will see and feel like when it is achieved)

2) Your North Pole - this needs to be as specific as you can be

3) A Grid describing potential North Poles (or North Stars if you are less sure about your North Pole)

This Grid should show the purpose each as a row and the columns to this grid are: Passion, Talent, Good for the World, Aligns with your Values, Pride

How does that Purpose stack up against each of these for yourself? Pride means are you proud of this even if no one ever knows that you did it except for yourself.

4) OPTIONAL

Think about potential Purposes and write about each of these

Think about different points in time and where you will be at that time for that Purp

Partners

Partners are the people that will both benefit and also help contribute towards your Purpose in Life. Picture those people around you and people in the future that you may need to recruit other partners in the future that take you beyond where you are today. Make that part of your plan to recruit those people. Also you can call this person by a nickname "Super Mentor or Super Spouse" if you do not know their name at this time.

SPECIFIC POWERPOINT PAGES:

- 1) Describe on one PowerPoint how all your partners will benefit after you achieve your Purpose
- 2) Describe on the second PowerPoint how your partners will help you achieve your Purpose
- 3) Describe the one key person, or type of person, or mentor that you most will need to achieve your purpose.
- 4) OPTIONAL - Make a specific plan on what you want to learn from your key person in more detail. How would that learning accelerate you towards your purpose?

Plan

Plan just gives the specific Actions and specific Goals you will take to achieve your Purpose.

The Goals each should be SMART Goals (Specific, Meaningful, Action Oriented, Realistic, and Timely)

SPECIFIC POWERPOINT PAGES:

- 1) Describe on one PowerPoint page the specific SMART Goals and Actions in this Next Month
- 2) Describe on the second PowerPoint page the specific SMART goals and Actions in the Next Year
- 3) Describe on the third page, what your most important item to do is for the next year. How specifically will you do this specific item?
- 4) OPTIONAL Spend 5 straight days doing one specific small 10 minute thing you could do. Keep a journal and then share it.

Persistence

This is the MOST important pages in the deck for helping you stay on track. There are many people with vague dreams of what they want to achieve in Life. You will have a specific Purpose and will be on a much better track in this sense. Even rarer is the person that has the persistence to see their Mission in Life fulfilled.

SPECIFIC POWERPOINT PAGES:

- 1) Describe the things you will do on a Daily and/or Monthly basis to keep your focused on your Purpose. You know what specific tricks or motivations you need to stay on something.
- 2) Describe on the second PowerPoint page, the Demon that is preventing you from achieving your goal. What does the demon feed off of and how do you starve this demon?
- 3) Put on the third PowerPoint page the specific message you will give yourself when you are feel like quitting or when you have not have not done anything towards your Purpose in more than 3 months.
- 4) OPTIONAL - Describe a time in your life when you were able to achieve a great thing which required a lot persistence. What was it that you specifically did?