

Chapter Sixteen

Reviewing Generic Purpose Statements

Generic Statements of Life Purpose

Ready for the next step? We will now review four generic statements of life purpose. From past experience, there is a good chance one of them will come surprisingly close to expressing your own personal purpose in life—at least generically.

Each statement has at least one word underlined. These words indicate key concepts, which need to be more fully explored, once you have taken a few moments to reflect on the statements and any feelings they bring up. Here are the four statements.

- A. To gain full control of all my feelings, needs and abilities, in order to unlock all of my power and use it to influence others for good.
- B. To fully accept myself and know that I am accepted by others as a worthwhile person.
- C. To be admired and respected by the important people in my life and those I really care about.
- D. To do what I do best; to become all I am capable of becoming; to achieve my fullest potential; and to make a worthwhile contribution.

As you reflect on these four statements, does any one of them come close to describing what you feel is your life purpose?

Would some combination of statements or parts of them be useful in describing your life purpose?

Were you at all surprised by how closely you identify with one of the statements?

Expanding Our Awareness About Purpose

Here is something very important to understand about our statement of life purpose.

The words are not our purpose; the words merely serve as symbols for our true purpose, which is quite unique and is far more accurately represented as a feeling than as words.

Our written statement of life purpose, which this chapter is intended to help us prepare, will end up being like an exquisite, finely polished jewel box in which we collect the unique feelings that reflect our true purpose in life.

We want this purpose to help in truly guiding our life. Words cannot do that. Only the purest feelings of our heart can do that.

The words we eventually choose for our completed statement of life purpose will serve as the instantly accessible collection point for those feelings. Isn't this exciting?

The intent of this chapter is to enrich your intellectual understanding of the deeper intuitive meaning behind each of the special words you find meaningful. And, for those of us who identify strongly with the word control in Statement A, the next few paragraphs may very well

provide some of the most profound insights into our motivation we have ever encountered.

When compared to the powerful insights about to occur for those who are control-motivated, anything I have to share with the other three types will seem like a walk in the park.

For starters, let's look at the underlined word control. It derives its strong meaning for those at the upper end of intellectual and emotional intensity in the following manner:

When gotcha's occur for us, we take our big hurt feelings and our big unfilled needs and with a correspondingly big intellect, stuff them in a box and clamp the lid. That's control!

At the hypothetical extreme of this, we not only clamp the lid, but we encase it in concrete. What do we do then with all of our control capabilities? By this time they are compulsive, of course, and must be expressed somehow, so we set out to impose our version of control upon others around us.

There is only one difficulty with this, even in its mildest form. Look at what gets "stuffed" under the lid. The empty buckets. All of those big throbbing needs waiting to be fulfilled got mixed in with our hurt feelings and are now tucked away under our "detachment" lid, being "successfully" controlled. No wonder we have such a big empty space in our lives when it comes to feeling a sense of real satisfaction or fulfillment from our many accomplishments!

Even though some of us identify quite strongly with the initial wording of the first generic statement of purpose,

we must fully adjust the meaning of the word control before we can expect it to help us achieve fulfillment.

We must come to realize that fulfillment can only occur when we learn to successfully control the removal of our lid.

We could therefore replace the word control in the statement with the words "full expression," and it would begin to represent something capable of being fulfilled.

That would be a scary thought, though, wouldn't it? Wow! Control removing our lid? That flies right in the face of our greatest fears. Just the thought of having all of our hurt feelings and unfilled needs pop up, out of control, is frightening.

It comes down to the question of how badly we want fulfillment. Perhaps we could take control and plunge in, counting on the truth of the statement we referred to earlier by Ralph Waldo Emerson, "Do the thing you fear to do, and the death of fear is certain."

Take it from one who has been there: the ultimate sense of fulfillment that can be gained by taking control of removing the lid is well worth the short-term anguish of getting it started. After all, it's "pay me now, or pay me later," and, to quote Emerson again—from his essay on compensation—the interest rate on later is "compounded upon compounded."

What we are doing in this entire chapter is attempting to use our analytical minds to understand true motivation—which is a purely intuitive issue.

As it turns out, our analytical mind has two design features which strongly influence its way of perceiving

this issue, as well as many others. First, it is designed for data acquisition purposes.

This causes it to see motivation from a data acquisition perspective.

In other words, it perceives that the way to fulfill our need to feel important is to collect from everyone available their recognition of how important we are.

This view of motivation is almost universally accepted in the Western world. It is virtually all that is taught academically. But wait. There's more.

Upside-Down and Backwards

Our analytical mind is also designed for imaging purposes. It is perfectly designed to reflect back an undistorted image of exactly what it has received. This is where our self-image is located, and it is also the reason our mirroring principle can be so accurate and useful.

Now, if we happen to know anything at all about images, we will also know they are always upside-down or backwards. This awareness is profoundly instructive when it comes to uncovering the way our analytical mind distorts our understanding of motivation. This is also where our bucket model really begins to shine.

We all see the buckets as sitting upright, waiting to be filled. Right?

Unfortunately that's an upside-down understanding of how our needs really get fulfilled. The buckets must be turned over and

poured out in order for fulfillment to occur.

It is as if each contains a metering device, and the more they pour out the fuller they feel.

Let's look at the self-esteem bucket, for example, where our need is to feel important.

The very best way for us to get that need truly fulfilled is to pour "importance" all over others.

It goes the same for the social needs bucket, where our need is to feel loved.

This need is most truly filled when we allow an abundance of love to pour through us out into the hearts of others.

Abraham Maslow actually discovered this phenomenon, too, yet apparently he didn't realize it.

Notice the word contribution is underlined in purpose Statement D. Anyone who identifies strongly with the self-actualization achievement patterns will instantly recognize the entire statement as being a complete, accurate, finished statement of their life's purpose. Done. Next question.

That statement, "To do what I do best; to become all that I am capable of becoming; to achieve my fullest potential; and to make a worthwhile contribution," is a direct quote from Maslow's work on self-actualization. It is a universally accurate statement of the driving force present in every person who operates at the self-actualization level. And, of all the words in the entire statement, the one which resonates most deeply with

self-actualizers is pure, no-strings contribution. As in the unconditional pouring out of the bucket.

Apparently it never occurred to Maslow that the only way any of the other levels of need can truly be fulfilled is by tipping over the buckets and pouring them out, too.

**Imagine what transformation
could occur in our societies if
this truth were widely
understood, appreciated and
practiced!**

The Water In a Fire Hose

Let's go back and incorporate one additional perspective into our expanding awareness around the word control in the first generic statement of purpose.

I like to think of motivation as the water in a fire hose. When we are born it is as if we are standing back several feet from the end of the hose, which has no nozzle. The diameter of the hose, and thus the volume of water that can flow through it, is a reflection of our genetic mental capacity. Our analytical mind is the raw material to be used for building a nozzle to use in directing the flow of our "water," or creative energy.

Now, since the end of the hose initially has no nozzle, what would you expect it to do when the hydrant is opened and the water begins to flow? It's going to flop all over the place, spraying "water," or our undisciplined creative energy, over everyone in sight. The higher our intensity, of course, the more it "sprays" all over people.

In a culture which fails to honor feelings, this is not a good thing! The odds are we will soon be receiving a consistent message that the purpose of our life is to "cap" that hose.

Our response, unfortunately, will be to use the raw material of our analytical mind to build ourselves a valve to shut off the flow, rather than to pursue its intended use as a nozzle to direct the flow.

With the valve securely in place, our view of motivation becomes one of collecting drops of water to "shove" backwards through the valve and into the hose. No wonder we experience so little fulfillment!

Our analogy of the nozzle directing the flow ties back very nicely to the analogy of the permanent magnet, too, doesn't it?

Notice how the directed flow of energy creates a powerful magnetic effect that "effortlessly" attracts to us the very symptoms of success so many others are "efforting" to collect.

The effortless high performer is giving out of what is seen as an unlimited supply, and is using his or her analytical mind as a finely tuned nozzle to carefully direct the flow of that unlimited energy. What a beautiful picture.

Do you think we have built an adequate case for gaining control of removal of the lid? To further modify our initial generic statement of purpose, we might now wish to say, "to gain fully focused expression of all of our feelings" Wouldn't this be the ultimate in control?

The words, power and influence, are also underlined in that initial statement. As originally stated, the word power implies obtaining or securing power. This need relates directly to the need to feel important experienced by the person with the self-esteem achievement patterns.

From the control-motivated perspective, this need to feel important is viewed as a need to be in control of being important.

Approached in this manner, however, it has little or no chance of being fulfilled. Once we transform our understanding of pouring out the buckets, we will see it differently.

To be in control of feeling important, we must pour importance all over others. Therefore, if we simply add the letters e-m to the front of the word power, we position ourselves to empower others—an activity with the potential to be truly fulfilling.

The word influence ties directly to the word contribution, which we have already explored. From the detached, control-motivated perspective, however...

The need to make a contribution is perceived as a need to be in control of how our contribution is being received. That's influence.

For those of us who resonate with the need to influence others, I recommend continuing to use the word influence. As we gain control of removal of the lid, we will experience a gradual shift in the meaning of the word, until influence eventually becomes the equivalent of pure contribution. When this happens, we can recognize it as a pretty strong validation of our growth process. By that time, of course, we will no longer need any external validation.

The generic purpose statement, "to fully accept myself and to know I am accepted by others as a worthwhile person," has been developed for the person who relates

most directly with the social needs achievement patterns.

It is not stated here exactly the way they would feel it. I have added, "to fully accept myself," to the front of the statement to make it possible for fulfillment to occur.

Since we have already discussed the generic statements relating to both the self-esteem and self-actualization achievement patterns, we're ready for some mentor-coaching questions.

What have you found most useful from our exploration of the four generic statements of life purpose?

What was the most revealing new insight you gained into your own motivation?

What new piece has fallen into place in your picture of the overall motivation puzzle?

Even though this is not our goal directly, what idea might have made the biggest contribution to your understanding of other people?