

The Question

Find your true purpose

Bernard Moya

What do you want out of life and how can you get it? This is the question we must all ask ourselves. This is the question this book is here to help you answer.

Which type are you?

- Type 1 : those who don't grow. They learn certain things in school or life , but that is where it stops. They have given up
- Type 2 : those who try to move forward but get stuck in their insecurities, too scared to change, or taking action. They are basically sitting and looking
- Type 3: last but not the least, those who go and make it happen. Those who are prepared to evolve, to change, to grow , to explore, this book is for these people.

Bronnie ware is an Australian nurse who worked for many years in palliative care. She spent years recording the regrets of people nearing the end of their lives and compiled them in a book 'the top 5 regrets of dying'

The top 5 regrets of dying

1. I wish I had the courage to lead a life for myself, not what others expected of me
2. I wish I hadn't worked so hard
3. I wish I had the courage to express my feelings
4. I wish I had stayed in touch with my friends
5. I wish I had let myself be happier

Whenever I encountered a problem, I realized that I had to go back to the basics all the time.

I am now over 50 and if there is one thing I have learnt through two bankruptcies is that it is vital to adapt.

This book will hopefully help you to be the best you can be.

We live in a world where many companies, organizations and people just want to get ahead, who they leave behind or use or who gets in the way does not matter.

The quality of your life will depend on the quality of questions you ask yourself.

Questions you can ask yourself..

- How can I become more active?
- How am I going to lose weight?
- How can I deal wisely with those who hurt me?
- Where can I find like minded people?
- What can I read on my commute to work today?
- What am I passionate about?
- How can I serve others?
- What do I love doing?

What are you here for?

What are you here for personally?

What are you here for professionally?

What makes greatness?

**People who are great display and attitude
and behavior that makes greatness happen**

Successful people are never satisfied and that's what drives them on every day.

Success then isn't an end point, it is a direction of travel. Successful people are most often in a state of continuous improvement.

Satisfied can be another misleading word. it implies full up.

For many people happiness is an indicator of success, this again is subjective, you can be happy if you set low standards, happiness is when you have stretched and achieved.

Passion is the emotion that drives everything else, so you throw yourself into your work. To be successful, you have to love what you do.

Passion is the secret ingredient to successful thinking.

Passion is ALL IN, ALL THE TIME

3 things successful people show vs others

- Resilience- speedy recovery
- Revolution – form decision
- Reinvention – the process of renewal or learning

**Resilience is a mixture of skills.
It is about being to reframe failure as a
learning, it is about ignoring frustration, it is
about changing despondency to
determination.**

7 things to resilience

1. Practice and get your reactions under control
2. Flexibility means you don't break under pressure
3. Look for those you trust in stressful situations
4. Reframe – in a storm, look for the silver lining
5. Be grateful , especially when the chips are down
6. A spiritual sense, a sense of destiny
7. Do something, do not freeze into inaction

We have moved from the agriculture to the industrial to the information and now the educational revolution.

Successful people relish change, at least they get what it means for them.

7 ways to reinvent yourself

1. Look out for the rut, get out of it
2. Know what you want
3. Know thyself
4. Be aware of the task at hand
5. Create new habits
6. Work with others
7. Measure, assess, celebrate

When you are fitter and stronger, its just not your body that works, your mind works better.

Issues we must all take responsibility for

1. Hunger
2. Slavery
3. War
4. Gender inequality
5. Racism
6. Extinction of wild life
7. Reducing plastic waste
8. Global warming