



PROFESSIONAL CHRISTIAN COACHING TODAY

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*The podcast dedicated to Raising the Standard of Coaching...
and Changing the World*

Episode 072

Clarifying Life Purpose

CHRIS: What is your purpose? Why are you here? Who did God create you to be? Those are the big existential questions of life, aren't they, and all of written history that we have of mankind. Those have been the biggies that we struggle with. What's it all about anyway and why am I here? It's a pretty presumptive sounding for us to tackle something like that and yet of course we have to because that's some of the best work that coaches do is help people get clearer about why they are here, what their purpose or their sense of calling is in life, and then so what does that mean if you put some flesh on those bones and start to live that out. Since this is the work of coaches, that's our topic for today.

KIM: I am so glad we're talking about this because as you mentioned, Chris, it's beyond the work we do as coaches. This is really a defining topic of life. I love thinking about it. I love working with my clients on it. As a matter of fact, I'll confess upfront, I was one of those weird little kids who thought about this and pondered from a really young age. Everybody else was happy riding bikes and playing ball, and I was probably lying in a grassy field looking at the clouds thinking, "Why am I here? What's your purpose for me, Lord?" That's a probably a clue, isn't it, about my purpose and why I ended up where I ended up. In spite of that, we are going to talk about that important topic today and Lord willing, we hope to cover

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what is life purpose, why is it as important for us and our clients to know our purpose, how do we discover it or uncover our purpose, and then of course, how do we live it out on a daily basis. Chris, why don't you go ahead and lead us off.

CHRIS: Yepper, let's start with our term. Just like we did a few episodes ago when we were looking at vision, today in taking up purpose, we need to get clear on what we're using as our definition. Kim had said on that previous podcast on vision that if you read five different books on these topics, you'll probably get five different definitions of these things and that's perfectly fine, but for our purposes, we're going to be using a definition of life purpose that says it's basically the same thing as a life calling. We're using those as synonymous. From the Christian world view, it is the notion of why you were created, what is your purpose in being. It does not attend so much to what are you to be doing. This is the ontological question if we can put that big \$5 word in there. Ontology is the study of being and so our exploration of life purpose or life calling goes to your purpose in being. The French have a phrase for it, "raison d'être." It means your reason for existence. The definition of raison d'être is the most important reason or purpose for someone or something's existence. That's the definition that we're operating off of.

Dr. Patrick Williams in his excellent text in our field of coaching here called *Becoming a Professional Life Coach*, defines it this way. He says, "It's the underlying reason for being that gives meaning to our life. It's the purpose and individual enacts throughout a lifetime." To put that in some context, keep in mind, we are tying this to our previous episode that we did on casting a vision statement. Today, we're going to be messing with a purpose statement. There are two other pieces that typically coaches work with clientele around and we'll do future episodes on those, but those are clarifying a mission statement and then ultimately getting down to very specific goals. So those four things – vision, purpose, mission, and goals – we're going to explore in this series of four episodes. Today again, it's just on purpose.

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We use a metaphor at Professional Christian Coaching Institute when we're teaching this to our students and the metaphor is one that was given to us by our colleague to whom we refer so frequently who has passed on to the Lord now, Judy Santos. Judy used to talk about these four as being mixing bowls. If you'll paint that metaphor for a moment in your mind, mixing bowls, we all know you have a great big mixing bowl, maybe it's the serving bowl for the salad or something and then you've got a smaller mixing bowl that is one that you're going to use probably with your mixer when you're mixing up ingredients for a cake or something and you've got a smaller one beyond that and then sometimes you have even a tiny one. These all sit inside of each other or nest into each other.

If you picture those four different sized mixing bowls all of which can nest into each other and hold that picture in your mind, we're going to label each one of them. If you're where you can write, you might even want to scribble these down. The biggest mixing bowl of your life we're saying corresponds to your vision, the vision of the whole of your life. You'll recall on that episode we did on vision and we talked about it being like a big mural, a big painting of the whole of your life and what it resulted in, the legacy of your life. That's the big mixing bowl is your vision.

Inside of that is your purpose, which is what we're exploring today, your reason for being here, not the results of it. That's the vision. Your reason, that's the purpose. Inside of that then is your mission or missions – plural. In other words, that's your doing and then the doing comes down to very micro specific actions of course on a daily basis. Those are your individual goals. That's the smallest bowl. Vision is the outer one, purpose is the next, mission is the next, and goals is the smallest.

Stay with that just a little bit longer because that all sounds nice and it would maybe look good on a bulletin board up on your wall or something but we're trying to get something we can work with and we're trying to have you hold it in

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your mind right now on this podcast because we know that most of you are just listening while you're doing your shopping or running around with errands and such. If you think about those mixing bowls, you recognize that for the most part when we're making some kind of a concoction in the kitchen, we're going to use the two middle-sized bowls the most.

That little tiniest bowl, you're going to get to that when you're mixing individual ingredients that have to be folded together before they are folded into the rest of the thing and the great big serving bowl of your vision, the whole of your life, that's the one that you're going to put it on the table when it's all done, but we're doing most of our work in those middle ones. Think about those two middle ones and how they go together. The one we're focusing on today, the bigger of the two center ones is your purpose, your being, and the next smaller one that nests inside of it is your doing, your actions that you're going to undertake.

We know that in Scripture, Paul is addressing this very clearly when he talks about the seemingly pointless debates that were going on about faith and works. He says, "Look," he cut to the chase here. "You show me your faith without works. I'm going to show you my faith by my works." They go together. Our being and our doing have to align or if you're not doing, then your being is just words. It doesn't make any sense. If you say your being is that but there's no fruit from it, it's just so many puffed up words. Those two – your being and your doing – or we call them your purpose and your mission/missions. Those are the ones we're going to be camping out on and today, it's just on that one of purpose.

KIM: I love that picture, Chris. I found that so helpful over the years as have many of my clients when we've done that little nesting bowl, how the vision holds them all and then comes our purpose.

To get a little more practical then and to put some words on this picture, here's a way to look at it and I'm going to give you three fill in the blank sentences and what you and your clients will do is fill in the blank with first your vision, the

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second blank with your purpose, and the third blank with your mission. Here are the sentences: In order to get these results.... So that's where you're going to plug in your vision statements. It's your legacy. It's the results you're going for with your life. I must be this kind of person.... and that's where you're going to put words to your purpose, your purpose statement, who God is calling you to be to live out that vision and then it boils down, it gets more granular and do these kinds of things. Again, we'll talk about these in future podcasts. Those are the different mission statements probably several for different areas of your life. Let me just encapsulate that altogether then. In order to get these results, our vision, I must be this kind of person, my purpose, and do these kinds of things, my mission.

We spent some time already thinking about that bigger picture, the legacy and our vision, and so today, thinking about our personhood, our purpose, our being. Some Scriptures popped up to my mind, Chris. One is Galatians 5:26. I really love the way the message phrases it. It says, "Each of us is an original." Add to that Romans 12:6 where it says, "God has given each of us the ability to do certain things well." I am not good at a lot of things but there are certain things that He has really wired me for.

We're all of course created in the image of God and called to live for the glory of God. That's all of our metapurpose statements, but He takes all these human beings on the planet and we each reflect a different part of His being. What the purpose statement really encapsulates for each of us I think is what image bearer am I? Who am I that really help reflect this portion of God? I think about parents as an example. Two people together. They have four, five children. Some like you have seven, Chris, and you probably notice by now that even though you and Rachel in a sense created those little creatures, they can be completely different have different ways of interacting with the world, looking at the world. When they walk into your room or sit at the family dinner table, they each bring

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something unique because of who they are, because of their personality. That's what we're trying to help our clients tease out with the purpose statement.

CHRIS: The poller George Barna has said that indications are that fewer than one in every 20 Christians know the unique purpose for which God created them. In other words, when they have polled not just the general population, Christians who know they were created in the image of God. They know they were created by God. They didn't just happen here and there is some combination of chemicals that produce their life. No, they know that the Master craftsman crafted them and they are trying to walk out the life of faith and come to know God better and discern his life. He says fewer than one in 20 actually were able to say, "Yeah, I have a really strong sense of what my purpose is in life."

Well, that's pretty concerning and that is, for those of us listening here, a lot of our clientele. In fact, it's probably a lot of us listening to the podcast right now. If those statistics hold true, it really does say the vast majority of even Christians who do believe they were created with a purpose and a calling. As Scripture says, with gifting that are in them, that are irrevocable, not going to be taken back. It says we're just not discerning them and so therefore we're not living them out, which means we're doing what then? Barna says, "Well, the conclusion is that we're in serious danger of just living very aimless lives going nowhere, achieving nothing, and we just kind of try to assuage our angst about that by staying busy, keeping ourselves distracted, kind of, "I don't want to have to know that I don't know."

It's only when we get quiet with ourselves, maybe it's at the end of the day and we're lying in bed staring at the ceiling and can't go to sleep and those big existential questions come back to us again. Why am I here? What is it all about? What have you called me to, Lord? What did you create me for? Those just kind of weigh heavily, maybe we have been laid down with a heavy illness of some kind or an injury or something that has got us bedridden and we're forced to stop. Maybe the power has gone off and we've had to disconnect from all of our

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technical distractions that are there. It's only in those times many times where we're forced into a place of some quiet that people actually do some degree of reflection.

Well, come on. That's reactive reflection, right? We want to be proactive in seeking out times of reflection and as coaches, we want to help our clients to recognize the power and the importance of carving out time to be purposefully reflective on your purpose. Why are you here? God will reveal that to you. There is a purpose. It's not that he's not willing to share it with you, but it requires us to get quiet and to get very intentional about coming before Him to have that revealed to us or as Kim's word a moment ago, discovered for us or discerned by us by His Spirit revealing it.

KIM: It's so important and I think coaching, more than any other profession, is uniquely equipped to provide that sacred space where they can sit back, stop, breathe, and look at the bigger picture. I think so many benefits accrue to us and to our clients when we know our purpose and why we're there. I think it gives us that compelling reason to keep moving on. I mean, face it, Chris, the circumstances of our lives are going to change. They are up, they are down. You have spent years ill. I have spent years in bed functionally useless from society's point of view, yet God still had a purpose for that even though my productivity was in all time low, virtually nonexistent. God had a purpose for my life and it gave me the hope and the vision to continue to rest in Him and to enjoy this life that He gave me.

CHRIS: The amount of time in prayerful reflection, journaling, meditation, searching the Scriptures, and just in silence and solitude before the Lord being in His presence on high receive does provide tremendous clarity eventually as to what's most important and what your life is to be all about regardless of what you can or can't do in a moment.

KIM: Another benefit that I have noticed in my life, Chris, is when I have a sense of my purpose, it guides my choices. You get this committee assignment or that

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speaking engagement possibility or the opportunity to work with certain clients. It's not just what do I like to do but what could I bring to that situation. When I think about my purpose for being and my personhood, I think I'm not sure I would be a unique contributor over here. Maybe there's even some redundancy, but over here, there's a real gap that I could fill with the way God created me to be. I think it helps you make some of those complicated choices in life.

CHRIS: Yeah. One of the things that became clearest for me as a result of the time that I spent with my coach before I fell so ill getting clear on this vision, purpose, mission, and goal kind of statements here really got underscored during then the years that I was so ill and felt that there was so little that I could do. It boiled down, Kim, to me for a word and that word was "dad." It wasn't even a father although that is the role that I play, but the spirit, the essence, the heart of a dad is what really ultimately resonated most clearly in capturing why is Chris McCluskey here. What is he about? It translates into what is he to do and what's to be the fruit of all that, but what is he about or his essence, it ultimately for me was that word "dad" and that then translated for me.

At first I'm just thinking, "Okay. Well, that's to my kids but what about to my business world roles?" I recognized, no, actually that is again part of how I'm imaging God to the world because He is dad. He is Abbah. He is a daddy. He is a father, yeas, but he is a daddy and that spirit, that heart, that's what I'm to convey and it has been fun in watching Professional Christian Coaching Institute as it has grown during all these years, that that daddy role for me is one that I seem be living into. You may recall that when we went to the retreat this year that the name tag that was made up for me totally unbeknownst to me. It wasn't something I had requested at all, but it had my name on it, yes, "Papa Chris." Rachel's little tag said, "Mama Rachel."

It's just that notion that it's not that I'm being patronizing, it's not that I'm being a goofy doting father in my role as a leader in the business world, but that spirit for me captured and defined so much of what my primary purpose was in life was

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to convey that daddyhood, that Abbah Father spirit of the Lord if I'm imaging Him well in this life.

KIM: Yeah and you do that so well and it is part of just who you organically are. I don't think it's probably in your job description anywhere but you do like to care for people, to nourish people, to vision for people. You feel hopefully in all the appropriate ways a sense of responsibility for people. You're loyal to people. You come alongside people and so who you are is really captured nicely in that word "dad" and I think it's a good example, Chris, kind of a tie in that really isn't possible to separate in real life between our purpose and our mission, our being and our doing. It's a little bit like right foot, left foot. It is how we move forward in life and I think this is the trigger that brings so many of our clients into us because they have found a mismatch in their life between who they are and how God wired them and the roles that they have either chosen to play or been pushed into.

A lot of people go to training after high school or go to college, and then they take the job that offers the most money, right? We have those bills to pay off. That's often the only factor in our decision and we decide "Oh, I don't like that job," and so we pursue another job. Well, what kind of job are we going to get? We have only one where we have previous experience most typically, and so we tend to stay in the same field and often the same roles again and again until midlife. This is an opportune time for clients to seek out coaches and for us to do this kind of purpose work with our client where they are seeking to get a greater alignment between who they are and how they spend a lot of their time during the day. So again, thinking about the benefits of knowing your purpose is it equips you to pick a more appropriate role in your daily living.

CHRIS: Very definitely. Somebody asked us, Kim, on the last Christian Coaches Café that we held, that video gathering, that virtual café gathering we're doing once a month. On this last one that we just did on that episode on vision casting, somebody asked me in response to that, "Chris, we heard your vision statement.

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You shared it with us and thank you.” For those listeners who maybe it’s not top of mind, my vision statement is to raise up a close knit family who deeply love and enjoy the Lord and each other and who seek to glorify God and all. They said, “Okay, that’s your vision statement. It’s a beautiful one, but Chris, how does that plug into the work that you do? I only hear about that on your personal side and I’m not understanding where the connection is to the kind of work that you do.”

My response to that was, first of all, I get asked that question all the time and I love that it underscores that there isn’t really a right way nor a wrong way to do some of these clarifying of vision, purpose, and mission statements work. When you’re coaching a client, be careful that you don’t try to push them into some kind of a little pigeon holed way of doing this. Ultimately, if they tell you that the journaling work, the prayer work, and the seeking work that they are doing is resulting in a statement and you hear it and it doesn’t quite land with you, be sure that you’re with them as their coach in that and not like a tutor, mentor, or something. People’s vision statements and purpose statements can sound different.

In my case, the answer to that question really came down to that my vision and purpose statements don’t clarify the specific kind of employment that I’m going to be best at doing in life. In fact, it doesn’t have anything to do with employment at all. For me, what it said is that if I’m going to be a dad, I got to be present and being an employee I found I wasn’t present. I was away from my family the bulk of the day, Monday through Friday at least and often on Saturdays going out. For me, it switched not from the kind of work but from employee to entrepreneur. People ask me, “Why are you so big on entrepreneurship?” Because it goes to the core of my vision and purpose statements. For me to be a dad, I got to be present and that means I have to be an entrepreneur.

I’ve done lots of different entrepreneurial things. I’m a serial entrepreneur and all of them have allowed me to be very, very present with my family and very

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flexible and portable with my time. That is the alignment, not the specific job description or title or type of employment with somebody else. Hopefully this is illustrating again the importance of doing the work and the alignment of these things with each other but that there's not a right way or a wrong way in the final analysis. Your final filter is what is it resulting in with the client. Can they grab it and run with it? Does it begin to bear fruit? If so, encourage them to lean into it.

KIM: Yeah. It provides I think that deep resonance within the client. Once they get it right, they get the words around it or the image around it that has meaning to them. There is that deep resonance that really empowers them to go out and live into it and again, it's very different for each of us and that's okay.

Let's shift the conversation then just a little bit into how do we discover or help our clients uncover their purpose in life. It seems like that would be easy, right, because it's about who we are. We've known ourselves since we've been born. We should be intimately familiar with who we are, but I think there's some real challenges out there. Some people have grown up in a family of origin where they weren't allowed to express themselves. It really wasn't okay to be who they are and so they didn't grow into it and understand it, but were kind of shaped and molded by their external circumstances to play a role that didn't fit. They are not really sure who they are inside.

Again, when people come into coaching, sometimes this is just the first chance. They have a wide open field to play in and to explore and to kick these things around. I have found some practical tools that are just very helpful to kick off this work. Again, not with all my clients who do this but with some of them and for me, that's assessments. I'm not a huge assessment giver, Chris, but when it comes to purpose and it comes to mission and rules, I found that my clients do better when they start with words, someone else's words. They can either resonate or not resonate, but they are inventing from scratch as it were.

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There are three assessments I typically use at this phase. One is the Myers-Briggs Type Indicator. It gives our clients information on how they process information, how they make decisions, whether they are introvert, an extrovert that interacting with the world around them. It's a very proven tool. It's very nuanced and of course, there are tons of supporting research that can help our clients go deeper. Books and books and books have been written about that, the different kind of types. Again, it provides those words just as a jumping off point, not as a diagnostic tool so much.

Another one I like is the DISC and we have a whole podcast on assessments that you all can listen to if you're more interested, but the DISC Assessment helps clients really increase their self knowledge about how they respond to conflict, what motivates them, what causes them stress, though I will say most people are pretty clear about that, how they solve problems and the best way to communicate with other people. So some real clarity can come from that one. Lastly, we've talked about this one in several different podcasts is that 360 tool. We all sit within our own scope of subjectivity. We know ourselves but we only know ourselves from our own point of view and often is helpful to hear other's experience of us because there are things about our personhood I think that we probably take for granted and think, "Oh, that's no big deal" or "Everybody is that way, why would that be important?"

We don't have a deep appreciation for the uniqueness that God has created us with and so getting feedback from other people about their experience of us is really valuable and often very, very affirming. I think my favorite part of the tool I use which is the Reach360 is the projective questions. Towards the end of bunch of kind of four-choice questions, they will ask the recipients, "If Chris were a cereal, what kind of cereal would he be and why?" I know for me, someone said, "Well, she would be rice crispies because she snap, crackles, and pops." It was just a fun visual, one I'd never would have thought of. If Kim were a car, what type of car would she be and why? Well, a lot of people thought I was a

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Lexus. I think that's good. I think that's classy. Of course, Chris, you know that I'm really a bright red Hummer.

CHRIS: That's right.

KIM: Yeah, because I own one. Maybe it shows I don't express myself as clearly as I should to other people, but nonetheless, it was all useful and good information, and a great starting point as I thought about my own purpose statement and purpose work.

CHRIS: And I love those kinds of more projective methods of getting clearer about things. They are metaphorical because of course I know you pretty well and there is a real quality to you that doesn't surprise me at all. I didn't know people had said you would be a Lexus but that doesn't surprise me at all. There is a piece of you particularly from the outside that is very Lexus like. Yes, elegant, classy, and quality through and through, and there is this very kind of playful, fun, even wild part of you that is best expressed from your internal Kim part in that bright red Hummer of yours and I love that quality. So it's not that either one was right or wrong. They both express and that's a good point for us to underscore too here.

When you're doing these kinds of things, don't let any particular assessment or any particular projective exercise that you may do or you do with your clients have that same kind of pigeon holding effect. Again, we're trying to play in a very, very big creative space with our clients as we're coming before the Father if they are Christian or if we're just helping them if they are a non-Christian to get clearer about purpose or calling. We want them to be able to just experiment and to try on different things and not feel that everything has to come down to yes-no, black-white, that's right-that's wrong. There's lots of room for both ends in this kinds of things.

In addition to the assessment kind of work that I also use with my clients, Kim, and I'm glad we hit that one first, I know that we both use projective measures like the cereal or the cars. On our last episode that we did on vision casting, I had

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said that part of the work that I do with my coach involve me writing a poem and I wasn't willing to share it on that episode. I have since listened to that episode and thought, "Go ahead and put it out there," but I'm going to be very vulnerable here because I am not a poet and yet, it is a good illustration of this point that we're covering now. The more soft anything but black and white ways of getting clearer nonetheless and so when I was working with my coach, one of the tools that I've picked up was a book that had come on the market at the time by Laurie Beth Jones.

Some of our listeners will be familiar with her. She was author of many books, probably the best one is Jesus, CEO, but she had written a new book called Jesus, Life Coach. One of the exercises in it that she suggested that you do is to pick one of the four elements – water, wind, earth, or fire. Just pick one of those four elements, think long and hard about the qualities of that particular element, and then use it as a jumping off point for writing a poem about yourself, what you know about yourself so far, as reflected through that element. Well at first I'll admit, that sounded about as wacky as asking me what kind of cereal I should be, but I was like, "Okay, that's okay. I'll be with that for a while," and so I did.

I thought about each of the different qualities of wind, of fire, of earth, and of water, and I could probably have written on any of the four of them but ultimately, I wrote out a poem that I'm going to share here because it bore the fruit eventually for me of the metaphor that encapsulates my life purpose statement. I had no idea that that soft exercise of writing a poem for a non-poet was going to ultimately give me my clearest sense of an answer to the question, why am I here? Why do I exist? Bam, there it is as a result of this. Please bear with me and know that this was never written to be shared in public and it's going to sound grandiose as almost any of you listeners your work would sound if you dared to share it with somebody else because you're reflecting on the greatest elements that you understand about why God created you the way that He did. It

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sounds like you're blowing your own horn or something so please bear with that.
This one is called I Am Water.

I Am Water

I am not unmoving as the earth.

I am not unpredictable as the wind.

I am not uncontrolled as fire.

I am water.

I can be moved but still have substance.

I am free flowing within a structure.

I am passionate but can contain myself.

I'm gentle, refreshing, sustaining of life.

Others can immerse themselves in me

And I can be poured into them.

I am deep, often deceptively so.

I have strong currents running deep inside me.

I am powerful, sometimes frighteningly so.

I move mountains and alter the terrain.

When the winds of life blow strong against me,

I develop the strength of the ocean waves.

When the obstacles of life create stumbling blocks,

I pour over them with the force of the rapids.

When life settles down into smooth for a time,

I am at rest as a gently flowing pool.

I am water.

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There's my little deep of the toes into the world of poetry.

KIM: Wow, can I just say thank you for sharing that. I know that was hard. I know it's very vulnerable. Those of you on the other side of listening to this maybe don't even realize how vulnerable and risky that is, but it's such a great picture of who you are and a great example of how this is a dip into the deep waters of the soul and then trying to capture words to express it. That's the important hard work that defining our purpose is, yeah.

CHRIS: It is and like I said, Kim, out of that eventually, I was praying one day and the metaphor that became then my life purpose statement, I just feel like God, I don't know if He dropped it into me or it feels more like He just kind of pulled back the curtain. He unveiled it. He revealed it to me and it's a simple sentence. It is "I am the water my family drinks every day." When I'm lying down in bed at night and I'm having that existential analysis of what was the day worth and am I on track or am I way off track, am I distracted by busyness and whatever else, I can pull that up and say, "Well, I'm the water that my family drank today. Was it good water? What kind of water did they drink? Are they all parched as they go to bed tonight? Did it taste sweet tonight? Did they wish they had more? Did it have a bad taste to it? Was it bitter? Was there a poisonous element to it? I mean, the water that I gave them was the only water they had to draw upon so what was it, Chris? What was it, Chris, before the Lord? Show me."

I'll tell you what, that purpose statement for me as a gauge for the day and for looking at the water that I provided in that daddy-father-leader role in PCCI and in the other places that I play roles in, in ministry, in our community. I use that as my gauge and wow, what a way to blow away the mist. What a way to clarify things real quickly for me before the Lord. There is what we want our listeners to catch. There is what we want as coaches for our clients to catch is some kind of a

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gauge that they can use to quickly get clear again when life gets very muddled and they are not sure that they are anything close to being on track.

KIM: That's just beautiful. I want to point out a couple of things. One is that it started with an "I am" statement and that's often the best way to start a purpose statement because it is about being. I am or my purpose is to be. That's one of those distinguishing characteristics I think about a clear purpose statement for us and then you used so many of the coaching exercise that we use with our clients. Let me just highlight them and mention them, powerful questions from your coach and from yourself. You did a lot of journaling which is that introspective piece. You did a lot of prayer. It's an obvious step. Why not ask the Designer why He designed me? It's a good question to ask. Asking other people in your life, I don't know if you did that but that's often important in helping our clients get clarity.

CHRIS: Very definitely.

KIM: Yeah and then I think looking for patterns throughout our lives. So throughout our roles and throughout our lives like you did, Chris. This is not just while your children are young at home and it is part of your wiring. It has been part of your wiring since you were born and it will be part of your wiring until you die. Those are just a few of the many tools, practical tools that coaches can use in this work with their clients.

CHRIS: Kim, you know part of the reason that you and I got so excited about that book that we did, one of our episodes on by Michael Hyatt and Daniel Harkavy called Living Forward was because it was another tool. It was a book that captured a lot of these kinds of exercises and encouraged people to go on a private retreat. Take time away just with yourself and the Lord for 24-48 hours and work through that living forward exercise book. It's a beautiful supplement to coaching. I'll toss that one in there as well since we're listing out some of the specific tools we use as coaches. Coaches, remember that book. If you don't recall that, go back and

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listen to that podcast episode. We interviewed Michael Hyatt on his book, *Living Forward*, excellent, excellent place to see lots of little tools that can help draw out and clarify those elements of purpose.

KIM: It's with terrific and with our High Impact Mastermind Group as you know, Chris, each of them went through that book as we started that group and we often have the opportunity now as we partner with them to call them back to that when they feel stuck, when they feel confused, when they are facing a lot of decisions. Because that work has been done, it can serve as that guiding light, so very, very helpful.

The last thing we want to think about as we wrap up today is how do we help our clients or we, ourselves, live out our purpose. Once we have a deeper understanding of our purpose, it's an important touch point, I think, through the rest of the coaching relationship and for us through the rest of our lives. Fulfillment and deep joy come when we live in alignment and integrity with who God created us to be. We're really being who we are and that's what we want for ourselves, we want for our clients. Life isn't always easy living out our essence the way God has called us to do but it will be fulfilling, rich, and very, very good.

CHRIS: So in wrapping up, let's go back and grab one of the things that we want to be sure. If you remember not much of anything else from this podcast, we want to be sure that you caught that mixing bowl analogy because a picture is worth a thousand words and that one really for you listeners as a coach when you're working with your clients or as you're working on this material with yourself, if you can kind of plug in on those mixing bowls, we think that would be a really helpful takeaway. Just to reiterate that again, you've got four mixing different bowls, the largest being your vision - the result of your whole life. The next one inside of that being your purpose statement, what we're exploring today - your *raison d'être*, your reason for being here, your purpose or your calling.

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Inside of that then are all the different things that result in your missions – your doing portions of your life. What am I to be doing? I'm to be doing this, this, and this. Why? Because of my bigger bowl of my being. Finally, we get down to that smallest inside bowl and that is specific goals relative to a given day, a project, a role that we might be playing on a committee, or those kinds of things. We'll eventually get to those other two smaller bowls in future episodes, but there is your big takeaway for today.

KIM: Yeah. If you have enjoyed this discussion and you're thinking now more about your purpose, we would encourage you to dive a little bit deeper by going to our website, Professional Christian Coaching Today, and check out the free download that we have called *Align Your Life, A Quick Checkup with God*. That's going to give you an opportunity to do kind of like a 360 walk around your life, see what your alignment is with the different things, the roles God is calling you to play, and the way He has wired you to be.

CHRIS: We're also going to encourage you to attend our next Christian Coaches Café. Again, that's our live video virtual gathering. If we could only get together in a real café, we'd do it. This is the next best thing. Once a month on the first Monday of the month at 12 Noon Eastern time for just 45 minutes, Kim and I are hosting an event called the Christian Coaches Café. We take up a topic there to explore in greater depth when we're face to face on this video conference. You do have to preregister each time and so the upcoming café in March, March 6th, is going to take today's topic as its theme. In fact, we're playfully calling it *Exploring Purpose On Purpose*. If you want to be with us on that café, again it's Monday, March 6th, 12 Noon Eastern time. If you're listening here in 2017, you do have to preregister for that when we explore purpose on purpose.

KIM: That will be fun. They can just go to ProfessionalChristianCoachingToday.com/Cafe.

CHRIS: Until next time, keep raising the standard of coaching and changing the world.

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KIM: God's richest blessings to you.