

What is your life purpose?

A silhouette of a person standing on a dark rock, reaching their right arm up towards a bright sun. The sun is low on the horizon, creating a warm, orange and yellow glow. The sky is filled with soft, wispy clouds. The person's left arm is extended outwards. The overall scene is inspirational and evokes a sense of achievement and purpose.

# 5Ps of Life

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A well-lived life

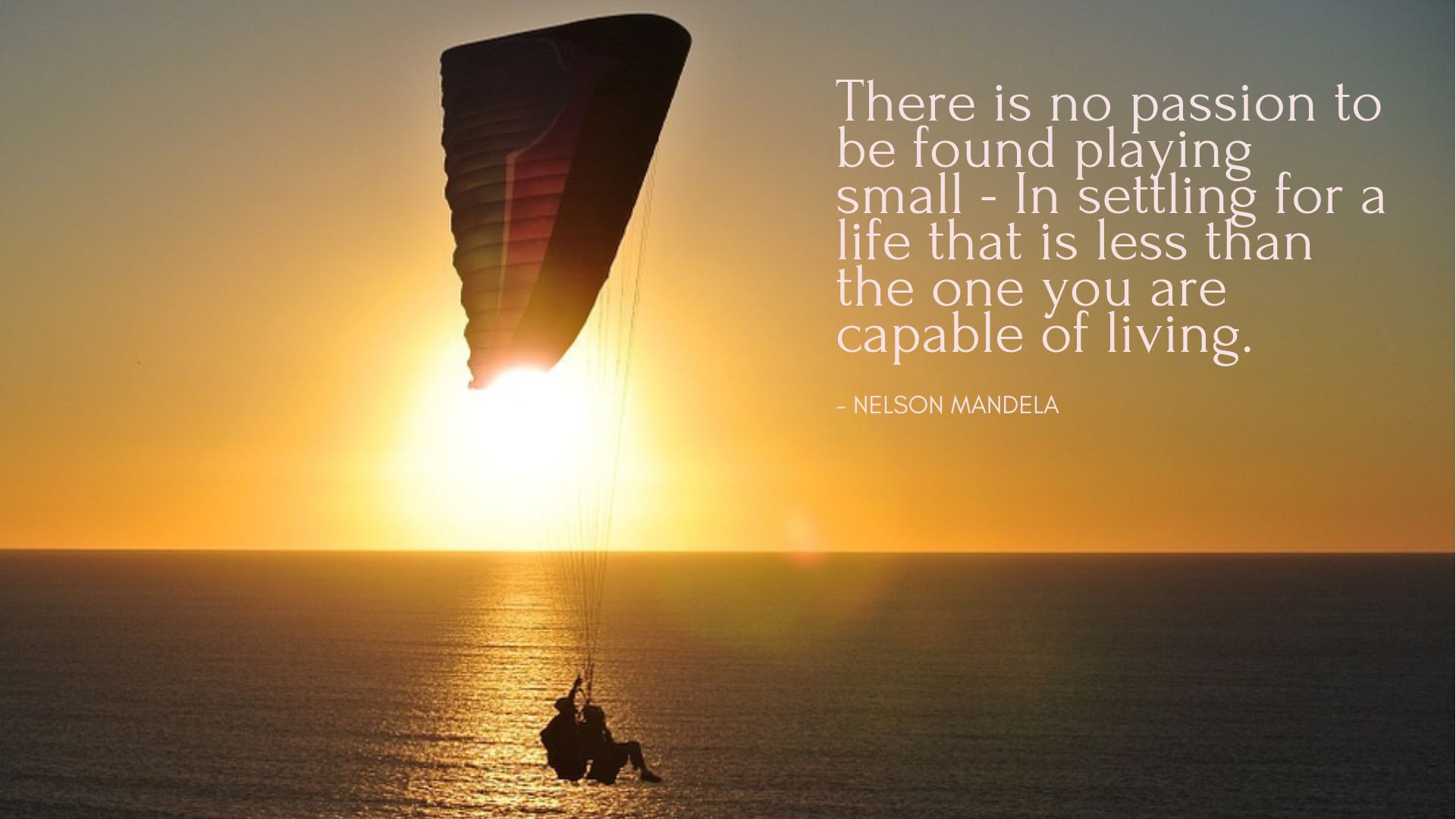


# Life

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Why do people plan for a 3 day trip,  
but not even plan 3 days for thin  
about your life?



A person is paragliding over the ocean at sunset. The sun is low on the horizon, creating a bright orange and yellow glow. The person's silhouette is visible against the water, and the parachute is a large, dark shape in the sky. The overall scene is peaceful and inspiring.

There is no passion to  
be found playing  
small - In settling for a  
life that is less than  
the one you are  
capable of living.

- NELSON MANDELA



# Passion

It isn't work if you love what you do



# Passion

- Think through your true Values
- Passion is what **YOU** want to do – it is not what society expects you to do
- Find and Develop your own Fire – its important to align with your own values
- Your Passion gives you the energy to continue forward
- The Journey of life lived one day at at time is what you actually live while you are on your way to your destination

# Exercise on Passion

Right Now - List out 3 or potential Passions in rows. The columns for each row is **WHY** you love these various passions.

- Choose Passions that you have experienced multiple times - not just a one time event from your life.
- Choose a Passion that you know has stayed consistent with you over time.
- When thinking of why you love, consider:
  - The most enjoyable part of that Passion
  - Common threads - the grid, makes it easy to view this.













Find the WHY behind the passion

# The Passion Grid

	Learn about new cultures	Meet new people	Connect with the world	New experiences
People				
Travel				
Nature				

Find the WHY behind the passion

# The Passion Grid

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# Advice on Passion

- Create a grid with Purposes as rows and columns for Criteria. DONE
- Find new passions through your friends - whether they are similar or not to you. Go along and let them introduce you to things.
- Always consider what is making that Passion particularly enjoyable. Find other activities that are similar along that dimension.
- Try to make experiencing Passion a **DAILY** practice - not just for special occasions.

# Purpose

**YOU** are the owner of your own dream

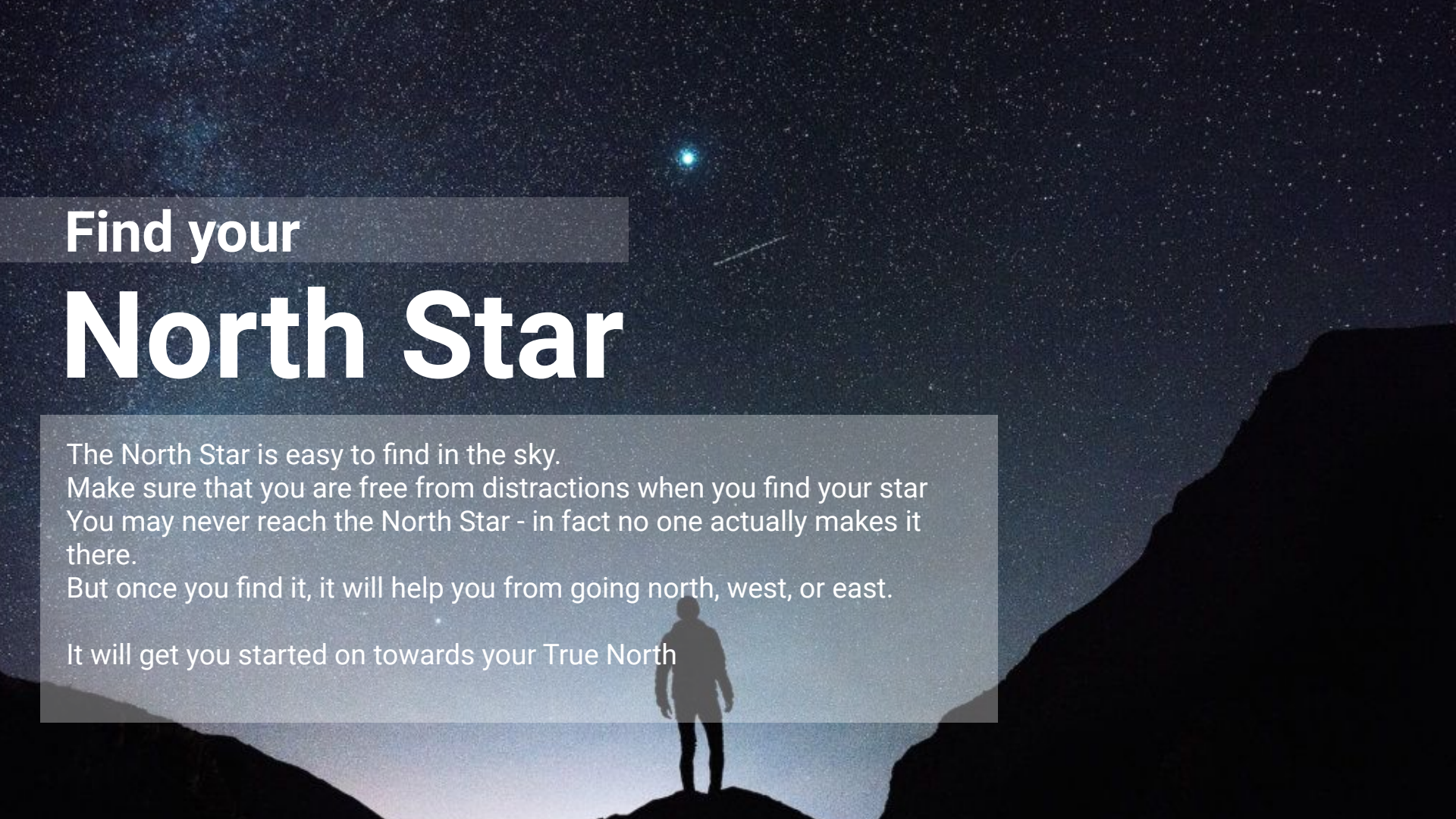


# Purpose

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- Only **YOU** can do this – must resonate with your passion and values
- This is at least for 5 years –20 years is better
- Power of Compounded “Interest”
- Millionaire in 26 years 600 USD a month (at 10%)
- CEO in 12 years



A person stands on a mountain peak at night, looking up at a starry sky. A bright star is visible in the sky, and a meteor streaks across the upper right. The person is silhouetted against the dark sky.

# Find your North Star

The North Star is easy to find in the sky.  
Make sure that you are free from distractions when you find your star  
You may never reach the North Star - in fact no one actually makes it there.  
But once you find it, it will help you from going north, west, or east.

It will get you started on towards your True North



Reach your

# North Pole

The North Pole is not an easy place to get to, but can be reached by any person reading this.

It will require planning, the cooperation of other, and determination but you will get there.

You will know exactly when you reach it (give yourself a KPI).

# Exercise on Purpose

Right Now - List out 3 or 4 potential purposes as rows. The columns are these:

- Do I have **talent** in this area - is this my strength?
- Do I really have **passion** for this purpose?
- (Pride) Would I be **proud** of doing this even if nobody could know about it?
- **Benefits World** - is the world a better place to live after your Purpose is achieved?
- Does this Purpose **conflict** with my values or other Purposes?

# Exercise on Purpose

	Talent	Passion	Pride	Benefits World	No- Conflict
A purpose in your Career					
A purpose for family					
A purpose for Society					

# Exercise on Purpose

	Talent	Passion	Pride	Benefits World	No-Conflict
Be a great Professor					
Be a great Father					
Find a solution to the singularity					



# Exercise on Purpose

Take your top Purpose on the Grid Exercise and then make your target Purpose SMART:

- Specific
- Measurable
- Action Oriented
- Realistic
- Time Bound

**EXAMPLE** - I want to found an NGO in 15 years to solve water access to villages of 100 or less. Should help out 10,000 people.

# Advice on Purpose

- Create a grid with Purposes as rows and columns for Criteria. DONE
- Purpose is not understood in a day. Activities and being engaged with life will allow you to figure it out.
- Try out internships and interview people in the areas you are interested in. This is why Question marks are good.
- Build refinement of your purpose into your plan.

A close-up photograph of four hands clasped together in a circle on a green lawn. The hands are of different skin tones and are positioned in a way that suggests teamwork and support. One hand in the lower-left quadrant has a diamond ring on the ring finger. The text 'Partners' is written in a large, bold, white font across the center of the hands, and the subtitle 'Success is usually a team effort' is written in a smaller, bold, white font directly below it.

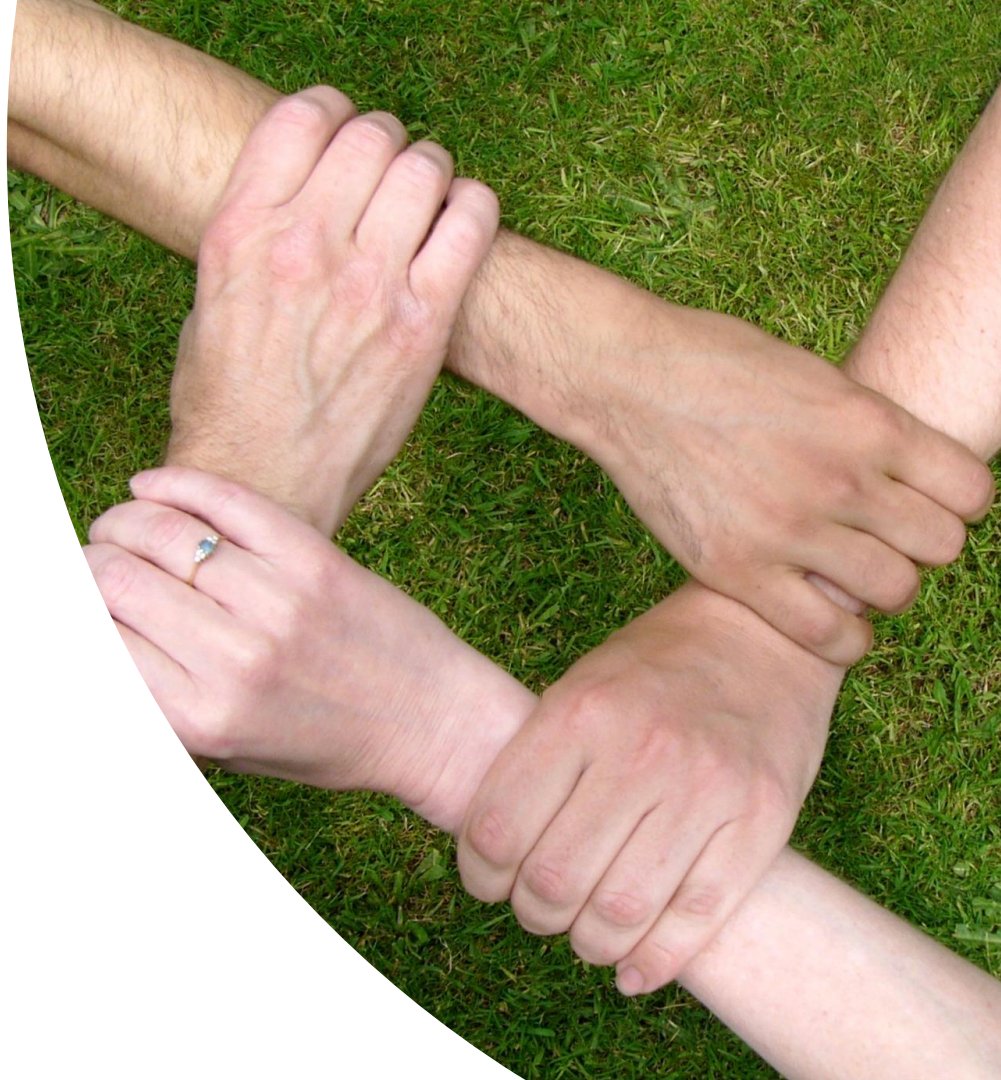
# Partners

Success is usually a team effort

# Partners

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- Recruit partners who believe in your Purpose.
- Create win-win situations for your team by understanding their needs first. How do partners benefit from achieving your purpose. How do you benefit your partners.
- You should actively help/seek help from your loose network.
- Very Important to find mentors that can help you. How will you recruit them? Can you help your mentors out as well?



# Exercise on Partner

Talk to your significant other or a good friend and ask them:

- What do you think of a Life Purpose?
- How would life be different with a Life Purpose?
- What can you do to help me and what can I do to help you once I start reaching my Purpose in Life?

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~~Plan A~~

Plan B

# Plan

**Plans WILL change – Have one AND work it**

# Plan

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- Avoid the two biggest extremes – No plan or a plan that does not adapt to changes.
- Start with the first step – now. Also plan for a 3 month and 1 year time horizon continuously.
- Plan, Do, Check, Adjust - plan cycles where you can evaluate how you have been doing towards reaching your purpose. Plan is a purpose one step at a time.
- Most any large Goal can be down in an effort of 10 or 20 years. Give yourself time to realize the plan. You may not know exactly how to get to the 10 year part of the plan. Start specific with daily tasks as well.
- Understand the difficult aspects of your purpose and have a solution in your plan.



# Exercise on Plan

Right Now - List out 1 thing you will do tomorrow:

- Tomorrow, I will do one of the following:
  - Give 30 minutes to thinking about the Purpose Grid again and refining it.
  - Think about one area on the Grid that had a question and start thinking of a way to resolve that question.
  - I don't know even how to start, but I will give 5 minutes a day to think about what to do next.





# Persistence

Keep at it and stay on track



# Persistence

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- **DO NOT GIVE UP** – even with 5% effort at times. It is too tough to keep up 100% efforts in difficult situations
- Passion and self definition (purpose) has more long term strength than willpower. Willpower is the New Year's resolution (mostly failing) passion keeps you going because it's what you want to do
- Allows for the compounded "interest" to kick in
- Focus allows for directed activities and not taking on too much at one time
- Consistency gives power to persistence – 5 minutes a day



# Persistence

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- Willpower is like a muscle that can get strong but the muscle will get tired and that is the reason why most New Year Resolutions do not work.
- The Biggest Ally is your own self definition!
- Think of anyone (yourself included) - people are motivated strongly to protect their own self definition:
  - You drop all the things in your schedule to defend the definition of you as a good husband or son.
  - 100% of the self defined global CEOs I met have become one!
- Your Self Definition is your Purpose!

# Exercise on Persistence

Right Now - write out a message to yourself that addresses your personal demons. Here are some common demons:

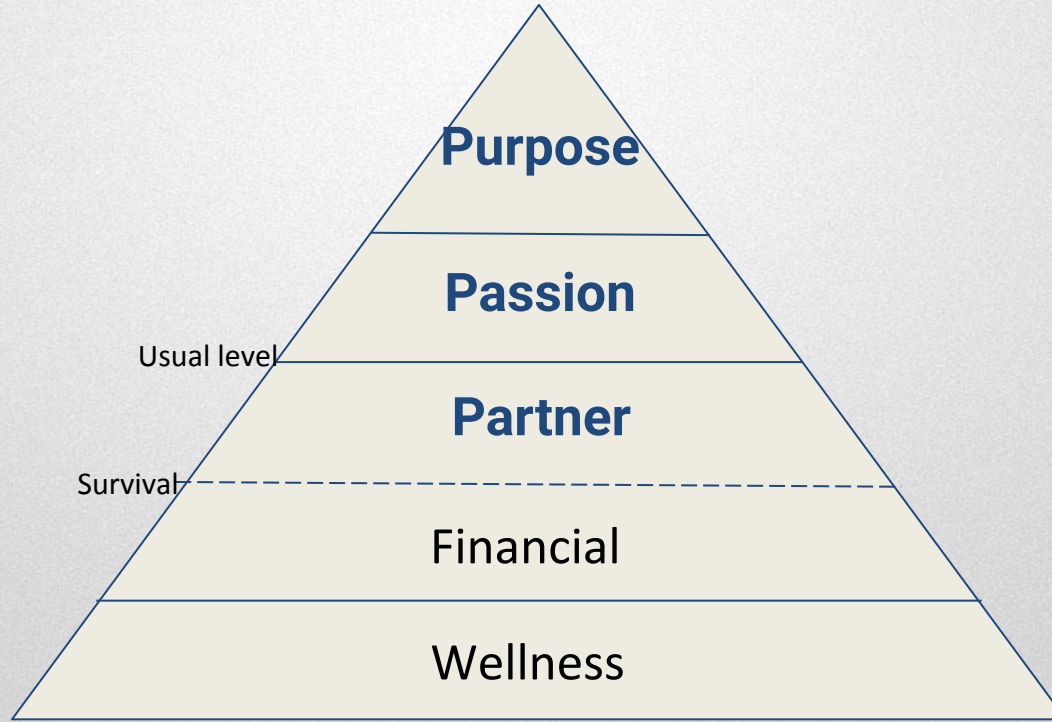
- The Demon of Self Doubt
  - Look at yourself when you were 10 years old.
- The Demon of Expectations of Others
  - It's your dream!
- The Demon of Perfection
  - MVP/ Agile methodology
- The Demon of Laziness / Handicaps / Vices
  - Adjust your dream size to your effort size!

# The Last Lecture

- **Passion** – Do what you Love - Cultivate over time. This comes first because life with Passion is already better than 90% of people.
- **Purpose** – **You** are the owner – Make this specific. Generally, people can dream bigger.
- **Partner** – Recruit partners and mentors to help you achieve your purpose.
- **Plan** – Make this specific and start THIS month.
- **Persistence** – Don't give up! Find your personal way and remember that your Self Definition (Purpose) is your greatest motivator.
- **Principle** – How you conduct yourself will be a measure of success. Principle is great for helping with your 5P but it is for the more advanced students of 5.

# Balanced 5Ps

Happiness



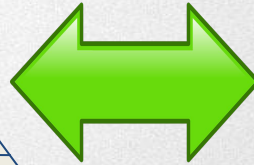
Self Knowledge

# Balanced 5Ps

Happiness

Success

**Purpose**



**Persistence**

**Passion**

**Plan**

Usual level

**Partner**



Survival

Financial

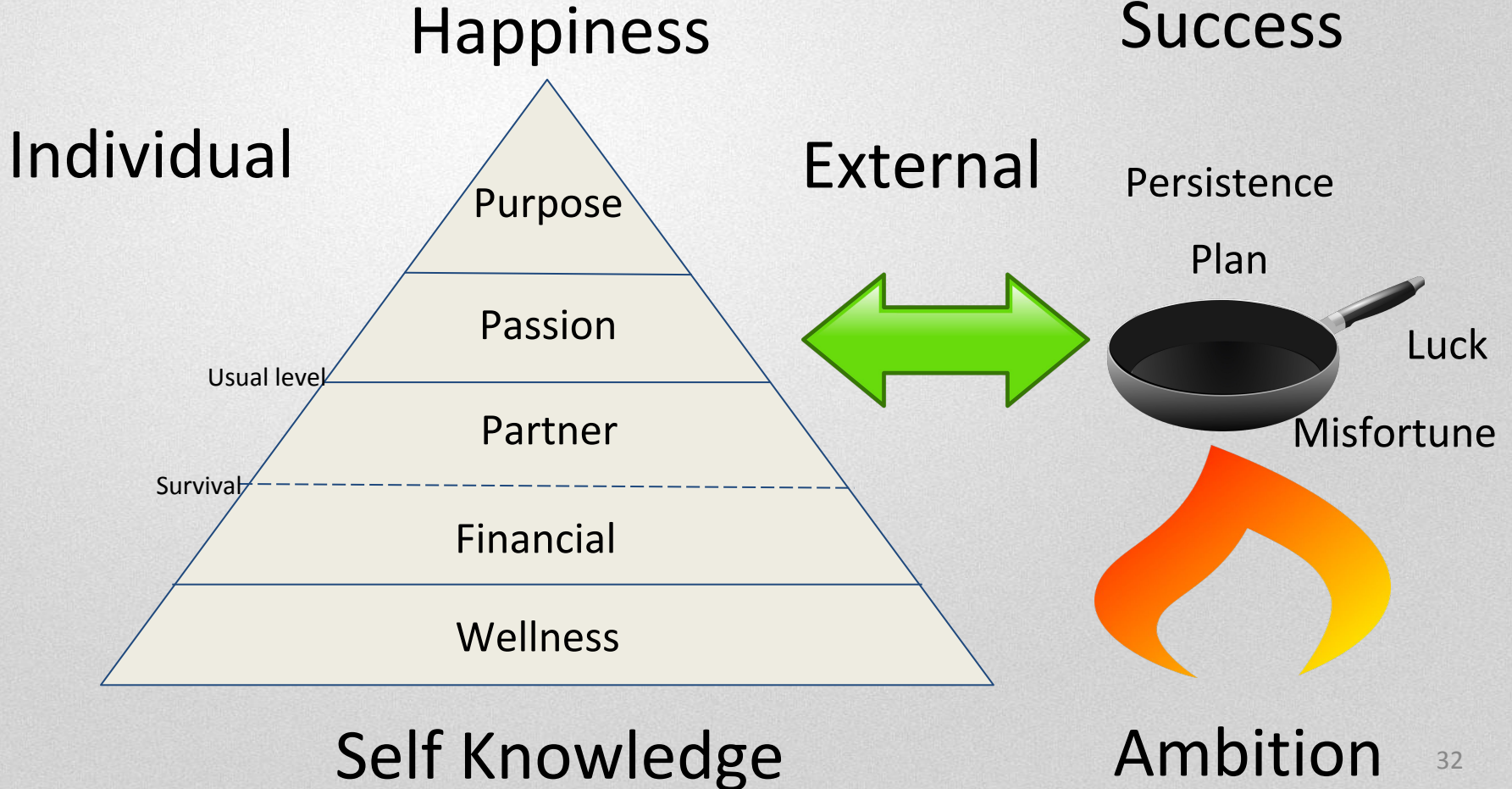


Wellness

Self Knowledge

Ambition

# Balanced 5Ps





# 5 P Energy Flow

