

Finding Your Purpose: A Guide to Personal Fulfillment (Revised Edition)

Course Specifications

Course Number: CCT-015_rev4.0

Course Length: Self-study or classroom training

Course Description

The 50-Minute Manager Series was designed to cover critical business and professional development topics in the shortest time possible. Our easy-to-read, easy-to-understand format can be used for self-study or classroom training, or even office training. With a wealth of hands-on exercises, the 50-Minute books keep you engaged and help you retain critical skills.

One of the most fundamental questions we ask ourselves is "Why am I here?" In our efforts to answer this question, many of us become motivated to seek another path, one that will lead to greater personal and spiritual fulfillment. The same is true of our professional lives. This book helps you find a level of success in your career by guiding you through the process of self-discovery. The knowledge you gain will help you clarify your values, recognize your talents and skills, and overcome the intuitive blocks you may have. Filled with many thought-provoking exercises and friendly advice, this book will show you how you can find your purpose and change your life.

Course Objective: The learning objectives for Finding Your Purpose are listed below. They have been developed to guide you, the reader, to the core issues covered in this book.

The Objectives of this book are:

- To help you discover your life purpose
- To describe barriers that can get in the way of defining your life purpose
- To present tools for overcoming these barriers to help you live a more fulfilling life

Course Content

Part 1: What Is Purpose?

- Living "On Purpose"
- What Other Authors Say About Purpose
- Making Distinctions
- Exploring the Role of Passion
- Distinguishing Purpose from Meaning
- Expressing Your Purpose in All Your Life Domains
- Seeking Purpose Through the Life Cycle
- Unveiling Your Purpose

Part 2: Veil 1: Busyness

- Does Busyness Equal Success?
- Taking Time for What You Enjoy
- Recognizing Your Talents
- Identifying Your Skills
- Merging Your Talents and Skills
- Removing the Veil of Busyness
- Cultivating Silence

Part 3: Veil 2: What Will Other People Think?

- The Tyranny of the Shoulds
- Understanding the Three Layers of Shoulds
- Removing the Veil: Clarify Your Values
- Replacing Shoulds with Values Statements
- Resolving Values Conflicts
- Listening to Your Intuition
- Letting Go of Blocks to Intuition
- Amplifying Your Intuition

Part 4: Veil 3: I'm Not _____ Enough

- Rethinking Your Perceived Shortcomings
- Avoiding the Comparison Trap
- Removing the Veil: Raising Your Self-Esteem
- Analyzing Your Self-Talk
- Giving Yourself Daily Acknowledgments
- Keeping a Gratitude Journal
- Replacing Negative Self-Talk with Affirmations
- Discovering Your Uniqueness

Part 5: Veil 4: Fear

- Understanding the Veil of Fear
- Interpreting Fear as a Step Toward Growth
- Recognizing Your Sense of Fear
- Befriending Your Fears
- Removing the Veil: Taking Risks
- Getting Started with Smaller Risks
- Taking Steps to Improve Your Risk Taking

Part 6: Veil 5: The Seduction of More

Rethinking Your Quest for "More"
Examining the "Have, Do, Be" Formula for Happiness
Removing the Veil: Shifting to Being
Deepening Your Understanding of Being
Reaching a Conclusion About Your Purpose
Final Word