

## **Session 4**

# **THE POWER OF PURPOSE: DETERMINING WHAT YOU WANT TO ACHIEVE**

## **OBJECTIVES**

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At the end of this Session, you'll be able to:

- *Define "macro" and "micro" purpose.*
- *List the four steps involved in determining your macro purpose.*
- *Write a personal statement of purpose.*

## **BACKGROUND**

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Determining your purpose, what you want to achieve in life, can be a very difficult task. You have so many choices and opportunities, so many different directions you can go. It's wonderful to have so many choices, but sometimes it makes choosing what you really want to do — your true purpose — even more confusing.

Purpose is the cornerstone of self-discipline. With a clearly defined purpose you have a specific direction where to focus your energy.

In this Session, you'll learn a four step process that will enable you to analyze the many options available to you and select the one major life's purpose you want, deep within your heart, to achieve.

This four step process, besides being a powerful tool in determining your major life's purpose, will help you in making any kind of decision—from the smallest to the most important.

With a clearly defined purpose, you're well on your way to becoming a self-disciplined achiever. You've discovered what you really want to do with your life. You've laid the foundation upon which the power of self-discipline is built.

## **PRACTICE**

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1. Listen to Session 4, "The Power of Purpose: How to Determine What You Want To Achieve."
2. As you have listened to the narrator describe "macro" and "micro" purpose, write in your own words a brief description of each.

Macro Purpose:

\_\_\_\_\_

Micro Purpose:

\_\_\_\_\_

3. When you are instructed to do so by the narrator, write in the space provided below each of your five wishes. Begin each wish with "I want..."

Wish One:

\_\_\_\_\_

Wish Two:

\_\_\_\_\_

Wish Three:

\_\_\_\_\_

Wish Four:

\_\_\_\_\_

Wish Five:

\_\_\_\_\_

4. Select the one wish that is the most important to you. In the space provided below write a brief statement why the wish is the most important to you.

\_\_\_\_\_

5. When instructed by the narrator, read the following biographical summary of Thomas Arnold:

Thomas Arnold (1795-1882). Some people are loved without being respected, and others are respected without being loved. Arnold of Rugby was loved by many — respected and admired by everyone who knew him. Born at Cowes, Isle of Wight, this great headmaster and scholar was educated at Winchester and at Oxford in England, where he distinguished himself in classics and history. He left Oxford in 1819, and after nine years of study and writing was elected headmaster of Rugby School. His powerful personality set its mark on the school from the first and made it great in a new sense. He was very religious and he inspired his boys with new and more serious ideals of scholarship and life.

He found time, too, during the 14 years of his headmastership, to publish sermons, an edition of the Greek historian Thucydides, and a history of Rome. In 1841 he was appointed professor of modern history

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at Oxford but died the following year. He was buried in Rugby Chapel and his son Matthew wrote a beautiful eulogy about him on that occasion. Arnold was too forthright to be tactful in his dealings with boys or indeed with grown-up, but he always won their respect, and often their love by his high-minded attitude toward life and its responsibilities.

6. When instructed by the narrator, write in the space below your personal biographical statement.

**CREATIVE BIOGRAPHY  
MY PERSONAL BIOGRAPHICAL STATEMENT**

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7. When instructed by the narrator, write in the space below your personal statement of purpose.

**MY PERSONAL STATEMENT OF PURPOSE**

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## **POINTS TO REMEMBER**

- An emotionally compelling purpose is the foundation of the power of self-discipline.
- Your statement of purpose should reflect your inner-most desire — what you want to achieve in life above all else.
- Your written statement of purpose can be as general as you want it to be. It is a focusing tool rather than a detailed blueprint of how you are going to achieve it.
- Give serious thought to the “Limitless Wishing” exercise. Do not approach it lightly. It is an integral part of this program.

## **PROGRESS CHECK**

1. Without looking back at your notes, write a brief description of a “macro” purpose.

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2. Without looking back at your notes, write a brief description of a “micro” purpose.

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3. List the four steps involved in determining your personal purpose.

Step One: \_\_\_\_\_

Step Two: \_\_\_\_\_

Step Three: \_\_\_\_\_

Step Four: \_\_\_\_\_