



How to Discover Your Calling



by Purpose Coach - Marv Fox Jr

If you in search of you calling and/or wondering if you are living the Purpose-centered Life meant for you, this quick read is for you.





How to Discover Your Calling By Purpose Coach Marv Fox Jr.

Finding your calling is one of the most important things in your life. Many of us are busy and don't have time to add a bunch of stuff to our lives to discover it. This quick read will take hardly any time and efficiently guide you along an effective process that will bring you closer to your unique design... Call me if it doesn't work. Lol



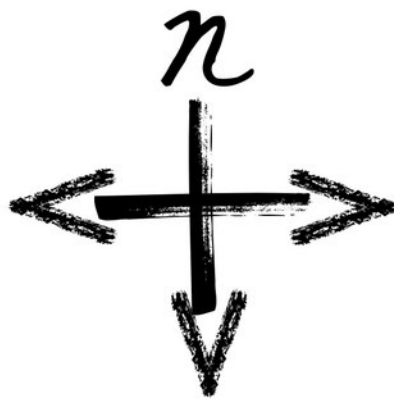


Table of Contents:

There is not table of content...just keep reading until the book is done.

Also, here are my purpose statement

- My purpose in life is to help people discover their calling

I am Passionate about:

- Purpose-centered Living

My Genius-level Talent is coaching (recognizing talents in people and helping them convert those talents into high performing skills that can be relied upon under pressure)

My Genius-level Talent for coaching is made up of the following gifts/forms of intelligence:

- * Interpersonal Intelligence
- * Intrapersonal Intelligence
- * Linguistic-Verbal Intelligence
- * Existential Intelligence

My purpose profile will serve as a guide and example to help you identify your own.

Thank you me later. lol



THE SPIRIT, HEART, MIND, & BODY

I'll bet your time is precious and you're eager to uncover your life's purpose right now. So, let's dive in and get started.

Here's something crucial to keep in mind: the human body is made up of four essential parts—Spirit, Heart, Mind, and Body. Some holistic experts might describe even more layers, but their explanations can get complicated fast. What I've found is refreshingly simple: understanding these four elements is the key to holistic living and unlocking a Purpose-centered Life that can touch others in meaningful ways. So, let's begin.

THE SPIRIT IS THE STRONGEST ELEMENT IN THE UNIVERSE

The spirit is the most powerful force in our universe. It's the home of our emotions, the source of our intuition, gut feelings, and instincts. In the end, what we accomplish in life is shaped by what we feel drawn to...or what we feel emotionally connected to. If you aren't emotionally or spiritually connected to something, it simply won't get done. Think back—how many important things have you left unfinished just because you didn't feel like doing them? You might have had good reasons, but deep down, it all came down to your feelings or what you felt like doing. But then there are those times when you tackle a task you didn't want to do—and you do it brilliantly. Why? Because something inside you clicked. You were emotionally connected to the task. Simply put, you felt like doing it, of you made yourself feel like doing it.

No matter how tough or unappealing the job, a strong emotional connection can push you to rise above and succeed. When your feelings are aligned with the task, you can transform stress into fuel for success and outperform any challenge.

People often talk about mental toughness as the most important factor when pursuing a lofty goal or facing overwhelming pressure. Mental toughness is second in importance behind emotional toughness (or spiritual toughness). Emotional toughness is defined by your ability and willingness to identify your feelings, replace unproductive emotions with productive ones, and connect emotionally with people or endeavors based on what is important.

Emotional toughness requires you to be deliberate about feeling a specific way so the heart, mind, and body can do something incredible. If your spiritual connection is weak and unproductive, no amount of mental toughness exercises will pull you across the finish line if, emotionally, you feel less-than, incapable, and insecure. People don't rise to the occasion by feeling insecure but thinking of themselves as capable. This combination of feeling and thought does not produce productivity, consistency, or reliability. How you feel will inevitably determine the state of your heart, mind, and body's ability to perform.

THE HEART LOVES

The heart loves through endurance. Another way to measure the heart is by how much it can withstand from another person or a challenging task. When you tell someone you love them, you are really saying...

"I will endure discomfort for you."

"I will endure you while you go through an uncomfortable time."

And "I will take or absorb the behavioral effects of what you are going through for as long as it takes because I love you".

Emotions happen to us, often beyond our control. When we experience powerful moments, feelings rise up whether we want them to or not. No matter how much you try to hide your emotions, if the moment matters, you will feel it. But loving someone or something is different. Love is intentional, a conscious choice to care. The real question is: how long are you willing to keep loving or caring? That is how you truly measure the heart's strength and endurance.

THE MIND THINKS

The mind has many functions. The mind includes both conscious and unconscious functions. Conscious functions help you notice what is happening inside and around you, such as when we perceive, reason, remember, or make decisions. Unconscious processes shape your thoughts, feelings, and actions without you realizing it. The mind integrates skills such as attention, learning, and problem-solving, which help you acquire knowledge, adapt to new situations, and plan ahead. If your mental health is poor, your mind's ability to do all it needs to do for everyday living and tackling challenging tasks will be compromised.

THE BODY PERFORMS

The body is the vessel that acts on the commands of the spirit, heart, and mind. With that in mind...

Exercise and maintain some level of physical fitness.

Work to inject healthy options into your diet.

Listen to your body when it tells you it's not well and do something smart about it.

When the body is healthy, it supports the spirit, heart, and mind in handling everything, from the smallest tasks to the most important challenges.

HOLISTIC CONNECTION IS THE SECRET TO ACHIEVEMENT

For true harmony, your spirit, heart, mind, and body must flow together, moving in sync on the same vibrant frequency to...

Uncover your unique design and discover your calling in life.

Embrace the challenges that come with living a Purpose-centered Life.

Leave a meaningful mark on your life, your family, and your community, and the industry you serve or wish to serve.

When even one part of your spirit, heart, or mind falters, the whole system loses its harmony, and your potential dims. Let me show you how.

Thought Exercise...Use your Imagine

Picture yourself joining others to build a home. If you approach this task with only the...

Spirit, you will feel deeply connected to the home and those building it with you. Yet, without love, your endurance will fade when challenges arise, and without the mind's guidance, your efforts may lack wisdom and intelligence.

Heart, you will possess boundless stamina for the build. Initially, your love for the project will seem limitless. But without an emotional connection, you cannot transform setbacks into growth or make productive connections with others, and without the mind's insight, your process may lack direction.

Mind, you will craft a thoughtful blueprint for the home. Yet, without an emotional connection, you may struggle to overcome discouragement when difficulties arise, and your endurance to see the project through will falter if the project lasts longer than expected.

But what happens if you approach the project with only two out of the three elements? For instance, you build the home with just the...

Spirit and Heart, you will feel a powerful bond with the home and your team, and your energy will seem endless. Yet, without the mind's clarity, your process may lack depth and thoughtful direction.

Spirit and Mind, you will connect with your purpose and plan each step with care. But if the journey becomes too tough, you might lack the staying power to see it through.

Heart and Mind, you will have endless endurance and a solid plan. Yet, without emotional connection to the project or your team, setbacks may shake your confidence and dim your ambition.

A vibrant emotional connection unlocks the heart's power to love deeply and for the long haul. When the your spirit is strong, it fuels your will to love, granting you boundless endurance for what matters most. With the spirit and heart engaged, your mind receives the energy and resilience to tackle any challenge. And when all three are thriving, your body can rise to meet even the most daunting obstacles, often surpassing your own expectations.

To achieve greatness, you must feel inspired, love what you do, think positively and productively, and have the physical strength to see it through. If your emotional connection is weak, your work will reflect that lack of passion. Others can sense the energy you bring to your projects and relationships. The vibes you give off are unmistakable. Vibes do not lie. That's why it is essential to keep all four parts of yourself flowing together, tuned to the same frequency.

Let's talk a little more about moments and emotions, and what to do with them when they arise...

A-GAME - PRELUDE/FIRST STEP TO DISCOVERING YOUR CALLING

What does it look like when your spirit, heart, mind, and body move together in perfect flow? The spirit feels deeply, learns from every emotion, and emerges wiser, ready to step forward with grace. The heart loves with a sincerity so pure it asks for nothing in return, enduring through every storm. The mind rises to every challenge, stretching to its fullest potential without faltering when times get tough. And when the body is strong, flexible, and healthy, it stands ready to meet any demand that comes its way. Achieving this kind of holistic fluidity calls for bringing your very best—your A-Game.

The A-Game is an emotion-processing method that helps you understand and trace the origins of your emotions and reactions. Within every outstanding moment, emotion, and reaction lies information and challenges that, if addressed, have the potential to help you improve in all facets of life and discover your purpose.

Life brings experiences, unforgettable moments, and emotions that surge to the surface. These moments can weigh heavily on the spirit, heart, and mind, disrupting their harmony. So many hardworking people lose their way because they allowed the past to hold them hostage. Years later, they are still simmering with blame and resentment, unable to move beyond what happened. The lesson was there, waiting to be learned, but their fixation on a "what did not go right" kept them stuck. Unable to let go or grow from these moments, they became emotionally unsettled, clung to unhealthy habits, and fell into unproductive thinking and living patterns.

If you never pause to unpack and process your experiences, searching for the lessons within, you risk turning moments meant to shape and strengthen you into chains that hold you internally captive. In this darkness, your true purpose remains hidden.

Purpose is often found in pain. There will come a day when, despite your best efforts, you face unfair criticism and must rise to your highest potential under difficult circumstances. To answer your calling, you must embrace discomfort as it happens and reflect afterward, nurturing your spirit, heart, and mind. Let the stress of these defining moments fuel your growth and forge a resilient, unified self. Living a Purpose-centered Life is not for the weak.

Finally, when you dare to explore your emotions through intentional and reflective exercises, you uncover knowledge, wisdom, understanding, and love hidden within life’s toughest moments. This journey leads you to purpose and deeper self-awareness.

A-GAME - EMOTION PROCESSING METHOD

The A-Game has four steps:

Acknowledge your moments and emotions.

Recall a standout moment from your life, whether it brought you joy or challenged you. Work to pinpoint and name the emotions you experienced.

As easy as this sounds, some people struggle to simply acknowledge what they feel. Some people will even ignore or dismiss the moment altogether. For some, the exercise of acknowledging their emotions and the moment that triggered them is too much to deal with, leading to bad habits like denial.

If finding the right words feels tricky, use the graphic I included to help you express what you felt.

Confusion	Sad	Strong	Happy	Anger	Energized
Uncertain	Depressed	Sure	Amused	Annoyed	Determined
Upset	Desperate	Certain	Delighted	Agitated	Inspired
Doubtful	Dejected	Unique	Glad	Fed up	Creative
Uncertain	Heavy	Dynamic	Pleased	Irritated	Healthy
Indecisive	Crushed	Tenacious	Charmed	Mad	Renewed
Perplexed	Disgusted	Hardy	Grateful	Critical	Vibrant
Embarrassed	Upset	Secure	Optimistic	Resentful	Strengthened
Hesitant	Hateful	Empowered	Content	Disgusted	Motivated
Shy	Sorrowful	Ambitious	Joyful	Outraged	Focused
Lost	Mournful	Powerful	Enthusiastic	Raging	Invigorated
Unsure	Weepy	Confident	Loving	Furious	Refreshed
Pessimistic	Frustrated	Bold	Marvelous	Livid	
Tense		Determined		Bitter	



Accept your moments and emotions.

What messages are your emotions and moments sending you about your next level of growth and development? Often, we find ourselves caught in moments that tempt us to blame or shame others. Rarely do we pause to truly explore our feelings and uncover the lessons they hold for our growth. Take a moment to reflect on the emotions you've noticed. What are they revealing about your weaknesses, and how might they be guiding you to rise higher?

Some moments and emotions in life are best explored with the support of a professional. While this reflection exercise is not meant for deeply traumatic experiences, it can illuminate countless everyday situations and help you uncover meaningful epiphanies and your calling.

Appreciate your moments and emotions.

What gratitude can you draw from your moments and emotions? This step invites you to welcome your experiences with thankfulness, recognizing the lessons in your vulnerabilities and the strengths waiting to be built.

Gratitude is a challenging skill to master and very difficult to teach. Many people sit with disappointment, never transforming those feelings into something more uplifting. Relying on outside sources for happiness can leave you vulnerable when those sources fail, letting negativity seep into your heart and mind. That's why it's essential to be intentional about your thoughts and feelings as you reflect on your journey. Without this awareness, gratitude can slip away—and a life centered on purpose cannot exist without it. Those who live with purpose find reasons to be grateful every day, cherishing the chance to serve, even when their efforts go unnoticed or unappreciated.

Accelerate with the lessons you need and leave the waste behind.

What lessons from your experiences will you carry forward, and what will you leave behind? People often urge those who have faced intense emotions to simply move on, as if healing is effortless or linear. Yet knowledge, wisdom, understanding, and love—what I call KWUL—are hard-won rewards of deep healing. They require dedication and time. The idea that you can breeze through hardship and instantly gain wisdom is unrealistic. True recovery is a journey, unique to each person, shaped by individual coping strategies. Healing is rarely straightforward, and every season of life brings new challenges that invite you to reassess what helps you heal most effectively.

With all this in mind, moving forward and growing with KWUL is more than just an idea. Over time, you may find yourself handling challenges with greater grace and wisdom, especially if you commit to learning from every moment and emotion.

One last thought before we continue: Often, our greatest purpose, gifts, and passions are found in pain and discomfort. If we only found them in moments of triumph, we might expect celebration every time we used them. Instead, discovering your purpose through struggle prepares you for the

challenges and criticism that come with helping others.

Remember, your hardships are shaping you, not holding you back. The universe is working in your favor... even though it may feel like it is conspiring to limit you. Not so...trust me on this. According to the Law of Polarity, every loss has a corresponding victory, and every hardship holds the promise of joy—if you are willing to seek it. If you ignore your moments and emotions, you risk missing the lessons and signs that are working to bring you closer to your gifts, passion, and purpose.

WHAT IS GENIUS-LEVEL TALENT?

Genius-level Talent is the sum of heightened forms of intelligence capable of being converted into one elite-level skill. Another way of saying this is...Genius-level Talent is like a fusion of heightened intelligences, coming together to form a single, elite-level skill.

Genius-level Talent is composed of intellectual capacities found in the Multiple Intelligences Theory. Howard Gardner, the creator of the multiple intelligences theory, states that all humans possess nine forms of intelligence. Of those nine, humans possess greater potential in some areas of intelligence than others.

To put it simply, Genius-level Talent acts as a creative mixer, blending your unique gifts into a one-of-a-kind combination that is impossible to replicate. You are singular. One of One. Being your authentic self will make you pop off the page more than being a version of someone else.

The intellectual gifts within your Genius-level Talent are shaped by both your genetics (who you come from) and your environment (where you come from). Knowing where your gifts spring from is essential as you move forward in recognizing your own giftedness.

Living a Purpose-centered Life means discovering which of your natural gifts hold the greatest potential, so you know where to invest your energy. This journey can be challenging, as it calls for both honesty and just the right touch of humility. Let me explain.

If you lean too far into humility, you might overlook your own gifts. It is important to speak your truth and recognize where you truly shine, especially when your achievements back it up. Sometimes, people overdo being humble and talk themselves out of their talents by overthinking or giving too much weight to others' opinions, rather than trusting their own body of work. While outside perspectives can help you spot your gifts, make sure those voices come from people who are truly qualified to guide or evaluate you.

On the other hand, some people think they excel at everything, blinded by overconfidence. True confidence in discovering your gifts must be balanced with honesty. If you exaggerate your abilities or ignore the real evidence, you might waste time perfecting a minor skill and miss out on

nurturing the gifts that could truly make a difference for yourself and others.

One last thought on finding your gifts: sometimes, the person you wish to become overshadows the person you truly are. Longing for talents you do not possess can cloud your honesty as you search for your authentic self. Being confident is an art form that requires many ingredients, shifting in and out of priority based on the season of life. Being confident around the wrong person may make you look arrogant, and being overtly humble around the wrong person may get you taken advantage of. Be confident, always acknowledge room for improvement, and never hesitate to compliment and encourage others.

WHAT TO LOOK FOR IN YOUR GIFTS

What separates a limited gift from one without boundaries? When you tap into your intellectual gifts, you unlock three boundless qualities: **enhanced memory, heightened aptitude, and sharpened instincts**. Soon, you will discover the nine unique forms of intellectual giftedness that reside within us all. While you hold all nine, some will shine brighter in you than others. The traits below will help you pinpoint where your strengths soar and where you can contribute on the highest level.

When you are exercising your strongest gifts, you should experience..

Enhanced Instinct - Your intuition becomes a guiding force, offering sharp direction, heightened awareness, and uncanny timing as you perform certain skills, even when you are not consciously aware of your expertise.

Instincts can propel us forward, helping us reach early milestones of success. Yet, to truly unlock their potential, we must pair them with mastery earned through dedicated study and relentless practice.

Enhanced Long-term Memory - Sometimes, your mind feels like a limitless vault, effortlessly storing details both big and small. This gift allows you to memorize, internalize, and use information with remarkable ease. Still, you might find it harder to recall facts that do not connect to your natural strengths, even if they seem important.

Enhanced Aptitude - Each of us is born with a natural knack for certain subjects or skills. While some knowledge comes easily, true excellence requires nurturing these talents through focused effort and purposeful practice.

In the next two exercises, you will explore where your unique gifts lie. Reflect on the enhanced traits as you uncover your strengths.

Aptitude Assessments: For a bit of fun, choose the aptitude(s) that resonate most with you.

You might be wondering, should you take an official assessment from a professional who will craft a detailed profile to guide your choices? Sometimes, yes. But remember, no assessment can capture every chapter of your story. Relying too heavily on limited assessments may leave out the richness of your experiences. That is why self-assessment and reflection, using thoughtful tools, can spark insights and validation that official tests might miss.

One last tip: when choosing the aptitudes you believe you have, trust your instincts and do not overthink it. The following exercises will ask for deep reflection, but for now, simply follow what feels right and let your past achievements (small or big) guide you.

Where do you FEEL your aptitudes are the strongest?

1. **Numerical Aptitude:** This evaluates your proficiency in understanding and manipulating numbers, solving mathematical problems, and interpreting numerical data.

2. **Verbal Aptitude:** This examines your language abilities, encompassing reading comprehension, vocabulary, and the capacity to understand and utilize written information.

3. **Logical Aptitude:** This measures your capability to apply reasoning for problem-solving, recognize patterns, and comprehend relationships among various information pieces.

4. **Abstract Reasoning-Aptitude:** This assesses your ability to interpret and understand patterns, shapes, and relationships in non-verbal, abstract contexts.

5. **Situational Aptitude:** This type of assessment gauges how you would react to various workplace scenarios, evaluating your decision-making and problem-solving skills in real-world situations.

6. **Spatial Aptitude:** This tests your ability to visualize, manipulate, and mentally rotate objects in both two and three dimensions.

7. **Mechanical Aptitude:** This evaluates comprehension of mechanical principles, tools, and machine operations, commonly applied in technical and engineering positions.

8. Inductive Reasoning: This measures the capacity to recognize patterns and relationships within data, enabling logical deductions based on specific observations.

9. Clerical Aptitude: This assesses skills pertinent to administrative and clerical tasks, focusing on attention to detail, accuracy, and efficiency in activities such as sorting, filing, and adhering to tasks.

10. Diagrammatic Reasoning: This type of assessment gauges the ability to comprehend and interpret diagrams and flowcharts, which are often used to evaluate problem-solving and logical reasoning capabilities.

11. Physical Aptitude: This measures physical capabilities such as strength, speed, and coordination, typically relevant for roles that require physical exertion.

12. Organizational Aptitude: This evaluates the ability to effectively organize and manage tasks and resources, frequently assessed for administrative and management positions.

You will use the aptitudes you selected to validate and make sense of your GLT discoveries in the next segment.

IDENTIFY YOUR UNIQUE DESIGN

Where do your true gifts shine brightest? Think about the talents that spark your memory, sharpen your instincts, and come naturally to you. Be honest with yourself: what are you truly great at, not just what you wish you were? Pinpoint the areas where your abilities stand out.

As you search for your gifts, let your emotions guide you and try not to get lost in thought. Pay attention to the talents that stir something deep inside you. Overthinking can cloud your vision and keep you from seeing the unique strengths that define your Genius-level abilities.



So, where does your genius truly lie? Select all the gifts where you feel you are gifted... here's a hint: You are not gifted in all areas, and you are gifted in more than one area.

1. Bodily/ Kinesthetic (Body Smart)

Coordination - Object manipulation

I am gifted at moving my body. I have incredible timing, body control, and balance when moving my arms, legs, and fingers. I also have good spatial and bodily awareness.

Skills – Dancing, sports, hands-on activities, acting.

Careers – Physical therapist, farmer, mechanic, carpenter, craftsman, firefighter, actor, dancer, PE teacher, musician, surgeon

2. Music (Sound Smart)

Recognizing tone, rhythm, pitch, and timbre

I have a gift for understanding the many elements that go into making sounds and music. I am good at using my voice and playing instruments.

Skills – Singing, playing instruments, composing music.

Careers – Musician, disc jockey, singer, composer, music teacher, musical therapist, musical journalist

3. Logical/Mathematical (Numbers/Reasoning Smart)

Recognizing relationships, patterns, and trends

I am gifted at reasoning through complex tasks and puzzles. My ability to reason helps me when working with numbers, problem-solving, internal and external organization, and recognizing patterns.

Skills – Problem-solving (logical & math), performing experiments.

Careers – Logistics, statistician, data mining analyst, scientists, engineers, accountants, mathematicians, transporter

4. Existential (Life Smart)

Making sense of heavily nuanced and complex subject matters

I am gifted at understanding theology and philosophy. My curiosity and ability to reason with multiple perspectives help me to provide logical answers to difficult questions.

Skills – Reflective and deep thinking, designing abstract theories.

Careers – Pastor, meditation instructor, yoga instructor, pastoral counselor, motivational speaker, psychologist, teacher, scientist, philosopher, theologian

5. **Interpersonal** (People Smart)

Intuitive at reading other people

I am gifted at understanding people and what inspires their behavior. I am gifted at empathizing and using my imagination to feel what others feel and to make connections.

Skills – Seeing from other perspectives, empathy, counseling, collaboration, and marketing.

Careers – Nurse, counselor, customer service representative, salesperson/businessperson, politician

6. **Intra-personal** (Self Smart)

Understanding oneself - Processing internal emotions

I am gifted at understanding my strengths, weaknesses, and emotions. I am good at managing my internal experience to optimize my performance when I am uncomfortable.

Skills – Self-awareness, reflective, self-expression.

Careers – Clergy member, theologian, counselor, researcher, entrepreneur, farmer, artist

7. **Naturalist** (Nature Smart)

Distinguishing between nature's features - Survival instincts

I am gifted at recognizing, calculating, and predicting the shifts in nature and animals. I am also gifted at recognizing the different elements of nature, such as plants, rocks, animals, and weather.

Skills – Recognize one's connection to nature, apply science theory to life.

Careers – Horticulturalist, gardener, landscape architect, farmer, park ranger, animal trainer, naturalist, conservationist, scientist

8. **Linguistic** (Word Smart)

Expressing through language, verbal, and written

I am gifted at using words to connect with others, give speeches, express my thoughts and emotions, and describe experiences. I am also good at synthesizing others' thoughts.

Skills – Recognize one's self-worth, reflective, aware of inner feelings.

Careers – Clergy member, theologian, editor, counselor, researcher, entrepreneur, profession speaker, author, speech coach/pathologist

9. **Spatial** (Picture Smart)

Visualizing 3D - Image manipulation

I am gifted at understanding how shapes fit and work together. I am also gifted at creating art, putting things together, and precisely navigating and utilizing space.

Skills – puzzle building, painting, constructing, fixing, and designing objects.

Careers – Graphic designer, landscape architect, photographer, mechanic, engineer, inventor, artist

HOW TO VALIDATE YOUR GIFTS

Validating yourself is a vital milestone on the journey to finding your purpose. Many who dive into self-discovery take personality or strength assessments, eager to uncover new insights about who they are. When the results arrive, it's tempting to let these findings shape your identity, sometimes even striving to become the person the assessment describes.

No matter how thorough, assessments can never capture every remarkable moment or the full impact of your experiences. This is why it's crucial to recognize and affirm your own gifts. Explore different assessments to deepen your self-understanding, but remember: your inner validation should always outweigh any external approval. There will be times when others doubt your abilities, but their opinions cannot be the bedrock of your confidence. Ultimately, self-validation is your strongest foundation.

As you reflect on the talents and intellectual gifts you've identified, take a moment to validate them by considering these two questions.

Validation Question Number One

Who else in your family or ancestry shares your unique gifts? Remember, gifts are given to you, but it's your responsibility to shape them into skills that shine under pressure. Most often, your gifts are inherited from those who came before you, though sometimes a gift appears that cannot be traced to your lineage. I attribute those gifts to a power blessing you with something very unique. When you discover relatives who share your talents, it becomes clear that your gifts are real and worth nurturing and investing in.

Here's something to ponder: some people use their gifts to earn a living, while others share them freely to help those around them. Your gift is no less extraordinary if it does not provide you with financial support. Genius is not measured by paychecks alone. If your stage is the church choir, embrace that spotlight—you do not need a Grammy or the American Music Awards to be considered gifted. Both the celebrated artist and the local singer can possess remarkable talent; the difference lies in where their gifts are needed. The real question is: will you use your gift wholeheartedly, whenever it is called for, regardless of recognition or reward?

Validation Question Number Two

How did your environment help you discover and nurture your gift? The place you come from plays a powerful role in shaping your abilities. Many people credit their skills to formal education, but often overlook the informal lessons woven into daily life, challenges, and experiences. While formal education matters, the environment's subtle teachings are just as vital.

For instance, many leaders first learned responsibility by caring for younger siblings. Those who thrive in technology often grew up surrounded by gadgets and had mentors to guide their

curiosity. Social science enthusiasts were inspired by encounters with people whose personalities sparked a fascination with human behavior. The examples are endless. As you reflect on your own gifts, consider how your environment has shaped and strengthened them.

Formal education certainly matters, but the true spark of curiosity often ignites from a sense of universal design or everyday challenges. It is as if, from the very beginning, the universe has been quietly shaping you for a unique and meaningful purpose.

Search-Light vs Laser-Beam

If you want to invest in yourself wisely, start by asking: are your talents evenly matched, or do a few shine brighter than the rest? Imagine two types of Genius-level profiles. The Search-Light Genius-level Talent profile is where your abilities glow with equal strength, lighting up every corner. The Laser-Beam Genius-level Talent profile is when one or two of your gifts blaze ahead, outshining the others.

Search-Light GLT

- * **Searchlight GLT Profile:** All of your gifts are of equal strength and potential.
- * **Traits:** They can draw on multiple intelligences to solve problems, adapt to different situations, and excel in roles requiring broad skills.
- * **Impact:** Often well-suited for leadership, politics, or roles that require versatility.
- * **Example:** A CEO who is strong in interpersonal, linguistic, and logical-mathematical intelligences, with only minor weaknesses in others.

Laser-Beam GLT

- * **Laser-beam GLT Profile:** Some of your gifts are stronger and have more potential than others. If you have selected Laser-beam as your profile, which of your gifts is/are the strongest?
- * **Traits:** Often “off the charts” in their strongest area, such as Einstein’s genius in logical-mathematical intelligence.
- * **Impact:** Their achievements in their dominant intelligence are what society values most.
- * **Example:** A person with exceptional musical talent but average skills in other areas.

For educators: Spotting a student's unique profile unlocks the power to personalize learning. Laser profiles thrive when challenged to master their strengths, while searchlight profiles shine brightest when invited to weave together their wide-ranging talents.

For leaders: Harnessing the insights of team profiles can transform hiring and collaboration. Laser profiles bring expertise to focused roles, while searchlight profiles spark innovation across departments.

For individuals: Discovering your own profile can illuminate your career path, inspire targeted skill growth, and boost self-awareness, empowering you to play to your strengths and tackle challenges with purpose.

Once you have...

1. Identify where you are gifted...by identifying which gifts give you the feeling of enhanced aptitude – instincts – and memory...
2. Validated your gifts by tracing their ability to genetics and environment...
3. And identifying if you have a Search-Light GLT profile vs a Laser-Beam GLT profile...

You have enough evidence to move forward in confidence that you have something special within you that can productively impact the lives of others. Next, let's talk about Passion.

PASSION

I like to define passion with a question. **What is the one (or main) thing you would do for the rest of your life, to benefit the lives of others, and your enthusiasm, effort, and level of execution would not be influenced by compensation, recognition, or reward?**

This question is meant to be challenging. It holds the power to transform your life, but only if you dare to be honest about what truly stirs your spirit, heart, and mind. When you answer it, you discover your own north star, guiding you toward the places and causes where your impact will shine brightest.

Without passion, your inner fire fizzles out. Passion is the fuel that propels you toward bold dreams and keeps you moving forward long after the initial excitement fades and obstacles appear.

Some people argue that loving or being passionate about your work should not matter. It's a childish approach to work. There are times in life when being passionate about work needs to be a low-level consideration. When you are young, in your teens and early twenties, professional development and career exploration should be the main focus. Not what you love doing the most. When your back is against the wall, your work options are limited, and your financial situation is dire, securing (legal) stability should be your main focus.

The secret to working in your teens and twenties, before work becomes critical to your long-term financial and overall stability, is to be present and fully engaged when you work, so you can learn what you like and do not like about different situations and industries. You have to get up, get out, and get active for the sake of experience. This approach to work helps you develop the self-awareness needed to invest in yourself by seeking out the people, spaces, and causes that nurture your fascination in a particular area...Once you earn the right to have options. A life of options is earned by working hard and smart. Those who refuse to grind will always experience limited life options.

Passion is the engine of resilience. It is the spark that ignites fight, care, and determination. Without it, pushing through tough times feels impossible.

Some people clock into work just for a paycheck, but even then, they often find themselves drawn to certain parts of the job, building a connection that shapes their performance. The top performers are always the most passionate. For them, the work itself means more than the paycheck, and excellence is as important as fair compensation.

Chasing passion might sound dreamy or even naive, but it would be unwise to ignore the possibility of finding work that excites you, feels right, and covers your bills—if not all, then most.

Knowing your strengths is crucial. But if you use your talents in areas that leave you cold, your performance and joy will suffer. Imagine a software engineer, brilliant at their craft, building financial tools they do not care about. Later, they channel that same genius into farming technology and suddenly feel a deeper connection, discovering a place where their skills truly matter. Narratives like this are all over the place. There are people who are intentional about connecting their careers with their passions and therefore live more fulfilling lives and experience higher levels of wellness.

Here is an actual, real-life example of an established professional discovering their passion mid-career. Dr. Jared Horvath is a former teacher-turned-neuroscientist who focuses on human learning. He has strong opinions on the subject matter of technology inhibiting children's learning in school. He was passionate about educating children until he had to make a career of it, and he became frustrated by the need to commit to questionable academic practices. The frustration he experienced sparked a deeper fascination with learning, a revelation so powerful that he decided to pursue a doctoral degree in neuroscience. Dr. Horvath is probably very passionate about teaching children, and that passion has inspired him to address the issue of "how kids are taught" at the administrative level, in hopes of reaching more people. His passion helped him find fulfillment and a problem worth fighting for.

Go ahead, chase the highest-paying job and seek out the easiest way to make the most amount of money. But as you do, pay close attention to what excites you, what drains you, and what is healthy for you and your family. These mental notes will help you shape your preferences and

guide you toward work that truly aligns with your passion and purpose.

Two Types of Purpose

Purpose comes in two forms: **Life-Long Purpose and Moment-to-Moment Purpose**. Life-Long Purpose is the unique role you are meant to play throughout your life. Moment-to-Moment Purpose is about stepping into whatever role the present moment asks of you.

No matter what your purpose is, you have your whole life to step into it. You are never too old or too late. The universe, heaven, and skies crafted you with this role in mind, so when you finally embrace it, the timing will be perfect. No one else can fill your shoes until you move on to the next life. That is something to celebrate! Your purpose is yours alone, so there is no need to rush or stress about your growth. Instead, focus on honing your skills so you are ready when the universe calls your name.

Sometimes, your calling might arrive during a season when you feel unprepared. Even then, the lessons and experiences from your youth and/or where your level of training exists in that moment will often be enough to help you rise to the occasion. Of course, some roles require formal training that goes beyond the education of everyday happenings. The key is to be as prepared as you can and courageous enough to step forward, even when the opportunity feels daunting. This brings me to another kind of purpose...

Moment-to-Moment Purpose means becoming whatever the situation needs. Sometimes we are called to lead when we feel more like following, and other times we must follow even while wearing the leader's hat. Think of a parent juggling roles as they help their kids off to school: alarm clock, fashion advisor, chef, counselor, and teammate, all before schedule-keeper. These small moments matter. Within a purpose-centered life, we are constantly invited to step into these miniature roles. Both kinds of purpose matter. When you dedicate yourself to both the grand and everyday moments that lift others up, life flows more smoothly, and everyone gets a chance to feel valued, supported, and needed.

How to lean into your calling.

Okay, this is the hard part. Staying committed to fulfilling your calling can be stressful. For some, their purpose is connected to a career that pays well and is at least fairly enjoyable. Someone else is leading a non-profit, with very little financial or social capital, even using their own income to keep the entity alive. Both scenarios are examples of people doing purposework. The purpose-centered life will challenge your spirit, heart, and mind, especially if fulfilling your calling does not result in a plush or ideal lifestyle.

As I mentioned earlier, you may be called to fulfill an obligation that just does not turn you on. You

may reject the notion that you are exceptional, fail to invest in your gifts, and deprive people in need of your gift. If you find yourself in this situation, or are in it, hopefully you will allow your passion to take over and use your gifts to improve the quality of life for others as well as yourself. Hopefully the opportunity to be useful in the most impactful way will be your inspiration and guiding light as you work towards your higher self. Rest assured, the purpose-centered life will challenge you in ways that will make you consider an easier path. And that path may pay more. If making the most amount of money makes you and your family happy, do what makes sense for you and yours. I am not so purpose-focused that I would suggest you choose the more challenging path and dismiss the pathway that offers more stability. But what I am suggesting and hoping is that you will consider your calling and your ideal lifestyle, and work to get what you want out of life while providing for others on the highest level possible.

Work

I can give you some really good lines about mastering your genius-level talent like...

“Don’t do it till you get it right, do it till you can’t get it wrong”

“Out work the lights.”

“Make your work, your prayer

“Don’t settle for being considered or liked, be undeniable.”

All these quotes may be needed at some part of the journey some day, maybe right now. Another very important quote is this one...

“Make sure you get rest regularly”.

Your spirit, heart, mind, and body each have their own limits. If you push yourself too far and never step back from your calling, you risk burning out, losing creativity, or running out of resolve when you need it most. The spirit is the powerhouse that fuels everything else, the foundation for your heart, mind, and body. To keep your emotional connection to your calling alive and strong, you must give yourself permission to rest, even when you feel unstoppable. The formula is simple: pour your energy into your purpose, then rest deeply when the day is done. There will be seasons when your purpose feels heavy, and the work seems endless. In those moments, you will need to dig deep, work overtime and keep going. My hope is that when those times arrive, you will have the reserves to finish strong. Until then, honor your spirit, heart, mind, and body by working with passion and resting with intention.

Find your calling. Lean into it for the sake for making life better for someone else. Someone is waiting on you for become the Purpose-centered version of yourself. No matter how flawed you think you are, no matter how many times yo have failed, or no matter how little money you have...you, your gifts, passion, and purpose are needed.

How does Purpose impact Leadership - Wellness - and Performance?

Purpose + Leadership (Purpose-centered Leadership)

There are many leadership styles and philosophies for leading others. Every leadership style and philosophy works if the leader, leadership style, and the team are in sync. In many cases, strong leadership performance is like catching lightning in a bottle. Strong leadership is rare. Just because someone is put in a leadership role does not mean they are actually fulfilling the mission and developing others. The best leaders recognize others' talents and provide the support and accountability needed to turn those gifts into dependable skills. Leaders who understand and live their purpose make strong mentors for those who aspire to deliver elite-level service and skills.

It's important to note that Purpose-centered Leaders risk developing talent to the point where their ambition grows and they begin to desire to move on and spread their wings elsewhere. Purpose-centered Leaders are okay with talent leaving because they understand the need for everyone to embrace their journey and lean into their calling. Also, they know everyone has a calling, and if patient and curious, they can replace talent and keep the machine running well. The process of finding and developing talent is not easy, but it is a necessary skill for Purpose-centered leaders to have when they decide it is time to replace talent. Purpose-centered Leaders believe in developing people first and foremost. If people are made the top priority, they will be inspired to use their gifts to fulfill the mission.

Purpose + Wellness

Having a purpose in life is considered an aspect of psychological and emotional well-being and has also been studied in relation to physical health and vitality. Living a life of purpose means engaging in meaningful work you care about that helps others and allows you to exercise your most vital skills. This lifestyle typically equates to being well as long as there is a balance between service and self-care. The more aware you are of what you love and where your gifts reside, the more influence you'll have in creating a healthy state of wellness that contributes to productivity in your career and personal life.

Purpose + Performance

The best performers work with purpose and work for a purpose. Purpose reveals to you your Genius-level Talent. Genius-level Talent is a collection of heightened forms of intelligence that give you access to enhanced instincts - memory - and aptitude. People who consistently perform on a high level are fueled with intrinsic passion and an intense craving to master their gift. We are all gifted and possess the ability to be exceptional in our abilities. The goal is to recognize which of our gifts are limited and which are limitless and invest in the boundless gifts that will transform us into elite-level performers and contributors.



Thank you reading.

Got questions about the book or purpose in general, holla at me.

Email me at marvfoxjr@gmail.com

or DM me on Instagram – [@speakonpurpose](https://www.instagram.com/speakonpurpose)

I'd love to talk.



