

# Prologue

May 6<sup>th</sup>, 1954 dawned cloudy and gray in Oxford, not an encouraging sign for those who were attending the Empire Games. This track and field event drew the very best runners from all over the world to compete for recognition and to prepare for the Olympics.

This day was especially ripe with anticipation however as the milers, those most elite of runners, were pacing nervously at the head of the track. For months now 3 or 4 of these slim, intense men had been flirting with a barrier than many thought could never be broken, the 4 minute mile. Never before in recorded history had a human being run a mile in under 4 minutes. Many scientists and physicians said it couldn't be done; the human body was physically incapable of such a feat. But a handful of these runners were close. It had been rumored that some had unofficially broken the barrier, but not in competition, not before a crowd, not with scores and timekeepers present and cameras rolling.

One runner was a particularly interesting story. Dr. Roger Bannister had been burned severely as a child. His family believed he would never walk again, much less run, but here he was, a third year medical student, one of the 3 or 4 best runners in the world, poised to do what no man had ever done before.

The gun sounded and the crowd caught their breath as the runners set off at a blistering pace. Eight men circled this quarter-mile track. It would take 4 laps, averaging less than 60 seconds per lap to break the 4 minute mile barrier. In the first lap, as was his custom, Roger Bannister was back in the pack. Another runner pulled away and tried to break the will of his followers early by setting a staggering pace, 58 seconds at the end of lap one. In the second lap the stress of such an attempt was apparent as Dr. Bannister passed the field except for the lead runner. He settled into a comfortable stride behind the leader, waiting to make his move.

The crowd began to rise in earnest as the lap time for lap number 2 was posted at again under 60 seconds. In lap 3 the pace slowed to over a minute and the lead runner widened the gap between himself and Roger Bannister. The crowd was frenzied. The 4 minute mile could still be broken, though not by Roger Bannister, but it would take a herculean final lap. As they rounded the back turn and started into the final lap, an amazing thing happened. Roger Bannister found a kick. After three super-human laps that would have taken the energy and sapped the last bit of strength from any man, Dr. Roger Bannister sped passed his competitor and lunged across the finish line in an

unbelievable 3 minutes and 58 seconds. The 4 minute mile was broken and Dr. Bannister did what they said could never be done.

But that's not the story. The story is that since May 6, 1954, that record has been broken and reset 18 times. The last time it was broken was in Rome when a Moroccan by the name of Hicham Guerrouj ran the mile in an incredible 3 minutes and 43 seconds. Once we decided it could be done, that the barrier was not insurmountable, the 4 minute mile became a piece of history. Today college athletes regularly run the mile in less than 4 minutes and most likely Guerrouj's record will be broken again.

The apostle Paul says, "I can do all things through Christ who gives me strength." (Philippians 4:13) It is clear that when we determine what our plan and purpose in life is, and when we turn to the God of the universe for power, we are capable of accomplishing far more than we ever dreamed or imagined. Most of the hindrances and barriers that we face are of our own creation. They are in our hearts and our brains, and are fueled by our fears. We can decide, we can choose, to do better, go further, reach higher than we ever have before. And now is the time to begin.

As you open the pages of this book you have an opportunity to reimagine yourself, to reinvent your life. Don't do it alone. Begin your effort by inviting God to lead you and to enable you. But having said that, as Nike would say, "Just Do It!" Start now. Dream big. Look beyond all of the attempts you have made in the past. Your life, your record, your 4 minute mile is there to be attained. Go for it with all you have and enjoy the race.

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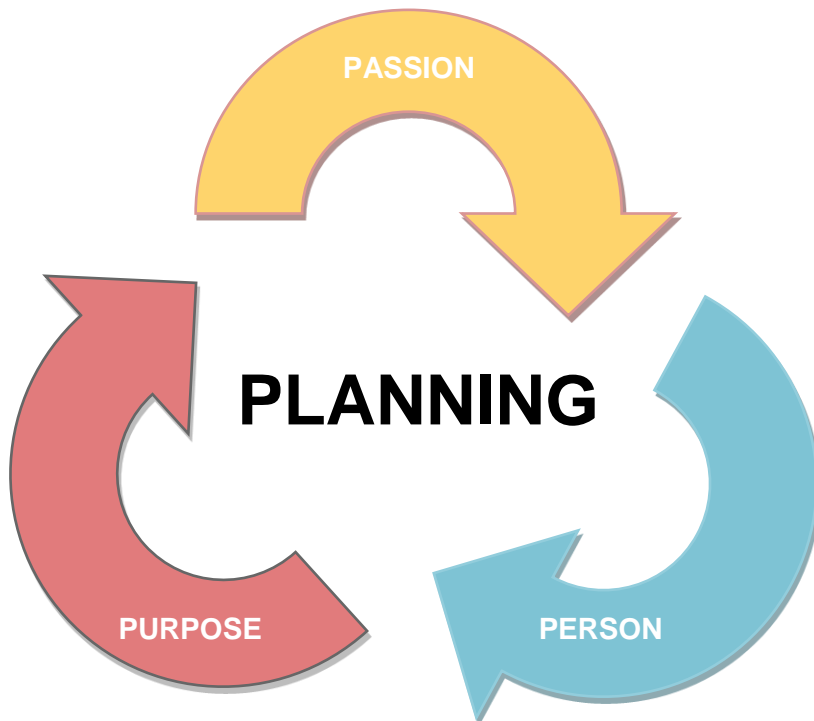
# Introduction: Welcome to the Journey!

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## In this chapter we will cover:

- ✓ Passion defined.
- ✓ Person understood.
- ✓ Purpose discovered.
- ✓ Goals defined.

## Introduction



Welcome to New Life University's Self Development Seminar Series. This first course is designed to discover your passion and purpose and to help you develop goals that will move you to become the person you desire and God planned you to be. For more information on other Self Development Courses contact us [www.new-lifecoaching.com](http://www.new-lifecoaching.com).

In the following chapters you will find ideas, tools and exercises that will help you identify your passion, understand your person, discover your purpose and put together a plan

for the dream that is in you. If you approach this in earnest God will help you to recognize the calling He has placed within you. This is not intended to be a fast read, or

a quick workbook but rather a methodical, thoughtful, life-changing experience. Each chapter should take at least a week and two is better.

Each chapter begins with a personal devotional thought from Mike. (If you are at a different place in your faith walk, don't be put off by the spiritual content of this notebook. Be open and experience as much as you can. Where it doesn't fit, substitute your own "centering" ideas or readings.)

Following the devotional thought are the exercises that we hope you will spend several days on. The best work will come as a surprise to you as a result of your living with the questions. Following that is meditation, sometimes a song or YouTube video link. Go there!

Finally, we have included a suggested reading list for each idea. Go to your local bookstore and at least spend an hour or two browsing through the books listed and other books in that section. Be intentional about each chapter, being sure you have reached a solid understanding of that part of your life before you move on to the next. Think, talk, write, watch, listen, and believe that God is going to use this time to bring a myriad of experiences to you that will lead you to resolution and clarity for each area.

So here's the deal. Spend time every day for the next 30 to 90 days with this project. Let it become a way of life for the next three months until you have completed the study, you can clearly articulate your mission in life, and you have a focused direction for the next few steps. Don't substitute this work for your devotional time with God but use it as an extension of those God moments. Make it a priority and develop the habit of self-examination and introspection.

Approach each session with enthusiasm and anticipation of what God is going to say to you that day.

1. Clear away the clutter and get quiet. Spend time in prayer before each session.
2. Be willing to let go of the things that hold you back. Open your mind
3. Commit to doing every task and exercise. Go slow. Think. Rewrite. Think again.
4. Be totally honest with yourself in all you do. The lessons of this course are not on these pages. They are in you.

This course is meant to be interactive. We hope that you will earnestly participate in the exercises within each chapter. What you gain from this course will be directly proportionate to the effort you put into it. Let's get passionate!

## Passion Defined

This first section is an overview. The goal is to gain a clearer understanding of the concepts of passion, purpose, and planning. We also throw in the idea of person, temperament, who God made you to be.

### ***So what is Passion?***

**Passion** is the vague something that fires us up, moves us forward and focuses our energy. Passion can easily begin to fade with time demands and the busy-ness of living. Passion gets put on hold in order to simply get through the day. After a while we forget what passion looks or feels like.

**Passion** is an intense, driving, or focused feeling or conviction; a strong liking or desire for, or devotion to, some activity, object, or concept; an object of desire or deep interest.

Passion is that “burning need” within to go, to do, or to achieve something greater than is otherwise possible. Christ-followers understand passion as God-given. We look to God to uncover the passion that we believe He has placed within our hearts.

Passion motivates us to take the next step, move to the next level, or start the next action. Passion energizes us from deep within and spurs us to action, to follow our desires.

Your desires, those things that you are passionate about at the core of your being are what make you come alive inside and out. They are God given. Romans calls those desires, that passion, a calling. Romans 11:29 says it is “irrevocable.”

**Romans 11:29** “For the gifts and the calling of God are irrevocable.” ESV

**2 Thessalonians 1:11** “To this end we always pray for you, that our God may make you worthy of His calling and may fulfill every resolve for good and every work of faith by his power.”

“Nothing great in the world has been accomplished without passion.”

**Georg Wilhelm Friedrich Hegel** (German philosopher)

“A strong passion for any object will ensure success, for the desire of the end will point out the means.”

**William Hazlitt** (British writer)

Here are some preliminary questions to help you begin to think about your passion.

What are you passionate about?

What gives your life meaning?

When have you felt truly fulfilled in life?

## Person Understood

“To thy own self be true.” – **William Shakespeare**

Psalm 139 says we are fearfully and wonderfully made. Your personality, character, and temperament is unique to you and as special as your fingerprint or your DNA. Your passion is given you by God. Your purpose was created for you by Him. And your plans or goals are shaped by you to try to fulfill that passion and purpose. But how you are wired, your temperament, your person determines how you most effectively do what God has called you to do.

Traditionally our temperament or person has been identified in one of five ways; as sanguine, choleric, melancholy, phlegmatic, or supine. These five Latin terms are general temperament styles that describe how God made us and how we relate to ourselves, to people, and to the world around us. Understanding your person helps you more effectively and efficiently accomplish the purposes and plans God has for us.

***1 Corinthians 12:11 “All of these are the work of one and the same spirit, and He gives them to each one, just as He determines.” – NIV***

To understand how you are made, what your most natural abilities are, what gifts and talents God has placed in you is the beginning of finding your true purpose in life. To

know yourself as a person is to know how to communicate with others, how to pace yourself at work, how to plan for needed recharging and refocusing.

In this study you will take a brief test to help you better understand your God given person. You will look at the five temperament types and see how your temperament fits. In the meantime, here are a few questions to start you thinking about your person.

What is the most productive time of the day for you?

How would close friends describe your personality?

In what activities are you completely at ease and very effective?

## Purpose Discovered

“A difficult time can be more readily endured if we retain the conviction that our existence holds a purpose - a cause to pursue, a person to love, a goal to achieve.” --

**John Maxwell**

We have all asked at one time or another “What am I here for?” “What is my purpose in life?” As Maxwell suggests, we find our motivation through a cause, a love, or a goal. Life becomes more peaceful when we discover our purpose.

The word **Purpose** in Latin is *proponere* which means to propose.

Webster’s defines **Purpose** as something set up; an end to be obtained; proposed objective set before someone and especially oneself as an aim or intent.

As Christians we believe our Purpose is synonymous with our Divine calling... what God has purposed for our lives!

***Ephesians 2:10 says, “For we are God’s workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do.” – NIV***

Purpose is without a doubt born out of our passion and our strengths and natural abilities. Without passion our purpose has no momentum. But without purpose, our passion is merely a pipe-dream. In order to understand our purpose we need to be willing to let go of the things that hold us back... ways of thinking or habits. Hurts, habits and hang-ups are both passion and purpose killers. Purpose requires resolute self-esteem. Believe in yourself. Have faith that God has a plan for your life.

“When you discover your mission, you will feel its demand. It will fill you with enthusiasm and a burning desire to get to work on it.” -- **W. Clement Stone**

### **Two questions:**

What do you want to be when you grow up?

What have people told you that you are really good at?

## **Goals Defined**

**Goals** are defined as the end toward which effort is directed. They are also defined as “a desire or intention activated as an action to achieve an outcome.” A desire or an intention can only become a goal when it clearly points to action. Move. Take steps. Get going. Goals produce results... that help us reach our purpose... and fulfill our passion. Goal setting is the process of identifying steps, writing them down, and creating processes to take action. This creates momentum and brings results.

Through this course you will discover your purpose. By knowing precisely what you want to achieve, you will know where to concentrate your efforts. Properly-set goals can be great motivators, and when done correctly, help you create a habit of setting and implementing action plans that move you to execution and that end in accomplishment.



Goals affect performance in three ways:

1. **GOALS** focus attention and direct efforts to goal-relevant activities, and away from undesirable and goal-irrelevant actions.
2. **GOALS** lead to additional effort; desirable goals drive me to work harder to accomplish them.
3. **GOALS** produce persistence. When our goals are clear we do not quit.

Here are a few questions to help you start thinking about your goals.

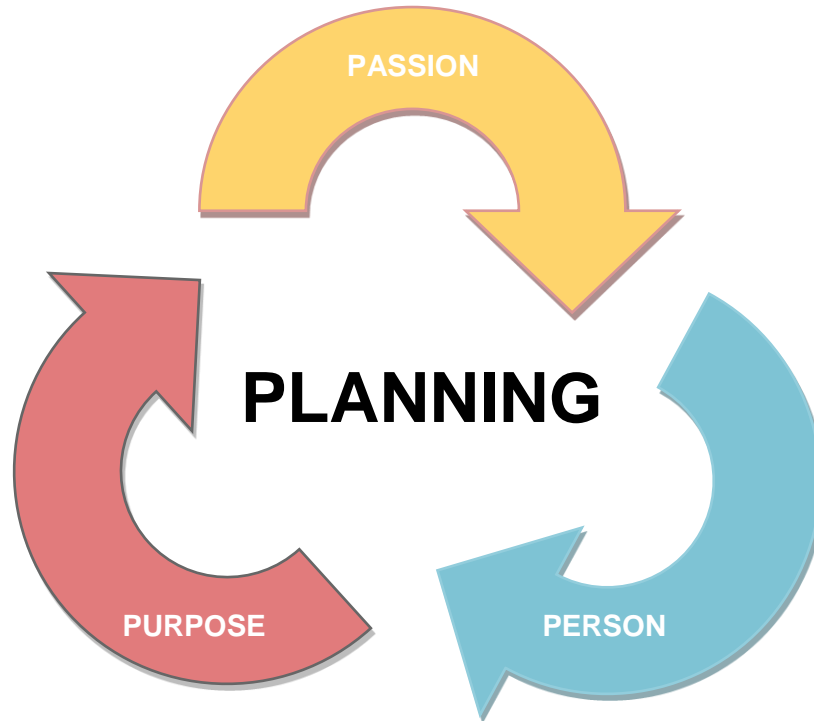
What would you like to accomplish in this course?

What are the top five tasks that are on your plate right now?

What three things do you want to finish this week?

**Putting it all together**

**PASSION**, informed by our **PERSON**, helps us discover our **PURPOSE** which leads us to create **GOALS** which activates our **PASSION**.



What life change would you make if you knew you could not fail? What personal or performance improvement would you make if you had the resources available to you? What old chapter in your life story are you ready to close and what new chapter are you eager to begin writing?

Far too many people live in the “what if” or “if only” prison of life. How many people do you know that get to the later years having stored away a boat-load of regrets, false starts and failed attempts? Life happens. We make mistakes. We miss opportunities. We change our direction. We overcome obstacles. We move on.

The purpose of the next 90 days is to bring you to a place where you clearly understand your purpose in life, are passionate about accomplishing that, and have a written collection of thoughts, goals, and action steps that you can go back and refer to often along the way.

**This course is not a class, a study, or a lecture. It is a journey. Welcome to the journey. Enjoy the ride and anticipate a wonderful destination.**

## Meditation

Well, are you ready to believe? Go to your web browser and type on the following link. Turn the volume up HIGH and meditate for a few minutes on the things God has done and will do in your life when you really believe. It's going to be a great ride.

<http://www.youtube.com/watch?v=AA90I6ZIBNA&feature=related> (If you have problems with this link go to [www.youtube.com](http://www.youtube.com) and in the search box type Whitney Houston and Mariah Carey If You Believe)

## Notes:

## Suggested reading list:

- **The Importance of Being Foolish**, Brennan Manning, Harper