



## Ziji Up! – Life Purpose Statement

Once your “impact statement” is found, the next step is to find a metaphor that captures the essential quality of your life purpose. Whoa! *Life pupose?* Doesn't that take...forever to figure out? Maybe...but in the meantime you'll waste a whole lot of time, energy, and even money if you're not trying to get clear about it;)

Try to come up with metaphors like, "I am the magician," "I am the lighthouse," "I am the dynamite," "I am the rock in the shoe," "I am the alarm clock."

The metaphor can also be an action: "I wake people up," "I explode the lies," "I uncover the inner truth," "I call people home."

My personal one is: “I am the tick tock of death’s clock telling people to, ‘Wake the Fuck Up!’ “ I quite like it;)

It is often hard to see yourself in the form of a metaphor or an image. If you need some help with this, head over to the forum, or ask me at one of our sessions.

Also, know that finding a life purpose statement takes time. Don't let “analysis paralysis” take over and keep you from writing. You may even have a gremlin pop up that says, “It has to be perfect ‘cuz you’ll be stuck with it forever, and what if it *isn't* your life purpose?” Your life purpose statement can change. It can even change tonight, or tomorrow, or 5 minutes from now. At least start crafting it so you can get clear, and look at it as a rough draft.

Your statement should be concise (short and sweet!) and create maximum impact for you and whomever hears it - not more than fifteen words. Follow this general format:

I am the \_\_\_\_\_(metaphor) so that people

\_\_\_\_\_ (impact statement).

Use the back of the page if you need to write multiple drafts. I know I did!