

Life purpose

Competence: Understand the importance of having a declared life purpose.

Topic 4.
**How to create
your life
purpose?**



You are doing great!
**Now you have
learned more
about your:**

- Strengths
- Values
- Preferences
- Interests

However, this does not look like a life purpose yet, isn't it? Nevertheless, you are closer than you think... all you need is to transform it into a meaningful statement.

For this, we invite you to visualize and practice how a day in your life when you accomplish everything you seek for. It is easier than you think and we can follow **three steps:**

1

Imagine you have to describe the movie Toy Story in less than a minute, for instance:

“There was a time when some toy dolls came to life when nobody was around, the leader was a cowboy named Woody. Everybody was happy until Buzz Lightyear, a cool astronaut, came and took the leadership of the group.

Woody wanted to make his new friend go away, and when he almost made it, he realizes that friendship is more important and they can all live together.”

The structure of this argument is known as the **hero's journey**, according to Joseph Campbell, who was a mythologist and writer known for his work on comparative mythology and religion, which has been used in literature and cinema. He establishes **three stages**:



- A. When the world of the protagonist (or hero) is normal, which can mean any normality for the hero, whether it is talking toys or a known routine with expected incomes and outputs; in other words, a world where an expected cause is an expected response.
- B. The second part of the journey occurs when the hero is face to face with a situation different from its routine. Some call it “cross the threshold of the unknown” and it refers to something new, it could be a situation or a different perspective. This stage of the journey (at least in most stories based on the hero’s journey) every story will have different characteristics of duration or plot, and will continue as the hero has learnings and encounters with other characters that influence his or her growth.



- C. The third and final stage of the journey occurs when the hero returns to the starting point. It may seem simple, but the reality is that the protagonist will never be the same person that started the journey, which gives more value to the story. The hero will return with more knowledge, a new perspective of the reality and expectation, as well as for more self-awareness and different views to act and think in other ways, which could not have been possible to do before the journey.



2

Now think of your life as if it were a movie, where in the end you achieve your life purpose, while during the movie you use your strengths and values, solving everything you consider important in the world, enjoying what you like to do.

Try to tell your story in one minute (using the structure of the hero's journey.)

3

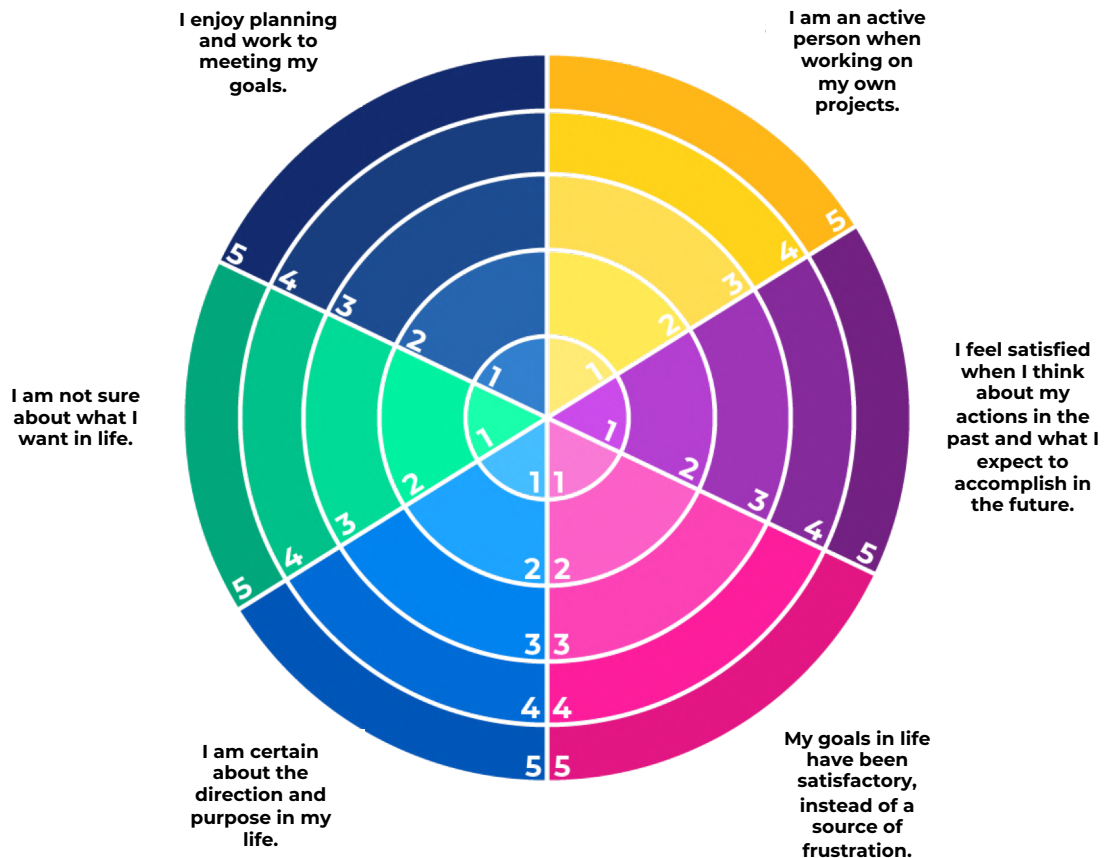
Now, turn your story into a simple and catchy phrase, for example, for Toy Story the phrase would be: “A toy story that goes to infinity and beyond.”

Write a powerful statement to make yourself known to the world.



Now that you have concluded this certificate, reflect one more time and answer to each statement. Then, compare to the one you did at the beginning: what has changed? How do you feel now?

Write your reflection in the following page.



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