



ANTON GUNN

Finding My True Purpose



To fill your highest potential as a leader, you need to have the utmost clarity about your life, career, and, most importantly, your purpose.

When I say purpose, I mean two things:

1. Why are you here?
2. What are you supposed to be doing?

These are timeless questions that we all should answer. Some people, however, don't believe there is a purpose for their lives. I disagree. Every one of us has a purpose. However, it might take some of us longer to discover our purpose.

To learn your purpose, you must first remove all the preconceived notions from your mind. Most of us were told, "Your job is your purpose." Or worse yet, that we don't have a purpose. Your job or career may not be your purpose.

I have a simple process to help you get to your purpose. Having an open mind will allow this process to work more quickly. It is as simple a process as you make it to be. The more resistant you are, the longer it will take to unearth your purpose.

To Find Your Purpose

1. Use the attached Finding My True Purpose sheets to complete this assignment.
2. First, Complete PART ONE.
3. Next, Complete PART TWO.

This process is easy but not simple. And the more open-minded you are, the faster you will uncover your true purpose. It will be quick for some, but it may take hours or days for others. But, for most, the first 20 minutes will simply be your mind clearing of clutter, then the magic begins. Your answer will be coming from deep inside you. It will be what moves you to clarity.

There may be times during this exercise that you want to quit. You may start with 100 different answers and think you will never get to the true purpose, but trust that you will. Stay at it. Most of us will end up with two or more different things. It's okay. Don't stop until you come to that one true passion and the one thing you can become the greatest. Trust me. You will know it when you write it.

You will find that uncovering your purpose will be the easiest part. But, unfortunately, living it will be the hardest part.



Finding My True Purpose

To find your purpose, complete Part One and then complete Part Two

PART ONE

1. Complete the Passion Side statement: *I am passionate about* (_____).

- ◆ List everything that excites you, inspires you, motivates you, or that you could talk about for hours? It doesn't matter how many you list; just list your passions.

2. Complete the Skill Side statement: *I am naturally good at* (_____).

- ◆ List everything easy for you to do. It could be singing, dancing, drawing, accounting, graphic design, algebra, giving advice, playing video games, or mentoring others. It doesn't matter how many things you come up with; just list them.

Passion Side

I am passionate about. . .

Skill Side

I am naturally good at. . .



Finding My True Purpose

PART TWO

A. Take the list of your passions and narrow it by completing this statement:

◆ *If I could spend the rest of my life working only on one passion, it would be* _____ .

B. Next, take the list of what you are good at and narrow it by completing this statement:

◆ *If I could become the greatest at one thing and get paid for it, it would be* _____ .

C. Next, write your one passion and your one greatest skill in the sentence below.

◆ My True Passion is _____ and my Top Skill is _____ .

FINAL STEP

Spend your time becoming an expert in the area where you have the greatest skill. The more you learn about your craft, the more effective you will become. Your expertise will create the opportunity for you to become one of the top persons in your industry/profession at what you have always been naturally capable of. This expertise will also help you earn more income using your top skill.

Then use your increased income and free time to focus on doing your one true passion.

TRUE PASSION + TOP SKILL = TRUE PURPOSE



About the Author



Anton Gunn is a former senior advisor to President Barack Obama and a national expert on Socially Conscious Leadership. He has a master's degree in Social Work from USC and was a Resident Fellow at Harvard. He is the bestselling author of *The Presidential Principles* and has been featured in *TIME* magazine, the *Wall St Journal*, *INC Magazine*, *BBC*, *NPR*, and *Good Morning America*.

As an international speaker and consultant, he has worked with organizations like Mercedes-Benz, KPMG, University of Vermont Health Networks, Sodexo, Verizon Wireless, Aetna, T-Mobile, American College of Surgeons, Blue Shield of California, and the Boeing Company.

From playing SEC Football and being the first African American in history elected to the S.C. legislature from his district early in his career to now working as a leadership development consultant and serving on multiple boards, he has spent his life helping people build diverse, high-performing teams, and world-class leadership culture.

For more leadership insights, visit
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