

HELP OTHERS FIND
THEIR TRUE PURPOSE
Partner's Guide



EMPOWERED WEBSITES

Overview

OBJECTIVE

Thank you for agreeing to help someone discover their true purpose - the cause or belief that drives them.

For me, helping to discover someone's true purpose in life is one of the most inspiring thing that I do in life.

I love the opportunity to see other people light up when they're finally able to put their purpose into clear terms. I hope you have fun and enjoy the gift you're about to give someone.

At the end of your time together, the goal is to have a draft version of their Purpose Statement in hand.

This will help them be more conscious with the decisions they make so they can find as much joy and fulfilment in their life as possible.

METHOD

This PDF is designed to give you the tips and tools you need to support them.

And yes, you are good enough to be the partner they need!

You do not need to be a coach or a therapist to help your partner find their true purpose.

You just need to have a desire to help and willingness to give 100% of your undivided attention to them on the selected day.

SUMMARY

The experiences we had growing up - the lessons we learned, the influencers we met, the things we did - all of these things have formed who we are now.

In order to help your companion discover their true purpose, you'll need to listen to the stories from their past.

Their true purpose represents who they are at their natural best and with the help of this guide you will help your partner reveal it.

Your Role

WHAT WILL YOU NEED TO DO?

Firstly, you will need to listen to the stories, then ask thoughtful questions. The questions will help them dig deeper to find the underlying meaning of each memory.

As you listen, you'll take notes, identifying themes, values, ideas, words or phrases that recur in their stories, challenges,

They will reveal who your companion is at his/her natural best and what is their true purpose in this life.

PITFALLS TO AVOID

During this process, make sure that you don't allow what you know about the person, or even what you think you might know, to affect your objectivity.

Also, avoid any distractions and stay completely focused on the task at hand. It is very important for you to be fully present.

As I have mentioned before, you do not need to be a mentor or a coach or offer your opinion but just to be a great listener.

Listening

HOW TO BE A GREAT LISTENER?

The greatest listener is an active listener.

It means hearing more than just the words that are said.

It's about understanding the meaning, motivation or emotion behind those words.

Pay Particular attention to non-verbal signs as to how the experience that they are telling you about makes them feel.

Make sure you mark for yourself what they say during the moments when they show strongest emotions.

ACTIVE LISTENING TECHNIQUES

- acknowledge them with brief verbal affirmations (e.g. 'go on', or 'I see,' 'I know,' 'Sure,' or 'I understand.'
- nonverbal cues showing that you understand things, such as nodding your head, leaning forward, making an eye contact;
- invite them to say more about what happened or how they feel about it.

Asking Questions (1)

WHY DO YOU HAVE TO ASK QUESTIONS?

Your companion will most probably start telling his/her stories with the context - the facts on when it all happened, who was involved and what was happening.

These details are important for you to get familiar with the story, however, they will not get you closer to your partner's life purpose.

The reason why you need to ask questions is to help them express the feelings and the emotions they felt at the time.

They will help you get closer to the purpose.

IMPORTANT NOTICE

- Your partner will find it extremely difficult to connect with his/her feelings if they are speaking in generalities.
- Use the questions to help them get more specific about their stories and feelings.

EXAMPLE:

Story: 'I used to love literature lessons at university. They were most interesting to me'.

You: 'Of all the literature lessons that you had, tell me more about the one that stands out the most'.

Them getting specific:

'I remember that I truly struggled to wake up early for the first lessons when I was at university. My literature lessons were on Mondays 8 am and I have never missed one. I always used to find the motivation to get there because the teacher was the strongest and most interesting woman I have ever seen. I remember her being so strict that everyone was scared of her and everyone respected her. She was very strict but also had a very good heart and a very good sense of humour. She was very intelligent and helped us see the meaning of the most amazing pieces of literature ever made. She made every work so special. She had a great passion and love for literature and always required very high standards from us. That's what was so charming about her.'

Asking Questions (2)

HOW TO ASK QUESTIONS SO YOU GET IN-DEPTH ANSWERS?

- * Ask open-ended questions - the ones that can't be answered with a yes or no.

- * Avoid questions that start with 'Why' - They are much harder to answer. Instead of asking "Why does the story matter to you?", you can ask "What is it about that story that really matters to you?".

- * Sit in silence - If you ask the question and they feel they are struggling to answer, let them struggle.

Don't try to fill in the silence with another question or suggested answer.

Instead, just wait. Emotions are difficult to articulate and it may take the person a little time to formulate the right words.

Sometimes silence is the best tool you have to get them to tell you more. Master it.

FEW HANDY EXAMPLES:

- * How did that make you feel?

- * What is about this experience that you absolutely loved?

- * You've probably felt this same feeling before. What is it about this story that makes it special? (E.g., if they say they "felt sad", you can ask what about this sadness was different from other times they felt it.)

- * How did this experience affect you and who you've become?

- * What was the lesson from that experience that you still carry with you today?

- * Of all the stories you could have shared with me, what makes this specific one so special that you choose to tell it?

- * If someone else features prominently in the story, ask them how that person made a difference in their lives or what they love or admire about that person?

Asking Questions (3)

HOW DO YOU KNOW IF YOU ARE ON THE RIGHT TRACK?

You will know you are on the right track when your companion begins talking less about what actually happened and more about how they felt about those experiences.

It might sound something like, 'It felt really good to win that competition', or 'I was so upset that I could not finish my journey and goal that I had set for myself'.

When you hear something like this, it's the right time to dig deeper.

FOR EXAMPLE:

What do they mean by 'felt really good' or 'upset'?

You may assume you know, but their definition may be different from yours. So ask a question that will elicit more specifics, such as:

- * Tell me what you meant when you said, 'It felt really good'.

- * You've probably felt upset before. Describe how this particular feeling was so different that it still comes to mind after all of these years.

Drafting The Purpose Statement

WHY DO WE SEARCH FOR REOCCURRING THEMES AND VALUES?

The better you capture the themes of how they felt, the easier it will be to put together the Purpose Statement that feels really authentic to them.

WHAT ELSE SHOULD I LOOK FOR?

In addition to the recurring themes that you'll listen for in each story, there are two other main components to look for:

CONTRIBUTION & IMPACT

PURPOSE STATEMENT

The Purpose Statement will consist of these two parts:

- 1) The contribution that the person makes to the lives of others.
- 2) The impact of the contribution over time.

I suggest to write it in this format:

TO_____SO THAT_____.

For example, this is my purpose statement:

To help people empower their true purpose so that they are able to create abundance in their life with the feeling of fulfilment in their hearts.

With this in mind, do what you can to find out what your companion is giving or receiving in each story (the contribution) and what difference it may have made to them or others (the impact).

Taking Notes

WHY TAKE NOTES?

Being organised and having a strategy for taking notes will help you a lot when trying to put all that you've revealed together.

HOW SHOULD I ORGANISE MY NOTES?

One way that I use and find it particularly helpful and simple is drawing a vertical line from the top of your notes page to the bottom.



*On the left
factual details
of the story
(e.g., college
graduation,
first job, first
break up, etc).*

*On the right
side focus on
their feelings
and emotions
(e.g., cared to
make other
people happy).
On the right
side you can
also write
down any
words,
phrases, verbal
or nonverbal
cues that come
up more than
once.*

As you take notes on multiple stories, you'll begin to notice which themes, words, phrases or ideas recur most often. Underline, circle, highlight or put a check mark next to each of those words or phrases.

This can help you quickly identify the themes that will lead to the PURPOSE later on.

Also, for each story write "contribution" and/or "impact" in the right-hand column to remind you not to move on to the next story until you are clear on what they gave or received (the contribution) and what effect it had on them or others (the impact).

YOU ARE READY!

*P.S. Maybe this will
inspire you to find your
own purpose in life?*

EITHER WAY, I WISH YOU ALL THE BEST IN
YOUR JOURNEY AND THANK YOU ONE
MORE TIME!



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