

# WHY AM I?

Find the Meaning of Life | Live with Purpose | Succeed on Your Terms

## Questions & Purpose Flowchart



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## **Moral Code Questions**

**What are the core behaviors everyone must follow for individuals to interact peacefully?**

1.

2.

3.

4.

5.

6.

7.

8.

**Turn these core behaviors into positive statements (I will):**

1.

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8.

**What behaviors must everyone avoid for individuals to interact peacefully?**

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**Turn these behaviors into negative statements (I will not):**

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8.

**What behaviors are necessary for humanity to adopt to continue forward (biologically, technologically, environmentally, etc.) not only for survival but for the advancement of our species and/or world?**

1.

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**Turn these into positive statements:**

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**What behaviors must humanity avoid so that we can continue forward (biologically, technologically, environmentally, etc.) without destroying our species and/or world?**

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8.

**Turn these into negative statements:**

1.

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8.

**Are you passionate about any of the above behaviors—positive or negative? Which ones?**

1.

2.

3.

4.

5.

6.

7.

8.

**Turn these into positive or negative statements, based on their nature:**

1.

2.

3.

4.

5.

6.

7.

8.

## **Build Your Moral Code**

Review your positive or negative statements as well as the raw answers that helped you craft your positive and negative statements. Using these statements as principles, build your Moral Code with the principles you consider absolutes. There is no right or wrong number of principles.

1.

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24.

Congratulations. You have created your Moral Code.

## **Values Code Questions**

**What is right with the world/your country/life? Why?**

**What is wrong with the world/your country/life? Why?**

**What about the world/your country/life is unfair? Why? Is it hardwired into existence, or could it be changed?**

**What excites you about the world/your country/life? What can't you shut up about? Why?**

**Does anything about the world/your country/life make you angry or want to cry? Why?**

**What is missing in the world/your country/life that, if you willed it into existence with a snap of your fingers, would make everything better for everybody? Why is it missing?**

## Build Your Values Code

Review your evaluations of the world's (and *your* world's) current state. Simplify your evaluations into sweeping statements of right and wrong such as *It's right that...* or *It's wrong that...* or something similar. Make your statements as emotionally or intellectually charged as you wish. Though much is right and wrong with the world, there is no right or wrong way to write your Values Code, and no required length so long as it's clear to you.

1.

2.

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15.

16.

Congratulations. You have built your Values Code.

## Build Your Ideals Code

Take your Moral Code and compare it to your habits and behaviors, and the habits/behaviors of most people. Do the same with your Values Code and the state of the world.

What's right in the world? What's not?

If something doesn't correspond with your Moral Code, or you see a sweeping negative statement in your Values Code—these are possibilities for change. Use these inconsistencies between what *is* and what *should be* to inform your description of a realistic utopia.

If you think an existing, crucial behavior or value is threatened by a general world trend—this is an opportunity for preservation. Use these negative movements from what *was* to what *might be* to inform your utopian vision.

Remember—the essentials of a perfect world that move you most, intellectually *and* emotionally, are all that matter when determining the meaning of your life, *not* what you think others will deem most important, politically correct, or cool.

Write your statements beginning with something such as *In a perfect world...* or *In my utopia...*

1.

2.

3.

4.

5.

6.

7.

8.

Congratulations. You have built your Ideals Code.

## Determining the Meaning of Your Life

Assuming for now one of the items on your Ideals Code moves you, let's look at that one. Place it into something resembling the following statement:

*“My Moral Code, Values Code, Ideals Code, reason, experience, and passion lead me to think (insert the meaning of your life) is the (biggest threat to the world/best thing about the world that is at risk/most pressing problem in the world).”*

Here are some examples:

*“My Moral Code, Values Code, Ideals Code, reason, experience, and passion lead me to think the lack of clean drinking water in underdeveloped countries is the most pressing problem in the world.”*

*“My Moral Code, Values Code, Ideals Code, reason, experience, and passion lead me to think the lack of access to quality healthcare is the biggest threat to my country.”*

*“My Moral Code, Values Code, Ideals Code, reason, experience, and passion lead me to think religious radicalism is the biggest threat to the world.”*

*“My Moral Code, Values Code, Ideals Code, reason, experience, and passion lead me to think affordable college education is the best thing about my country that is at risk.”*

Now write your statement:

*“My Moral Code, Values Code, Ideals Code, reason, experience, and passion lead me to think...”*

## **Purpose Questions**

As with the Moral Code, Values Code, and Ideals Code sections, if you need more room to write, do not wish to write in your book, or own the e-book or audiobook, download the PDF at the web address previously provided.

**Write the meaning of your life here:**

**Now begin translating the meaning of your life into your life's purpose. Brainstorm for actions—paid or unpaid, free or costly—that would fight for or against the meaning of your life, depending on its positive or negative nature. At this stage, everything is on the table.**

1.

2.

3.

4.

5.

6.

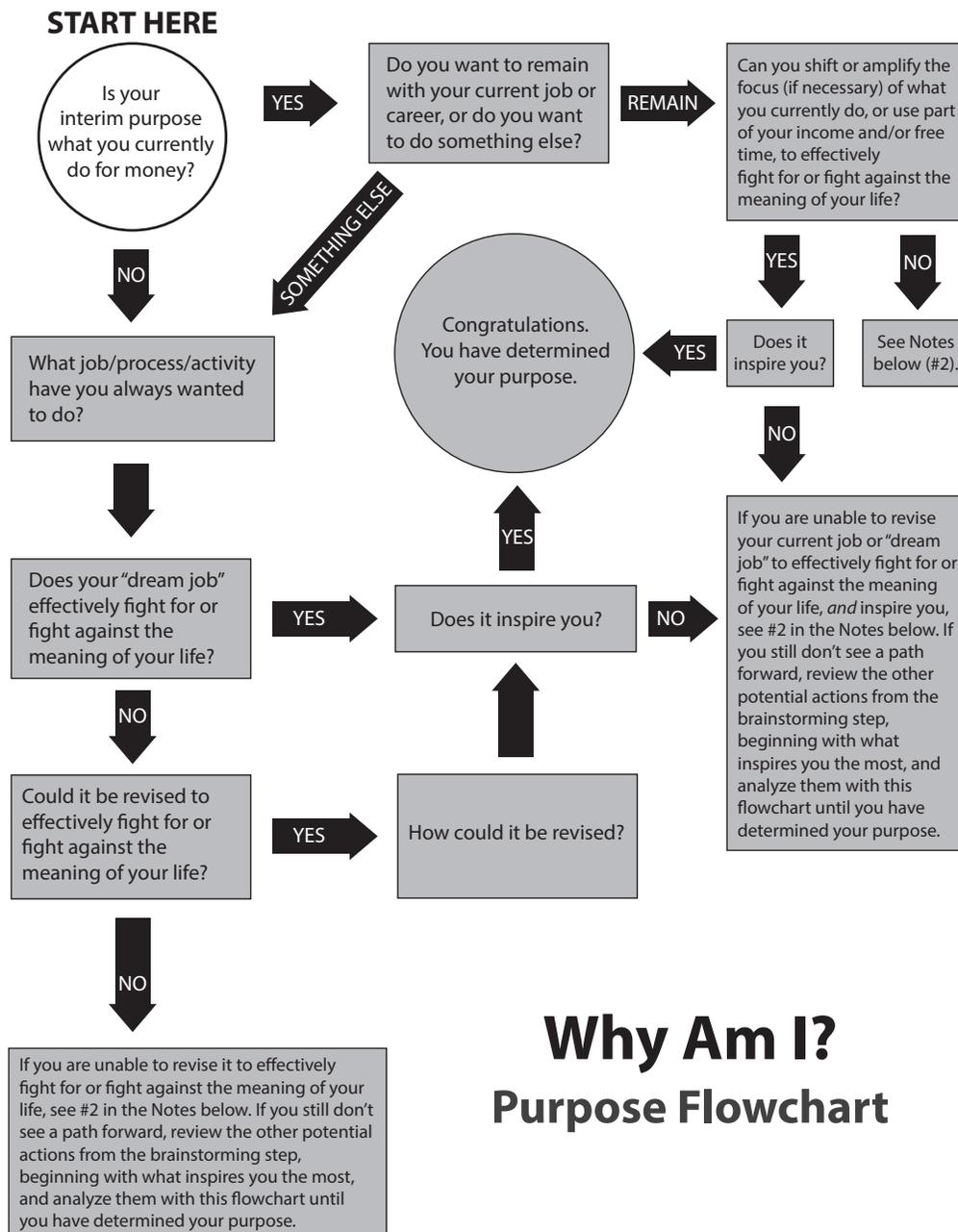
7.

8.

**Of the actions that would promote or combat the meaning of your life, which inspires you most and/or would be most effective?**

# Purpose Flowchart

The answer to the last question above is your interim purpose. The accompanying flowchart is a step-by-step process to determine whether your interim purpose is your true purpose. Begin in the top-left corner with your interim purpose:



## Why Am I? Purpose Flowchart

**Notes:**

- 1) Do not leave this section until you've determined the purpose that inspires you and (if necessary) could support your needs.
- 2) Remember, though it is preferable for your purpose to support you financially (because we all have to live in this world, which requires money in exchange for goods and services), the reality of life is that most people perform their jobs and pursue their purposes concurrently. Don't unnecessarily delay pursuing your purpose because your established career and passion don't align. You *can* do both.

## **A More You**

**What skills are necessary for you to pursue your life's purpose?**

**Will you need formal education, or is it possible to attain the knowledge you need through erudition (self-taught)? Often erudition can take the place of formal education except in cases where professional degrees (or letters such as PhD behind your name) legitimize you as an expert. Will you need a traditional degree to execute your purpose or to legitimize your voice?**

**How long will it take to attain the skills necessary to promote or combat your meaning?**

**What is the first step you can take toward developing your skills or obtaining the education you need to pursue your purpose?**

## An Expanded Statement of Purpose

Expand your statement of purpose to include the steps necessary to pursue the purpose of your life. It might read something like these examples:

- *My Moral Code, Values Code, Ideals Code, reason, experience, and passion lead me to think the lack of clean drinking water in underdeveloped countries is the world's most pressing problem. Therefore, I am going to fight against it by setting aside fifty dollars from each paycheck to purchase a gravity-powered water filtration device and spend my annual vacation in the Sudan, delivering twenty-four water filtration devices to needy people, with help from a local NGO. To do this, I need to find the best filtration device and the most effective Sudan-based NGO, and set up my online banking to automatically transfer fifty dollars to a new account.*
- *My Moral Code, Values Code, Ideals Code, reason, experience, and passion lead me to think affordable college education is the best thing about my country that is at risk. Therefore, I am going to fight for it by developing an online, accredited university that, for a nominal fee, teaches and certifies people in new economy careers such as computer science, sponsored by companies that need employees with the specific skills my online university teaches. To accomplish this, I need to learn computer science, determine which coding languages and careers are the most useful and needed, build a website, and approach companies as potential hiring partners.*

Now craft your expanded statement of purpose on the next page.

**“My Moral Code, Values Code, Ideals Code, reason, experience, and passion lead me to think ...”**