



CLASS 1

**Discover
Your Purpose**

Class 1 Lessons

Lesson 1: Acknowledge Your Labels

Lesson 2: Determine What You Love

Lesson 3: Ask Yourself Why

Lesson 4: Understand How You Achieve

Lesson 5: Discover Your Purpose

Lesson 6: Person I Am + Vision Board

Lesson 1: Acknowledge Your Labels

- I. Read the article *the Brand Called you* by Tom Peters. What did you take from it?

- II. Write down any labels that are currently used by your friends, family, teachers, etc. to define you. Bring awareness to the fact that you may be making decisions based off the influence of others.

Examples: photographer, traveler, shy, energetic

1. _____	2. _____
3. _____	4. _____
5. _____	6. _____
7. _____	8. _____
9. _____	10. _____
11. _____	12. _____

- III. Write down instances for each label (if any exist) where you made a conscious decision to uphold that label rather than act for yourself.

Example: I purchased van shoes because I am a skater and everyone else wears them.

Label - _____: _____

Label - _____: _____

Label - _____: _____

Label - _____: _____

Label - _____: _____

Label - _____: _____

Label - _____: _____

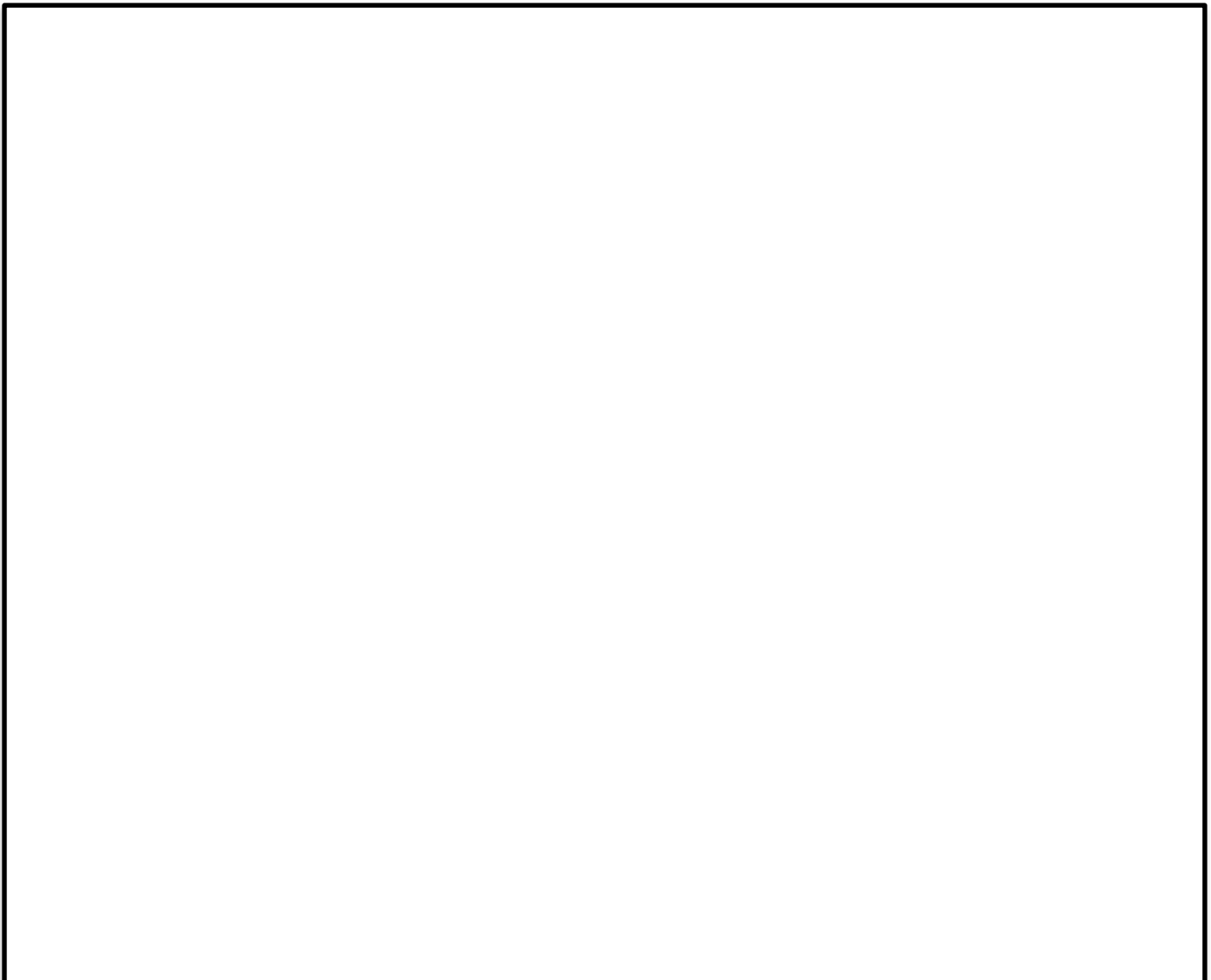
Label - _____: _____

Lesson 2: Determine What You Love

In this lesson, the objective is to develop an extensive inventory of the things you love so that you can analyze them all later. To help you, the following sections have been categorized to get you to think about those things from different perspectives.

- By Yourself
- With Others
- Indoors
- Outdoors
- Mental
- Physical
- Pertaining to the 5 senses (see, feel, hear, taste, smell)

Write down as many things as you can think Under each category, write down as many things as you can think of that you love doing. If you think of a specific activity for multiple categories, write that activity down in each. A repeating pattern is an indicator that something is especially important to you.

A large, empty rectangular box with a black border, intended for the user to write down their thoughts and activities as instructed in the text above.

Lesson 3: Ask Yourself Why

- I. Pick your ten favorite things you love from Lesson 2 that produced **soul stirring moments** and write them down. By soul stirring moments we mean those times you get the chills from the activity you are doing. Next to each favorite thing write down the basic nature of each activity. By “basic nature” we mean the core significance of each of these experiences/activity – what it means to you as a gut feeling.

Example: Horses suggest movement, as in walking trotting galloping. History is about evolution. Rock climbing suggest danger.

- II. Analyze the **why** from the activities you wrote down. Why is each thing you love significant to you? What feeling does it provoke? For each of these answers, ask why again. Why is that particular feeling important to you? Ask yourself why 3 times. Create a thorough list of answers for each thing you love.

Tip: Do not think too much about it, just write full sentences for why you love the things you do!
Include lots of adjectives!

1. _____ Basic Nature: _____

Why? _____

Why? _____

Why? _____

Dig even deeper by asking someone else why. _____

2. _____ Basic Nature: _____

Why? _____

Why? _____

Why? _____

Dig even deeper by asking someone else why. _____

3. _____ Basic Nature: _____

Why? _____

Why? _____

Why? _____

Dig even deeper by asking someone else why. _____

4. _____ Basic Nature: _____

Why? _____

Why? _____

Why? _____

Dig even deeper by asking someone else why. _____

5. _____ Basic Nature: _____

Why? _____

Why? _____

Why? _____

Dig even deeper by asking someone else why. _____

6. _____ Basic Nature: _____

Why? _____

Why? _____

Why? _____

Dig even deeper by asking someone else why. _____

7. _____ Basic Nature: _____

Why? _____

Why? _____

Why? _____

Dig even deeper by asking someone else why. _____

8. _____ Basic Nature: _____

Why? _____

Why? _____

Why? _____

Dig even deeper by asking someone else why. _____

9. _____ Basic Nature: _____

Why? _____

Why? _____

Why? _____

Dig even deeper by asking someone else why. _____

10. _____ Basic Nature: _____

Why? _____

Why? _____

Why? _____

Dig even deeper by asking someone else why. _____

- III. Go back now and **ask for help**. Ask a friend why they think you love the particular activity and write down their response. There is a wealth of knowledge inside you, waiting to be tapped into. Find someone to act as your partner or coach to help you uncover that knowledge.
- IV. **Find similarities**. Look at each response and identify words that are the same or similar in meaning. Call these the buzzwords. Consider buzzwords that may allude to a similar idea but are differently stated (for example wonderment, discovery, and mystery are all similar). Circle or highlight all buzzwords.

- V. **Name your passions.** Draw lines connecting each buzzword you've identified (not all responses will necessarily contain a buzzword). Now list 2 to 5 passions that best capture the buzzword connections you've made. Write a short explanation for why each passion is important to you. Afterward tie all the passions together to create your overall "why" theme.

Example:

Passion: uncertainty Explanation: I love the known and not knowing what the next day holds. I thrive under the unexpected problems that come my way. I enjoy adventure and the challenge it brings.

1. Passion: _____ Explanation: _____

2. Passion: _____ Explanation: _____

3. Passion: _____ Explanation: _____

4. Passion: _____ Explanation: _____

5. Passion: _____ Explanation: _____

Overall "Why" Theme: I do what I do because I... _____

- VI. **Name your basic natures.** Review your basic natures for each of the above things that you love and write down 1 to 4 that repeat themselves and an explanation about them below. Afterward, tie all the basic natures together to create your overall “what” theme.

Example:

Basic Nature: Danger Explanation: I enjoy activities that involve a sense of danger.

1. Basic Nature: _____ Explanation: _____

2. Basic Nature: _____ Explanation: _____

3. Basic Nature: _____ Explanation: _____

4. Basic Nature: _____ Explanation: _____

Overall “What” Theme: I enjoy activities and experiences that... _____

Lesson 4: Understand How You Achieve

- I. **Identify your most memorable achievements.** These can be specific experiences or areas of experience (for example “winning the creative writing award” or “short-story writing”). Include experiences dating back to your childhood. Don’t force the process. Trust your instincts.

Make sure your achievements are varied, reflecting different aspects of your life. To help crystallize which ones are truly most important, ask yourself why each achievement was significant to you at the time, or still is today.

As you write out each achievement, ask yourself what abilities allowed you to obtain that achievement. What strengths did you use to get there? (for example: hard work, attention to detail, listening, organization, persuasion, creativity, problem solving, communication, etc.)

Example:

Achievement: Designed the most inexpensive truss in an online bridge building competition in middle school.

Strength: Arranger. I enjoyed managing all the variables, and realigned them to create the best configuration.

Pro Tip: Try to think of one accomplishment from each grade level! Trust us, something that year made you feel accomplished! You just need to remember what! Everyone has different accomplishments. Not one is better than the other.

Elementary School:

1. Achievement: _____
Strength: _____
2. Achievement: _____
Strength: _____
3. Achievement: _____
Strength: _____
4. Achievement: _____
Strength: _____
5. Achievement: _____
Strength: _____
6. Achievement: _____
Strength: _____
7. Achievement: _____
Strength: _____

Middle School:

1. Achievement: _____
Strength: _____
2. Achievement: _____
Strength: _____
3. Achievement: _____
Strength: _____
4. Achievement: _____
Strength: _____
5. Achievement: _____
Strength: _____
6. Achievement: _____
Strength: _____
7. Achievement: _____
Strength: _____

High School:

1. Achievement: _____
Strength: _____
2. Achievement: _____
Strength: _____
3. Achievement: _____
Strength: _____
4. Achievement: _____
Strength: _____
5. Achievement: _____
Strength: _____
6. Achievement: _____
Strength: _____
7. Achievement: _____
Strength: _____

- II. For each achievement, **create a simple drawing** that expresses it. Draw your achievements as objects in the space below. We are all visual by nature, and art can make it easier for us to identify with the idea we're trying to express. Array these drawings in a circle or other geometric form. Then draw a line connecting them chronologically.
- III. Look at the drawing and **identify the common theme** amongst all your accomplishments. Write it down in the space below.

Example: Competition within self.

Common Theme Examples: <ul style="list-style-type: none">• Competition with thyself.• Need for demonstrate independence.• The act of creating.• Nurture and take care of others.	Your Common Theme:

- IV. Go back to **determine how you achieve**. Find the deeper meaning of your achievements by identifying different natural strengths that helped you get there. From the list above, circle the strengths that are repeating and draw a line connecting them. Next, review the drawings you created above and again look for repeating patterns of the strengths that came into play. The ones that keep repeating themselves are your natural strengths.
- V. **Name your natural strengths**. List 1 to 3 natural strengths that best explain your ability to get to those achievements. Write a short explanation about how each natural strength helps you achieve things.

Example:

Natural Strength: Communication Explanation: I enjoy speaking and writing clearly. Articulating a message exactly how I want it to sound is fairly simple to me, therefore I naturally use this skill to explain myself better.

1. Natural Strength: _____ Explanation: _____

2. Natural Strength: _____ Explanation: _____

3. Natural Strength: _____ Explanation: _____

Use the word bank below to help come up with possible natural strengths.

- | | | | |
|----------------|---------------------|----------------|------------------|
| • Analytical | • Connectedness | • Restorative | • Communication |
| • Command | • Includer | • Adaptability | • Responsibility |
| • Learner | • Activator | • Competition | • Empathy |
| • Positivity | • Arranger | • Strategic | • Achiever |
| • Developer | • Individualization | • Creative | • Discipline |
| • Belief | • Inpust | • Focus | • Consistency |
| • Intellection | • Maximizer | • Harmony | • Relator |

- VI. **Name your overall “How” theme.** Review your natural strengths and your common theme amongst your accomplishments. Now tie them all together to create your overall “How” theme.
- VII. List 1 to 3 natural strengths that best explain your ability to get to those achievements. Write a short explanation about how each natural strength helps you achieve things.

Example: I feel accomplished when I do the best I possibly could do and demonstrate to myself the ability to be independent, control my own destiny by creating anything I set my mind to. I accomplish this through my strong skills in persuasion, analytical thinking, and hard work.

Overall “How” Theme: I feel accomplished when I... _____

...I accomplished this through _____

Lesson 5: Create Your Purpose

I. From Lessons 3 and 4, gather and rewrite your why, what, and how themes.

1. Why Theme: _____

2. What Theme: _____

3. How Theme: _____

II. Look for how the themes you've written down combine with one another into a coherent thought. Feel free to shuffle, sort, and revisit these words. Even add to them if you wish (including verbs, in order to make a sentence). Consider different combinations of words until one idea captures - and holds - your imagination.

a. How do you know when you have done this correctly?

- You will know you when it feels right deep in your gut. Trust yourself.
- Sharing this statement to others will scare you. It will scare you because it makes you vulnerable. You are sharing with the world your calling.

Purpose Statement:

My name is _____ and I am driven by the need to _____
_____.

Lesson 6: Person I am Document + Fearless Vision Board

Now that you have a clear idea why you do what you do, how you feel accomplished and the natural strengths that help you get there, and what that basic nature of the activities you do are, it is time to put it down on paper to help paint a vivid picture of exactly who you are.

How you create this Person I am document is up to you so get creative! This will accompany your fearless vision board. **Don't be boring! Get CREATIVE!**

- I. Include the following:
 - a. Your purpose: "I am _____ driven by the need to _____."
 - b. Your why's and overall why theme.
 - c. Your overall how theme.
 - d. Your overall what theme.
- II. Life Purpose: Write out a small paragraph (3-6 sentences) that describes your life purpose. Don't force it just write whatever best describes what you learned about yourself.
- III. Person you are: Write out another small paragraph (3-6 sentences) that describes the person you wish to become. However, instead of writing it like it is going to happen in the future. Write it as if it already has come true.
- IV. Adjectives that describe who you are: Write out a list of adjectives that best describe who you want to become. Don't worry if people don't see you with those characteristics yet.
- V. Morals: Write out a list of morals that you will not breach no matter the situation. This is important because as you achieve greater goals you will have more responsibilities and more temptations will present themselves. Having a line that you will never cross will ensure you hold your integrity.
- VI. Create your fearless vision board. On an accompanying page create your fearless vision board.
 - a. Make sure they are goals/visions that your friends and family would laugh at if you showed them.
 - b. Pick a year 15-30 years out that you want everything to come true. Write down that year on the vision board.
- VII. Post your person I am document + fearless vision board in the exclusive Facebook group with your fellow Student-Tutor Masterminds!
- VIII. Optional: Save your vision board as your phone screen saver!