

Purpose Formula

"We are all aimed and built for a mighty task - and it is through befriending our joy and sorrows that we find meaningful purpose and the deep understanding of why we matter to our local/global Villagers" MTK

$$\text{PURPOSE} = \text{TN} + \text{EQ} + \text{NG} - \text{PR} + \text{MN}$$

The **Purpose Formula** is designed to help you realize the deep, authentic reason you are alive. By delving into each element of the formula, you can get to the root of who you are and how you want to live your life.

TN = True Nature	EQ = Essential Qualities	NG = Natural Gifts	PR = Personality Resistances	MN = Meaningful Need
<p>It is called by many names (Buddha, the Source, God, Allah, Consciousness), but whatever the label, your true nature is the Beingness that you find when you enter the stillness inside.</p>	<p>These qualities are ones we experience in our True Nature (love, compassion, patience, courage, and forgiveness and so on). You can bring those qualities into your daily life, giving you a solid launch pad for your Natural Gifts.</p>	<p>Unlike learned skills or talents, your Natural Gifts are innate...you are born with these seeds and when you notice the areas you have always been drawn to, you become aware of your natural gifts. Nurturing them makes your life more passionate, joyful and meaningful.</p>	<p>As humans, we have egos and with them come needs and expectations. These elements of our personalities can sometimes hamper us from living the lives we desire. Once we recognize them and understand where they come from, we can free ourselves from these roadblocks and see our true selves ...the self beyond our false identities. You build strength by becoming aware of your resistances.</p>	<p>Once you discover your Natural Gifts, you will be drawn to utilize them and share them in a meaningful way with others. You can ask yourself, what issues have always interested me? where has my attention been drawn? This inquiry will help you define the direction for your natural gifts.</p>
<p><u>Examples:</u> Being, Buddha, God, Presence, Creator, Allah</p>	<p><u>Examples:</u> Kindness, Joy, Warmth, Love, Beauty, Wisdom</p>	<p><u>Examples:</u> Teacher, Music, Entrepreneurship, Wisdom, Healing</p>	<p><u>Examples:</u> Fear of abandonment, Loss success, Anger, Shame, Guilt</p>	<p><u>Examples:</u> Justice, Autism, Poverty, Environment, Social Justice</p>
<p>1) _____ 2) _____ 3) _____</p>	<p>1) _____ 2) _____ 3) _____</p>	<p>1) _____ 2) _____ 3) _____</p>	<p>1) _____ 2) _____ 3) _____</p>	<p>1) _____ 2) _____ 3) _____</p>