

FINDING YOUR PURPOSE

(AND HELPING YOUR CHILDREN DO THE SAME)

By Kevin Monroe, host of *The Higher Purpose Podcast*

Questions to consider when exploring purpose...

As parents, we are called to help lovingly guide our children to walk in their unique purpose, not molding them into who or what we think they should be. To effectively guide our children, though, it is important for us to first be clear on our own purpose.

Below are some questions for reflection to help you identify your own purpose, and then to observe what may be your child(ren)'s purpose so you might support and encourage them on their own journeys. Spend some quiet reflection time over the course of a few days, perhaps with a journal, considering the following:

**How do you want to contribute to the world? In what area do you want to make a difference?
Who do you care about making a difference for?**

In your journey, who are the people that touch your heart? What are the issues that move you most? Where are the places that you care about?

Whom do you admire and why?

What if it's not just about WHAT you are doing with your life ... can you embrace HOW and WHY you are doing it?

Who has a job that fascinates you? What about it fascinates you?

For your children:

What is it that your child does easily and effortlessly? Perhaps it is something they don't even think about or realize they are doing.

What is it that they have a knack for or figure out without much effort?

What are the games they enjoy playing, the tasks they enjoy doing, the roles they gravitate towards when involved in group play?

What things attract the curiosity and hold the attention of your child? How can you help feed/fuel their curiosities?

The Japanese have a concept called “Ikigai” which means “A reason for being.”

Where what you **LOVE DOING** and what the **WORLD NEEDS** intersect – that’s **MISSION**.

Where what the **WORLD NEEDS** and what you’re **PAID TO DO** intersect – that’s **VOCATION**.

Where what you’re **PAID TO DO** and what you’re **GREAT AT DOING** intersect – that’s **PROFESSION**.

Where what you **LOVE DOING** and what you’re **GREAT AT DOING** intersect – that’s **PASSION**.

That area at the center where **ALL FOUR** of these intersect – that's ultimate or the **QUADFECTA** or what the Japanese call **IKIGAI**.



As a parent, when you are living in your purpose, you are in the best position to help lovingly lead your child to find and live his or her purpose as well. For more in-depth discussion on this topic, we invite you to check out Kevin’s interview at ZiglarFamily.com/Finding-Purpose.