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## The Purpose Centered Leadership™ Method For Discovering Your Determined Purpose

*By Art Jackson*

I've spent a lot of time studying highly effective people. I've found six principles working in the lives of all these people that form the basis of their competitive advantage.

1. **Courage and Commitment:** They have the courage and commitment to manifest their intended level of greatness.



2. **Be Ye Transformed:** They have transformed themselves through the renewing of their minds.

3. **Determined Purpose:** They have discovered their determined purpose. They have a sense that they're doing what they were born to do. Making their own contribution.

4. **Synergize Your Callings and Your Vocations:** They have multiplied their productivity by generating synergy between their callings and their vocations.

5. **Develop A Great Plan:** They planned on being great so they developed a great plan.

6. **Implement:** They have implemented their plan. They have done the practical steps required to move from plan to manifestation.

Of these six principles, the most important is the discovery of the Determined Purpose. That reason that you are alive right here ... right now. It is the single factor that you can use to give your life balance and direction. It is quite simply, your reason for being.

The poet Rumi wrote, "Someone said, "There is something I have forgotten." There is one thing in the world that should not be forgotten. You may forget everything except that one thing, without there being any cause for concern. If you remember everything else but forget that one thing, you

will have accomplished nothing. It would be as if a king sent you to a village on a specific mission. If you went and performed a hundred other tasks, but neglected to accomplish the task for which you were sent, it would be as though you had done nothing. The human being therefore has come

into the world for a specific purpose and aim. If one does not fulfill that purpose, one has done nothing. *Fihi Ma Fihi #4* (The discourses of Rumi as published in *Signs of the Unseen* by Threshold Books)

Recognize the fact that your primary responsibility in life is to discover the purpose that was determined for you at creation. We often err because we either never go looking for our purpose and just find something to do or we simply pick a purpose instead of discovering the purpose that has been given us.

Imagine a key ring. You know, one of those big ones that you can hang twenty or more keys. Every key on that ring has a determined purpose. Each is there not to just be a key, but to serve a very definite purpose. When each key was cut, each separate notch was carved out for a particular reason. Now imagine the effectiveness of a key that received a determined purpose at creation to open a particular front door, but later on decided that what it truly wanted was to start the ignition on a racecar. It could prepare for an incredibly ineffective existence. No matter how much struggle and effort it ever puts into starting that race car, it will never be quite as effective as it could have been doing what it was created to do.

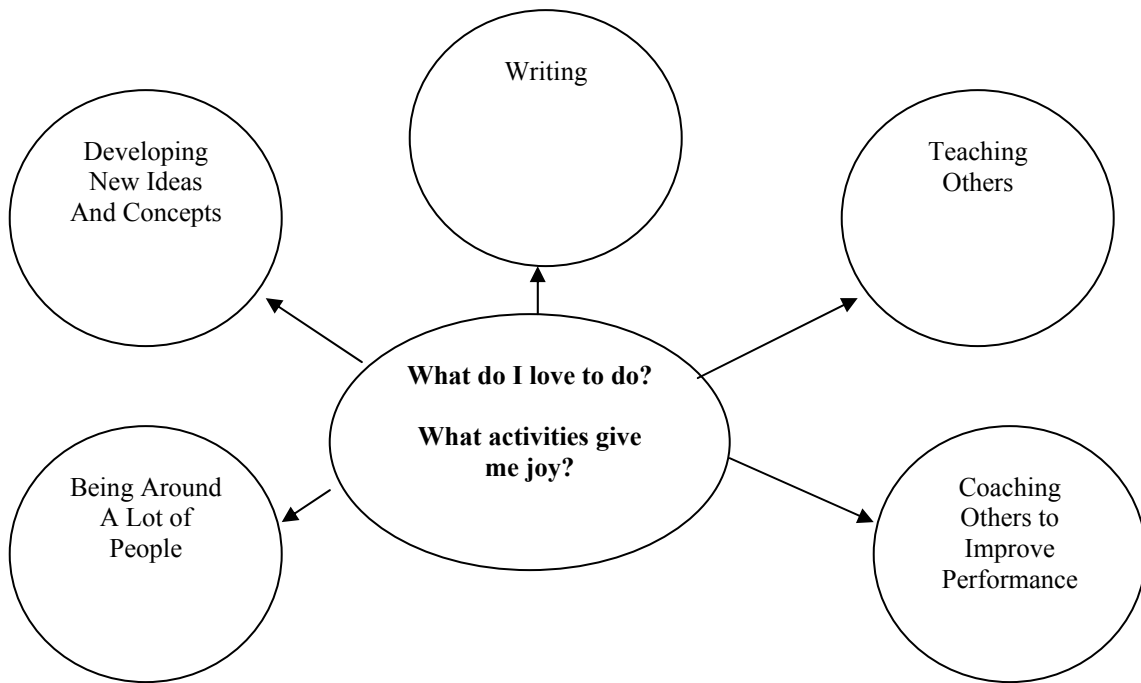
Just like each of those keys, your primary responsibility in life is to discover your purpose.

So how do you go about discovering your determined purpose? Suffice to say, we go through a lot of introspection. But I have tried to simplify the matter through the following six steps.

**Step One – Ask yourself the purpose questions.**

- What do I love to do? What activities give me joy?
- What am I good at? What have people told me I'm good at? What's easy for me but often difficult for others?
- What's important to me?
- What's essential for me to do before my life is over?
- If money and time were no object, what would I be doing right now?

Mind Map each question by placing the question in the center of a large piece of paper and write your answers as balloons coming off the question. List every answer that comes to mind. Have fun.



Let the mind map cool off for a while (anywhere from a few hours to a few days). Now come back and add any new items that have come to mind.

Now rank each ballooned answer in order of importance to you.

On a separate sheet of paper, let's start another mind map. In the center of the sheet of paper, write 'my determined purpose'. Now pick the top three answers to each question and write them around the center circle as balloons. Your final mind map should look like a sort of Ferris wheel with a center spoke and balloons circling around it.

Now start looking for some commonality in what you've created. Look for similar threads or patterns. The answer you're looking for is hidden in there somewhere just waiting for you to discover it.

### **Step Two – Examine Your Task Ordering**

We are each task ordered for a specific purpose.

You have unique talents, abilities, interests and values, which only you can bring to greatness. You have a determined purpose, which only you can fulfill.

Illus – Combat task ordering

Armor platoon w/ a cavalry element and an air defense artillery element.

**Step Three – Look At Your History**

What were you best at then?  
 What was your claim to fame then?  
 Was there a defining moment? What?

Use these time periods.

- Nursery School
- Elementary School (Age 6 – 11)
- Middle School (Age 12 – 14)
- High School (Age 15 – 18)
- College (Age 19 – 22)
- Young Adult (Age 23 – 35)
- Adult (Age 36 – 50)
- Mature Adult (Age 51+)

Here’s a chart that may help you with this exercise.

	What were you best at then?	What was your claim to fame then?	Was there a defining moment? What?
Nursery School (Age 0 – 5)			
Elementary School (Age 6 – 11)			
Middle School (Age 12 – 14)			
High School (Age 15 – 18)			
College (Age 19 – 22)			
Young Adult (Age 23 – 35)			
Adult (Age 36 – 50)			
Mature Adult (Age 51+)			

Look At Your History Table

**Step Four – Decide!**

Don't worry about making the wrong decision. Trust in divine intelligence to guide and direct you to the right end. Our biggest fear in deciding is that we might pick the wrong thing. Let me help you with that fear. You are going to pick the wrong thing, but you will be in the ballpark. And that's enough. If you can get into the ballpark, eventually you will get to the right base. For right now, just get to the ballpark.

### **Step Five – Prepare A Purpose Statement**

Using the information from Step One, answer the following questions.

What activities make you come alive?  
What values guide your daily decisions?

Look for patterns and clues.

Dr. Benjamin Spock, the world famous pediatrician says he knew he wanted to do something to help children. Initially, he wrote a best selling book on raising children. He spent years talking about that book and working with parents. Later, he became an antinuclear demonstrator because he hates what war does to children. See the pattern? Anything to help children. In his words, "My purpose is to use my talents and skills to help children all over the world."

Notice that a good Determined Purpose Statement has three principle elements. It states:

- who you intend to help
- how you intend to help them
- and why they need the help

Let's try writing your first Determined Purpose Statement by filling in some blanks in a template.

"My Determined Purpose is to help \_\_\_\_\_ (who you intend to help)  
\_\_\_\_\_ (how you intend to help  
them) in order to \_\_\_\_\_ (why they need the  
help)."

When you first write your Determined Purpose Statement, you can expect it to be 3-4 pages long. I think mine was about six pages. It's kind of fuzzy at first. But as you step out and start living on purpose, your true determined purpose will become more refined. Think of it as taking a road trip. As you get closer and closer to your destination, things will become clearer and clearer.

"My Determined Purpose is to help others (who you intend to help) gain the clarity and focus they need (how you intend to help them) in order to manifest their intended level of greatness (why they need the help)."

It took a little while, but I now know that “My Determined Purpose is to help others gain the clarity and focus they need in order to manifest their intended level of greatness.”

### **Step Six – Observe The Results And Adjust**

Remember, the first statement you develop is just a launching pad for the real statement. And the real statement will only be found by selecting a statement and acting on it. Don't worry about missing it with your first shot. You're just selecting a starting place.

As a young cadet, I took orientation training in field artillery fire. We fired a first round and then observed where that round landed. The shot could have been too long or short of the target. It may have landed to the left or the right of the target. There was no real cause for concern. The purpose of that first shot is to get as close as possible and see where the round lands. After observing the impact, you simply adjust and fire again.

We do the same when we're discovering our Determined Purpose. We state our Determined Purpose as closely as we can, observe the results and then adjust and fire again.

Well, that's about it. The steps are simple; however, you will find that working through them will take a bit of time. But let me assure you of this. You have all the answers. they were placed in your heart at birth. Sit still for a while and listen. Remember ... as Rumi said, you come into the world for a specific purpose and aim. If one does not fulfill that purpose, one has done nothing. Discover your purpose.

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Art Jackson is a consultant, professional speaker and the President of Eagles Nest Performance Management, Inc. He is a recognized expert in the areas of performance improvement through leadership and interpersonal relationship skills. Art is the originator of the Purpose Centered Leadership™ theory that has been used to improve performance in many facets of public and private life.

Art is a graduate of the United States Military Academy at West Point and Lesley College in Cambridge, Massachusetts. He holds a Bachelor of Science degree in Engineering, a Master of Science degree in Management, is continuing his studies towards a Master of Theology degree and is certified in pastoral counseling by the American Association of Christian Therapists.

Art has shared the platform with Les Brown, Stephen Covey and other prominent speakers. Presenting for major corporations and associations throughout the United States and Canada, Art's expertise as a leader has been recognized by his selection to Who's Who of Professional Managers.

Art is the author of the diversity and inclusion book “**Lions and Tigers and Bears – Oh My**” available at [www.1stbooks.com](http://www.1stbooks.com). Art is also completing his second book dealing with Purpose Centered Leadership™ entitled “**Mounting Up On Wings Of Greatness**”.

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