



Regenpreneur

LIVING

WITH

PURPOSE

MASTERCLASS

We are all propelled forward in our lives with a desire for growth and greater capacity for self-expression. If we create mental obstructions to this growth it manifests as psychic pain – which we seek to numb through various energy reducing habits (over-eating, drinking alcohol, creating fixed mindset etc). If we can align our minds to seeking the possibilities of giving expression to that growth in our lives – we can instead blossom into our potential.

Inescapably, in our imperfect lives, we collect many sabotaging behaviours and self-limiting thoughts that restrain us from achieving our potential. In this short masterclass we will explore a framework we can apply to creating a principle-driven strategy for living purposefully, in alignment to our highest energetic state and achieving our potential in life. In the Regenpreneur Life Design Certificate we explore this framework further – within 11 specialist topics in which you will explore the full philosophical implications and applications of principle-aligned strategies to elevate your life into energetically creative spaces where you can manifest your potential.

Principle-aligned strategies are actions you can take to advance your life into realms of performance which across all people bring about results that elevate their lives into realms of creative abundance. The foundation concept being that we are energetic beings and if we can align our thoughts, actions and behaviours to ourselves and others in alignment to expressing our highest functional energetic selves we will manifest the best outcomes in life.

A principle is our best grasp at a fundamental truth about how to achieve a desirable outcome within a system. If you're looking to create a timeless sense of purpose and to shape the overall mission of your life, then you should use principles. Establishing a set of principles creates a compass to which you can refer whenever something is in doubt or you need to take a stand or evaluate any opportunity, behaviour, or situation.

Principles represent an objective reality that transcends cultures and individuals. They have been woven into the fabric of societies throughout human history. They often concern human behaviour and govern interactions between people. One of the best examples of a moral or ethical principle is the famous golden rule. It stipulates that one should treat others as they would wish to be treated. The rule dates to the times of Confucius and has appeared in many religions, philosophies, and doctrines throughout history.

Universal principles are centred around what support us functioning to our best capacity, elevating our consciousness and connecting effectively with others.

The principles explored in the Life Design Certificate are:

- Living a life of purpose.
- Cultivating a growth mindset.
- Cultivating self-awareness.
- Building high performance habits.
- Developing an effective planning schedule
- Building healthy functioning relationships.
- Developing effective communication traits.
- Regular dynamic movement.
- Eating nutrient dense wholefoods.
- Achieving good recovery through sleep.
- Developing mastery.

These principles are navigating within the framework of a holistic strategy for navigating life's challenges and moving towards expression of your best self.

Within this journey we also explore how to identify core values that function in support of your principles to translate how they manifest in your life. Values are important in expressing our individual beliefs and opinions, and they can be used tactically to accomplish certain objectives based on our current circumstances, demands, and needs. Values can ultimately reflect or determine the current but potentially alterable goals that we have in our professional, family, and personal life.

Most people have approximately 5-7 core values that identify who they are at their core. Each person's values are unique to that person; even if two people happen to pick the same value word, such as integrity, each person will demonstrate it differently in their daily actions and language. When we know our core values life becomes far easier to navigate.

When we are clear about our values, they offer us a solid and guiding foundation which we can rely on during tough times, when important decisions need to be made or when we're being tested. They can also help us live well and authentically. Being guided by values may give us the courage to change situations which leave us misaligned and inspire us to stay true to who we are or who we want to be.

The last aspect of the strategy we explore relates to your purpose and ensure that you have a clear vision of what you hope to achieve within your life. This may alter over time, but it acts as a big picture ambition which will help direct your strategy and how you apply the principles within the context of your life.

Your mission is how you want to show up in the world and use your strengths in ways that add value to people's life's, mitigate some of the suffering of others and provides for a sense of self-fulfilment through making a worthwhile contribution within the world. Your mission is an area you want to express yourself and provide value to the world aligned to your value framework.

Your mission guides you as you make plans to improve an aspect of your life. A mission statement focuses attention on who you want to be. Your mission becomes a source of inspiration and commitment to your future. It provides meaning to every task you want to accomplish and becomes the driving force behind your goals. A mission statement articulates the big idea of who you are and what you are working towards as a goal. It expresses how you wish to be known and the legacy you want to share with others.

Your mission reflects your dream; it is a picture of the future you would like to create. It should be concise and easy to remember and capture an optimal desired future state of what you hope to achieve over time.

Consider these questions as you compose a meaningful vision statement:

- What are your most notable past achievements?
- How do you want to be remembered?
- What values do you want to cultivate?
- What can I do that adds value to my life and value to the lives of others?
- What are my talents?

A mission should:

- Serve a purpose higher than yourself
- Align with your natural strengths.
- Be aligned with an area of output you can leverage and scale to reach more people.

Your mission should align with your values. It becomes a filter through which you choose your words, thoughts, and behaviour. Personal mission statements are the compass that guides our decisions.

Once you become more proficient applying the principles in service to your mission – you will start to gain momentum in your life and construct positive feedback loops as you build confidence in the development of your character and the outcomes you achieve in life. This journey towards mastery of self can be described as a moving towards self-actualisation. This is a vision of your ideal self - where you realise your creative potential within the world.

Since self-actualization is based on leveraging one's abilities to reach their potential, it is a very individual process and will probably vary significantly from person to person. This focus on individual motivations is a key part of Maslow's work, and what he felt differentiated it from the contemporary motivational psychology. He used the term to describe a desire, not a driving force, that could lead to realizing one's capabilities. He did not feel that self-actualization determined one's life; rather, he felt that it gave the individual a desire, or motivation to achieve budding ambitions.

Working on developing and sustaining a positive and confident sense of one's 'identity' is an empowering process. This identity work may be ongoing as our circumstances change, as we take on different roles that demand personal growth, or as we become more confident about being open about our 'identity'. A sense of our 'identity' helps to connect us with the traditions of the community or communities to which we affiliate ourselves and we can draw inspiration from the struggles and successes of those we see as having the same identity as ourselves.