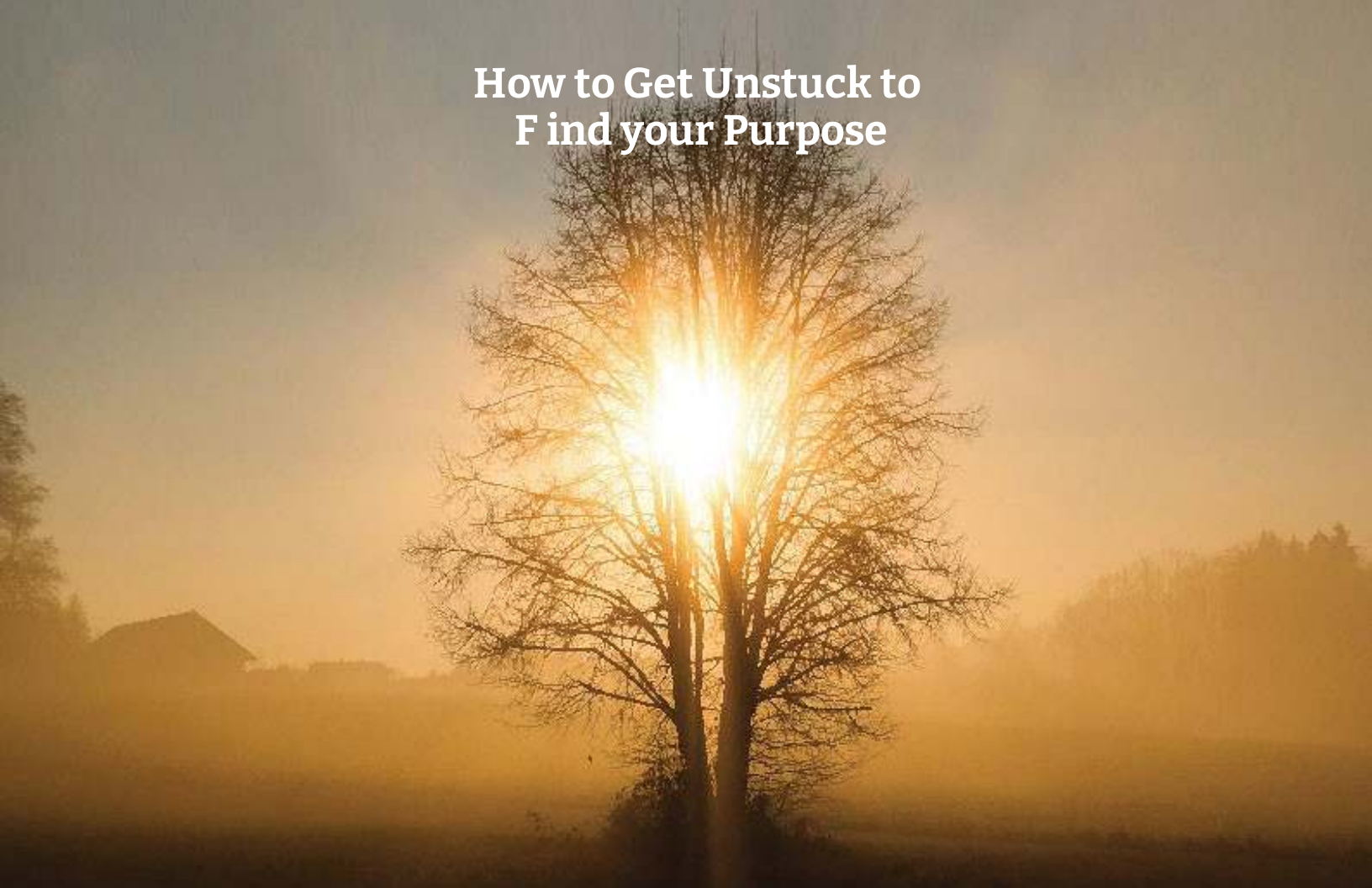


Erica Strong

# Mindset Shift

How to Get Unstuck to  
Find your Purpose



Mindset Shift: How to Get Unstuck to Find Your Purpose

## Part1

### Are You Stuck? Consider Changing Your Focus!

Do you sometimes feel as though you're caught in life's quicksand? Trust me when I tell you, you are not alone, unfortunately you have a lot of company. There are many around you feeling the same way. Stuck has become so normalized until getting unstuck scares the Hell out of you. You see, "unstuck" requires a change, a break from the norm, a break from the familiar. We work, we struggle, we try to do everything we possibly can to move on to a higher level of well-being but it seems like the harder we work, the more stuck we get, the more lost we feel and the unfulfilled we become. We began to think of our lives as "the hand that we were dealt therefore not much will change. If you're approaching a Category 5 frustration level, consider giving this a try...

Switch your focus .....from that really nice – but frustrated – person in the mirror to asking yourself, "Who can I help? What strengths have I developed that can help improve someone's life?'.

I realize that it's important to watch out for yourself, to protect your lot in life. And yes, you do need to set goals, lay out plans and then do those things that you need to do so that you can at least make some progress toward your goals. Demonstrating personal financial responsibility, planning for retirement and frequently just covering our backside so it doesn't get chewed off by one or more of life's rodents are all important. It becomes all consuming, leaving you feeling that you will never get where you want to be and that your hard work and effort just isn't enough.

Are you wondering how I can describe this so well? I know all too well these discouraging realities. They haunted my life for a long time until I learned this one empowering and life changing move. This

taught me the “game of life and how to play it.”

What frequently happens is that we become so over-focused on ourselves and our own personal well-being that we wind up building huge walls. We lose the ability – or even desire – to see the bigger picture and the possibilities that life presents to us. We become so focused on “me” that we sometimes begin scrutinizing even the most insignificant events to determine their potential impact on our personal lives. We become victims to ourselves. And to be real honest about it, we sometimes just become so busy being busy that we lose track of where we thought we wanted our lives to wind up in the first place.

The only possible empowering and life changing solution as I mentioned earlier is to change your focus from “You” to “Others”. From being the receiver to being the giver. Let me share a personal story with you for a minute. Going through a terrible breakup and divorce, I remember being so deeply depressed that I could only think of what was done

to **me**, how wrong life felt to **me**, how could he have done this to **me**, what was going to happen to **me**. I was consumed by **ME** and became my own torturer. I harassed my thoughts constantly with the wrong that was happening to me, I told anyone that would listen and became deeper and deeper depressed and more and more stuck in a hopeless place. Until one day I read a book that was describing the very thing that I am sharing with you now.

This book challenged me to take the focus off of **ME** and begin to help other people, now initially I thought this concept was crazy because I didn't feel qualified to help anyone, I was in shambles myself. I couldn't imagine what I had to offer. I gave it a try by something as simple as listening to other people who just needed to talk, then I began sharing my journey and the work that I was doing to heal, sharing the books that I was reading,,, and wouldn't you know it, I was helping other people to heal. I realized that when I took the focus off of Myself and changed it to help other people a couple of miracles happened. I became UNSTUCK, I began to heal and I found my purpose.

I'm not even implying that this requires any major change in the things we do every day. It may eventually lead to that but it's not a critical part of the initial process. It is just taking that first step to switch your focus for you and seek out ways to focus on someone else.

Here's what I mean. No matter what you do to earn a living or keep the household moving in a logical direction, somewhere down the line a real person can and will probably benefit from what you do. Think about it. The work we do is not just to stuff computer systems full of information or help machines work better. It's not just to take people's money so we'll have a paycheck at the end of the week. It's not just filling out forms, nailing pieces of boards together, assembling electronic devices, hauling packages, going to meetings, etc. Somewhere, sometime (and maybe immediately) another human being will likely be positively affected by what you do.

And yes, if you're paying attention, you've noticed that I've used a couple of cop-out words in the preceding paragraph – "likely" and "probably". I had to do that because in the real world there are some individuals whose money-making efforts are focused mainly on "non-beneficial" activities. That's just the way the world is.

For the rest of us however, our activities and work generally reflect a more positive endeavor. That leads us back to the original suggestion. If you are caught in the quicksand, take a few minutes to really think about the people – the individuals who will be better off, healthier or happier because of what you do. Think about how you are giving of your time and talents so that others will profit in some way from your efforts.

Do you see what can happen here? When you change our focus from "me" to "others", your work – the things you do every day – starts taking on a new significance. You are now a giver. Our life honestly is meaningful. We know that what we do is truly important to someone else. That's pretty special, huh?

If you're having to really stretch your imagination to see at least one other person benefiting from the things you do and it's really not fitting together, you might consider looking into a different occupation – or at least a different way to spend your free time. There are a bunch of people who could really benefit from your talents. Think about what you do well – what you enjoy doing that could help others have a better life. Then go do it. You'll be out of the quicksand before you know it.

## PART 2

# 3 Steps To Discovering The Purpose of Your Life

Determining what our purpose is in life can be one of the hardest questions that we as humans must try to answer. In this section we will be going through a step by step process, exploring your feelings and options, and by the end, you should have a fairly solid tool you can immediately employ in your life, to help give it a meaningful direction!

**There are three steps to the process of discovering the purpose of your life:**

1. Understanding the principle of choice
2. Creating your “underlying principle”
3. Aligning your life with this underlying principle

**1.Understanding The Principle of Choice**

Norman Vincent Peale has this to say about the power of choice. “The greatest power we have is the power of choice. It is an actual fact, that if you have been groping under unhappiness, you can choose to be joyous, instead. And, by effort, lift yourself into joy. If you tend to be fearful, you can overcome that misery by choosing to have courage. The whole trend and the quality of anyone’s life is determined by the choices that are made”.

“Choosing” is the most important activity of your mind, because by making a choice, you are proclaiming your desires to your subconscious mind. Once the subconscious mind gets to know your desires, it is going to do anything to manifest them in your life. The choices you make in your life become your goal. And, if you are sincere in pursuing them, there is no reason why you should not accomplish them.

Indecision, on the other hand, not only creates

frustration and anxiety, but can also confuse the subconscious mind about what you want. But it is important that the choices you make are made by you, in accordance with your true desires, purposes and aptitude. A lot of us let others make choices for us, or make our choices according to what we think is 'correct', even if that means that we go against our wishes. What is right for someone else may not be right for you, and the way to know this is listening to what your heart says.

So, to begin with, make a list of things which interest you; things which you have always enjoyed, which make you feel better, which inspire you to surge ahead, no matter what obstacles you face. Do you like doing something creative, or something artistic? Do you enjoy nature? Do you like the sea? Do you enjoy helping others? Do you get pleasure out of making a difference in other people's lives?

Whatever it is that interests you, write it down and answer these questions:

What thing do you love to do?

What is it that you love in this thing and why?

How could you do this for money, and make a living out of it?

## **2.Creating Your Underlying Principle**

The next step is to examine the list you just made and find out if there is any recurring theme. Maybe, it is the contribution that keeps coming up, or an effect to seek or give love, or helping your parents cope with old age. Whatever it is, try to identify the central theme of the things you love to do, and try to put it in a short and precise statement. This will be your 'Mission Statement'. It may even be a quote by a famous person, or a philosophy that has influenced you. Of course, as you grow up, this statement could evolve, but its soul will remain the same. Now, write down your Mission Statement.

### **3. Aligning Your LIFE With Your Underlying Principle**

The final step in this journey is to map your path to your ultimate purpose and to begin implementing changes that help to align your daily life with your underlying purpose. By making these little changes in your lifestyle, you will start to be able to begin living this principle out each and every day. It might take a few days, but by becoming aware and intentional of this underlying principle of your life, you will certainly start to feel the difference in your enthusiasm for life as a whole. If you realize that you love being amidst nature, plan out your time in nature . Maybe an outing with your children could be enough to recoup with your energy. If you discover that you enjoy helping those in need, start to look for opportunities to volunteer in your community. On the other hand, you might even want to change your job, or start a new business that is more in line with your mission.

So there you have it! By following along with the steps outlined above, you will be on your way to finding and living out your purpose. And, as you go through this process, just remember, "You were put on this earth to achieve your greatest self, to live out your purpose, and to do it courageously." - Steve Maraboli



# About the AUTHOR

Erica Strong is the visionary of Finishing Strong- a business and life training system (Strong Life Business and Life coaching) leading entrepreneurs through a proven and powerful process that they can use to create and build profitable and sustainable businesses.

Erica's mission is to give entrepreneurs a realistic and achievable framework they need to grow their businesses and change their financial and family lives.

She knew that there was such great power and freedom in creating her own economy through entrepreneurship and having a coach. This action created a shift that brought with it a domino effect of miracles and set the stage for Finishing Strong/ Strong Life Business and Life resources helping entrepreneurs worldwide achieve financial rest.

