

30 Day Journey to *YOUR* **Unique** Purpose

# The New U Now



Where is *Your* Purposphere?

Finding Your Authentic Stomping Grounds

Module 8 Presentation and Exercises by Ken Herbert

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## Where is *Your* Purposphere?

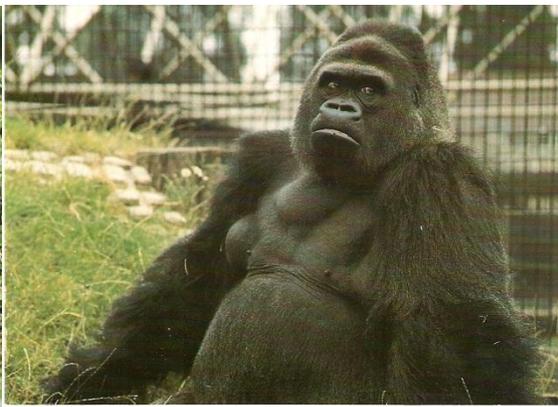
Maybe a better first question is: **what the heck is a Purposphere?**

It is the domain in which you authentically operate at your best. It is the stomping grounds of your passionate interests. It's your natural habitat where you most easily thrive. It is the context of your Super Powers.

Let's say you're a Beluga whale. I'm guessing you'd enjoy swimming in the cold waters of the Arctic Ocean more than being confined to a swimming pool in a SeaWorld exhibit. Right?



Or if you were a gorilla, you'd probably be much happier in a rain forest than in the desert – or, even worse, a zoo - yes?



Humans are no different. We also have a habitat where we feel most alive, passionate and productive.

We just forget that sometimes. Or think we don't have a choice.

In our case, I'm not talking about geography. I'm talking about the *context* of our talents.

When we use our Super Powers in a domain that does not support our passions and interests, then it's like being in captivity, cut-off from the environment that would feed our souls.

For example, in Module 7, I shared how I worked as a telemarketer for a couple years after college. While it was a positive experience in the sense that I discovered one of my Super Powers and it did pay my bills, the context inside of which I was using my talent – to sell people stuff I had no interest in - was NOT my natural domain.

In spite of my “success,” I literally felt like a fish out of water. Because I was. It was life-draining, soul-sucking work. It was not meaningful because I had no passion for it whatsoever. I was not in my Purposphere.



Getting out of bed and dragging myself to work every day required a herculean effort.

And I'd find myself watching the clock and counting the minutes before my work day was over.

Who wants to live like that?

It finally took its toll.

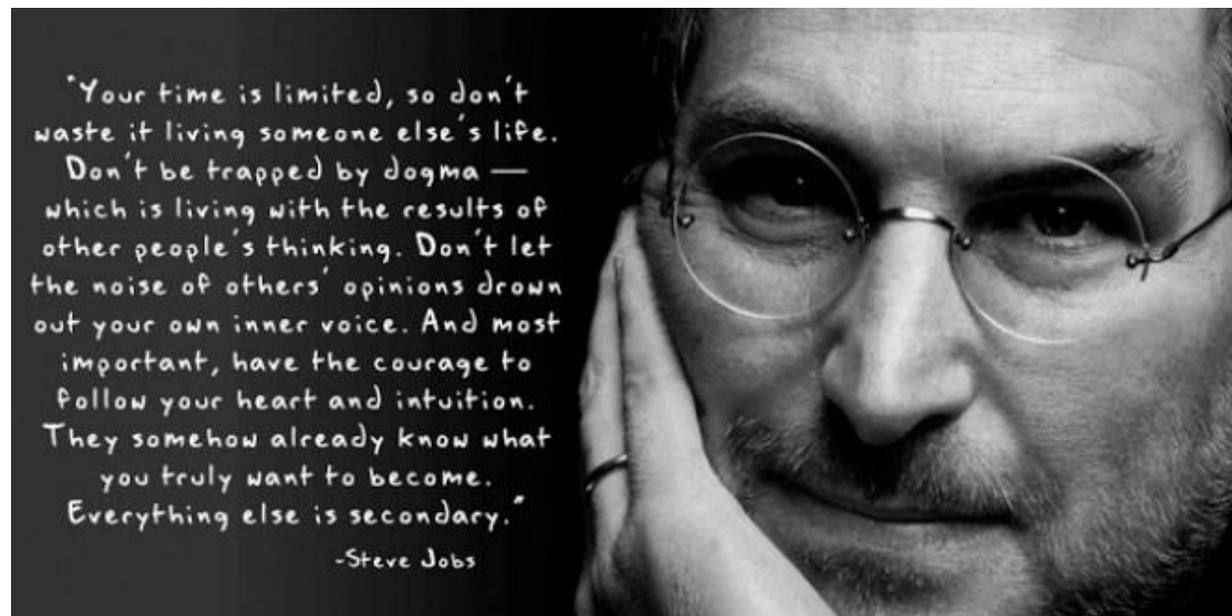
One day, I just couldn't do it anymore. I was driving to work and the closer I got to the office, the more my emotions were repelling me from getting there. I actually felt physically ill from the thought of continuing to work at this job.



So, just before I got there, I pulled the car over and had a serious conversation with me, myself and I. Yes, there were three of us. And we all agreed.

**This must stop now. There must be a better way.**

I made a deal with myself right then and there. I promised myself that somehow . . . someday . . . I would figure out my life and find a way to live my purpose and use my talents in a meaningful way that made a difference, made a living and made me happy.



I quit my job that day.



At the time, I had no idea how I was going to do it.

I also knew my wife at the time would think I was crazy and throw an absolute fit.

But it was a moment of Truth.

And I knew there was no turning back.

This is not really her ... but pretty much sums up her take on the matter ☺

That choice ended up being one of the best decisions in my life because within a couple short weeks, everything changed for me and I was experiencing a completely new life.

I'll spare you the details of how my former wife reacted except to say that this was also the tipping point experience on a long overdue decision to end a very unhealthy relationship.

Within a week we were living in separate places.

At this time, the Internet was just being born. Most people had no idea what it was. I didn't know much about it either, but I was fascinated by it.

It was very different back then – no webpages – just databases and some chat groups organized by interests. The first day I got online, I joined a chat group that was discussing the topic of “Your Mission in Life.”

A woman had just posted her opinion. It was the strangest thing. Someone I had never met described exactly what I was feeling. And I had the opportunity of

responding to her. So I added my 2 cents. She replied back and we started a conversation. It seemed like we shared a common set of beliefs.

After a couple of days of chatting online, we decided to connect via the phone. I lived in Phoenix at the time. And “coincidentally,” she lived just outside beautiful Sedona, only a couple hours away.

A few days later, I visited her in her home. And we completely hit it off. And by the weekend, I was moved in.

The relationship was NOT romantic. However, she became a life mentor for me and we became business partners for 3 years. We ended up moving to the Bay area in northern California. While we didn't make a whole lot of money, I was finally in my bliss.

### **I had found my Purposphere.**

We wrote a book called, "Transformative Thinking." We did seminars, workshops and private coaching on topics we were passionate about: Personal Transformation, Purpose, Manifestation, Living Life by Design, etc.

Eventually, we had a falling out and we split ways.

Yet, I will forever be grateful for the gift she gave me: Wise, loving guidance and the non-judgmental Space to find myself and get oriented to my life purpose in a way that was difference-making and fulfilling.

Now, I just needed to make some money. After all, being broke for the rest of my life was not appealing either.

I'll leave the rest of that story for the next module.

For now, just know - if you're in a place of frustration, boredom, lack of fulfillment or too much stress with what you're currently doing, I've been there too.

**And that can all change quicker than you may now think.**

A vital part of making the change of orienting yourself to your Unique Purpose is about finding your Purposphere.

Just as animals have a natural habitat where they thrive, so do we.

And so do you.

The key to finding your natural habitat – or your Purposphere – is to match your Super Powers up with your passions.

Our passions are what give our Super Powers context, meaning and joy.

Obviously, you could use your Super Powers in many different contexts. Yet if that context does not include your passions, then it will likely not be very fun.

Yet, you'll be a lot closer to experiencing more fun, joy and meaning by combining your Super Power/s – that you identified in Module 7 – with your Passions that you identified in Module 3.

**So, to be clear, your Purposphere is the most inspiring *domain* in which you wish to use your Super Powers.**

I found my Purposphere as I devoted my Super Powers to my passionate interests in human potential, empowerment, transformation, entrepreneurialism and wealth creation.

You'll notice that although my Purposphere is not limited to a single item, they all relate. It's a theme which could be described as: "Thriving In Your Purpose." And that is the essence of my passions in life that relates to my Unique Purpose.

And I have other passions like nature, alternative energy, travel, spending time with my family, etc. And those passions may play a supporting role in my Unique Purpose. Or I may pursue those passions separately from my Unique Purpose.

Yet, as far as my life purpose goes, the main domains relate to those topics that have to do with “Thriving in Your Passion.”

So, as you look at all your passions, if they don’t all fit neatly inside your life’s Unique Purpose, that’s completely OK. They’ll likely not all fit there.

What we’re looking for is the basic theme of your *most* passionate interests which resonate deeply within you – that feel like they’re part of your Unique Purpose in life – the fields and interests that relate to the contribution you want to make.

Focus on those. And identify those.

Those are your Purposphere, the domain inside of which you feel “alive” and “thriving” when you flex your Super Power muscles.

So, get out your notebook and prepare to get “Purposphered.”

**So Here’s Today’s Simple Assignment:**

1. Look over your passionate interests from Module 3 and ask yourself the following questions:

When I think of the natural “habitat” for using my Super Powers, which ones feel like the most important ones related to the expression of my Unique Purpose in life?

2. If I applied my Super Powers to any of these Passionate Interests, which ones would make me feel the most alive, happy, joyful and fulfilled?
3. And inside which passionate interests would my Super Powers make the greatest contribution and serve others?

**Side-Note.** If you’re already working inside your main passionate interests yet still feel not as fulfilled as you’d like, it may be more of a matter of re-clarifying your

passions and getting even more specific. Making a slight shift could make a huge difference.

If that's the case, ask yourself: Is there a more *specialized* area inside of <insert your passionate interest> that I would be even more passionate about?

For example, let's say you're a therapist with a private practice and you've been focusing on healing a whole range of unhealthy family dynamics. And while you're very good at doing what you do and your passion is healing unhealthy family dynamics, you don't feel the same energy and enthusiasm you used to.

However, when you think about your most fulfilling sessions, you realize they tend to be on a specific topic – like mother-daughter relations – or developmental rites of passage. Then perhaps, that is your new Purposphere.

And you may consider specializing in that.

Or if you currently work for somebody inside of your Purposphere and are feeling restless – it may be a sign that you desire more freedom to call your own shots, in which case you may want to consider working for yourself or starting your own business.

Until next time, may you discover your most natural habitat for thriving.