Your Roadmap to Living with Purpose

with Patch

www.Purpose-Driven-Life.com
Lifestyle Face Lift:
Your Roadmap to Living with Purpose

Introduction

Our lives are made up of a complex multidimensional collage of values, obligations, beliefs, responsibilities, priorities, dreams, and aspirations. It is a beautiful and intricate image of who we are and more importantly, who we aspire to be.

No two people are alike and as a result, each of our collages is unique. This is what defines us and this is what we subconsciously refer to in our determination of whether we are living according to our expectations. And whether we know it or not, we all have expectations of what our lives should be.

Unfortunately, the problem is that very few of us ever even realize what our expectations really are because we don't take the time to reflect upon them, and as a result we may end up with feelings of unhappiness, remorse, regret, emptiness, disenchantment, or others of this nature, and not really know why.

It is therefore an extremely important exercise to take stock of our lives so that we can understand more easily what our personal barometer is telling us. By doing this, we can appreciate what fulfills us and where we are missing out on sources of happiness. This Lifestyle Face Lift Roadmap will help you do that.

The other and equally important reason to follow this Roadmap is that it serves as a beacon or a guide, to help us orient our lives, our lifestyles, and our priorities such that we are living with purpose. We can then have a point of reference to look upon and determine whether or not we are on the right course. If we are not, then we can quickly determine where the deficiency is and make navigation adjustments as necessary. This is much easier than relying on a subconscious barometer like so many of us currently do.

The Lifestyle Face Lift Roadmap is made up of a loop series of 4 steps. Each step must be done in sequence in order to obtain the desired result, which is a clear understanding of our subconscious life expectations, and a picture of how we are doing living up to those expectations.
Steps Overview

1. Take stock of your current state of fulfillment (or happiness)
2. Conduct backwards imaging to determine your desired state of fulfillment
3. Determine the gap areas between the current state and desired states
4. Make life course adjustments to close the gaps

The loop is continuous because you should never assume that your situation won’t ever change throughout your life. Of course, you can use the Roadmap over and over again to re-evaluate your current situation but you will also it to monitor changes to your desired state as well.

For those who are more visually inclined, pictorially, the cycle looks like this:

Step 1 is pretty self-explanatory. The objective of this step is to use the assessment template to help you determine (or take stock) of your current life status. You must be brutally honest with yourself and call it as you see it. There is no point in answering what you hope your status is, but rather, you want a frank assessment of your current level of satisfaction with each of the life dimensions. Keep in mind that the goal here is not to compare the results of one dimension to another, nor is it to decide if a particular dimension is important to you or not – that comes later. Just go through the survey, one dimension at a time and assess your satisfaction on the scale of 1 to 7 based on its own merit. Then move on to the next step. See page 7 for complete descriptions of the dimensions and the assessment template.

Step 2 is a bit more complicated. For this step, you have to picture your ideal life situation. Think about yourself being in the future and looking back upon your life; your accomplishments; your journey. Imagine that you are the most content possible with what you have done and where you have been...You should be at that point in the future such that if you were to die right then, you would have no regrets – your life is complete; fulfilled...In a notebook that you can refer to later, take notes about what this means to you. Record your accomplishments, your situation, anything important to you and that led you to this level of ultimate fulfillment.
Okay, now complete the second survey column from the perspective of this point in your future life. This is not easy to wrap your head around sometimes, but don’t be intimidated, it doesn’t have to be perfect. You can always come back and make adjusts at any time. The point here is to open up your subconscious mind and bring out your values and true desires.

You will probably notice that in your future state, you recorded 6 and 7 for most of the dimensions, this is completely normal because we all seek self-actualization and that usually means we need to reach a certain level of satisfaction in all of these life dimensions. Keep in mind however, that a certain level of satisfaction for a particular dimension for one person may mean something completely different than the same level of satisfaction for that same dimension for another person. And that is totally normal! For example, let’s say, you place a high degree of importance to keeping close ties to your family and friends. For you, a score of 7 in your future state implies you have lived your life cultivating relationships with your friends and family; you have been to birthdays, weddings, celebrations, etc. You have visited loved ones and maintained extremely close relationships with all your cousins. You are very satisfied with that and you scored a 7. Someone else may also have also scored a 7 for that same dimension, but for them, this high score is because they were involved in their kid’s lives – friends and distant relatives are not as important to them. Their score is the same as yours but the barometer they used to assess it was different.

In Step 3 you will compare your current assessment and your future assessment. Look at each dimension and subtract your current state satisfaction score from your future state score. For example, say I scored a 7 for Financial in my future state and my current level is a 2, I will insert a 5 (7 minus 2) in the third “Difference” column. Do this for each of the dimensions and record the values in the “Difference” column. Now review your results...

You will probably notice that some dimensions have significantly higher “Difference” values than others. Some may have a very small difference or maybe even no difference at all. Let’s talk a bit about this second situation first.

If you find that your current satisfaction level is similar or the same as your future (fulfilled life) state then you are pretty much in line with your internal barometer for that dimension. You are on the right track and you are probably currently happy with this aspect of your life. Keep up what you are currently doing and as they say, "if it ain’t broke, don’t mess with it…".

On the other hand, your focus should be on closing the largest gaps first. Let’s say that I had two of the ten dimensions with a gap of 5, three with a gap of 4, and the rest were all even, I would first focus my efforts on improving my
satisfaction with those with the gap of 5 and then once I’ve made some progress, shift my efforts to closing the smaller gaps of the other dimensions.

It is important not to let yourself feel overwhelmed if there are many large gaps. Just look at each dimension individually, and focus on one at a time. If you don’t do this, you will experience that feeling that the mountain is simply too big to climb. Break it down into manageable chunks and all of a sudden, it doesn’t seem that daunting anymore…

**Step 4** is all about making those life course adjustments to close those gaps. This is not an overnight thing! You will be continuously reassessing your progress as you make small and large adjustments to how you live your life. I suggest you re-evaluate a week or two after every adjustment to see if your satisfaction is improving. You may find that small changes have a big impact on your satisfaction, make note of that in the comments column so that you don’t forget what you changed. You may also find that other changes have little or no impact on your satisfaction. Take note of that as well but don’t expend too much of your time or energy on these because the payoff is simply not worth the effort.

As you can imagine, these course adjustments will vary from person to person depending on your own values, aspirations, beliefs, etc. As such, it is beyond the scope of this document to explain what these are. It is really up to you to develop a clear understanding of your ideal life situation (Step 2), so that you can identify the elements that are important to you and make changes accordingly.
So what now?

Remember that this is meant to be a Roadmap to help you to live with purpose today so that you can live fulfilled. Once you understand your course and you are making changes to your current life to bring you where you know you will feel self-actualized and fulfilled, you will inevitably be living with purpose. This is an amazing place to be and all of a sudden you find true meaning in your actions and you can easily select your priorities.

I encourage you to refer to this Roadmap regularly. Use it as a discussion tool with your loved ones, as a springboard to adjust your life course, and also to monitor your progress along the way.

The worst thing you can do is not take the time to properly evaluate your situation as you will continue to go through life without really understanding your own personal drivers to true happiness. You will then not really know what to focus on to achieve a fulfilled life and you will always be questioning or wondering what your true sources of happiness are or worse, why you aren’t happy!

If you would like further assistance with how to use this Roadmap or you prefer an individual coaching session to help you assess your situation and to create a customized action plan to a fulfilled life, I invite you to contact me at the address or phone number below.

Please feel free to share this document with your friends and family. All I ask is that you keep the entire document intact, including the embedded links.

Living with Purpose. Live Fulfilled.

Patch
About the Author

Patrick (Patch) Pressoir is a former army officer that has spent many, many years searching for the sources of fulfillment in his life. He always had some idea what those were but it wasn’t until he actually took the time to reflect and really understand his own life dimensions that he gained true clarity and purpose. He has now developed the framework to help others easily understand their sources of fulfillment and has formulated the tools to create effective action plans to achieve results.

Patch also worked in both the Public and Private sectors helping organizations improve their processes and their performance. Today, after developing best-in-class methods and practices, he not only coaches and mentors his clients to live fulfilled but also helps them realize their goals faster by teaching productivity and time leverage techniques.

Patch founded Groupe Synergos Inc. in 2009, a philanthropy-based company dedicated to helping small, medium and home-based businesses improve their performance. Groupe Synergos donates a portion of profits to charities that Patch supports through running marathons.

You can find out more about how Patch is living his Purpose Driven Life by visiting his blog. There you will gain insight into his social entrepreneurship, his passions and lifestyle, and also find some great advice on how you too can leverage your time and live fulfilled!

If you would like to contact Patch about a personalized coaching session and custom action plan, you can reach him at 514.268.9997 or by email at patrick.pressoir@groupesynergos.com.
Life Dimension Descriptions

Work/Profession/Skill
This dimension has to do with what you are doing to earn a living. Consider your satisfaction with the actual work itself, your choice of career, your current employment situation, your salary or earnings level for the work you do, etc. You may also want to consider things such as your work environment if that is important to you. Do not consider whether or not your salary or earnings is meeting your financial expectations, however, because that is covered in the next dimension.

Financial
Rate how satisfied you are with your financial situation. This is not so much about how much one earns as much as it is about if your earnings and cashflow is allowing you to have the standard of living you desire. Another thing you may want to consider here is your level of indebtedness. Some people cannot tolerate high levels of debt so although they are financing a certain lifestyle, they may choose to put a low score if they are not happy with the amount of debt they are carrying.

Health/Wellness
How is your current state of health? Are you happy with it? For this dimension, you should not only consider from a medical standpoint, but also fitness and nutrition.

Spiritual
Contrary to what some may believe, most people are spiritual on some level. This is what is being considered here. For some it may have to do with religious beliefs while for others it may have to do with their own philosophy on life, living by the golden rule, remorse, regret, karma, etc. Whatever is important to you that fits in this category I what you should assess your satisfaction of.

Personal Growth
Are you happy with your personal development? Bear in mind that this doesn’t mean that once you are satisfied, you are done with you personal growth, but rather, are you happy with how you are growing? For example, say you are into learning languages but you just never seem to get around to study it to get any useful results, you probably would want to score a low level of satisfaction here. On the other hand, if you find you are making progress you are proud of, you might be inclined to register a higher score.

Family/Relationships
What is it about your relationships that is important to you? Are you satisfied with how you are handling them? Is there turmoil in this aspect of your life that is causing you stress/unhappiness?
Recreation/Hobbies
Are you taking the time to do your favourite pastimes? Did you let some go over the years that you long to restart? Is there something you’ve always wished you would try? Do you have a bucket list of things you want to do before you die? How are you progressing on that list?

Purpose/Passion
For years I didn’t know what I wanted to do when I grew up. As a student in school, I could never find that subject or career I was passionate about. As a professional, it took me many years to decide what my passion in life was until I found it. You could say I scored a low satisfaction score in this dimension for many years, but now that I know my purpose and passions, and that I am actively pursuing them, I am scoring very high. What is your satisfaction in regards to your purpose and your passions? Please note that it is also very likely that this dimension will have a certain degree of correlation with the Recreation/Hobbies dimension if the latter also happens to be your passions.

Inner Peace/Conscience
Are you at peace with yourself? Are you tormented by something? Do you have a clean conscience in your business dealings? These are the types of questions that you should be considering in this dimension.

Autonomy
Do you have a desire to be autonomous? Are you dependant on someone else for your livelihood? For some, there is no desire to be autonomous, so they are perfectly happy being dependent on someone else. For others, this is a significant source of stress and unhappiness. Likewise, the opposite holds true as well; some may prefer to be dependent but find themselves in a situation of self-sustainment, which also causes stress and unhappiness. Ask yourself the questions and rate your satisfaction as it pertains to your own preferred situation.
**Assessment Template**

For each of the following life dimensions, rate your current level of satisfaction. Do not try to over analyze or take too long to answer, trust your instincts and record your first thoughts as they come to you.

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<tr>
<th>Life Dimension</th>
<th>Satisfaction Today</th>
<th>Desired State</th>
<th>Difference</th>
<th>Comments</th>
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