How to Gain Clarity of Purpose & Meaning in Your Life

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Understanding Clarity

While you live your life in a body that interacts with the physical world, you also have a spiritual side. The choices you make for your spirit are just as or even more important than what you do with your physical body.

There are certain laws that actually affect whether or not you are able to have all the things you want. The only thing is, these laws are controlled by you. We will talk about taking responsibility later, but for now, let’s discuss one of those laws I mentioned: the Law of Clarity.

“The spiritual Law of Clarity tells us that when we are totally clear about what we want, everyone picks up on our messages and responds accordingly. Clarity frees us to move forward in our lives and opens up doors of opportunity.” (The Law of Clarity, 2011)

When you have clarity, you understand what you really want. When you don’t have clarity, the message you are sending out is garbled and cannot be handled properly. Without clarity, your body, mind, and spirit do not know which way to go and this directly interrupts your ability to have all the things you want.

Why do you need clarity in your life? Quite simply, it is the thing that will help you fully understand what you truly want. When you know what you want, you will be able to go after that and have all the things in your life.

What Does It Mean to Have Clarity?

If you have clarity in your life, just what does that mean? It’s a good question if you have never considered the spiritual laws. As we just talked about, the very idea of clarity mean
you know what you want in life and you have very clear images in your mind about those things. Let’s take a quick quiz. Don’t worry. You won’t be graded!

• What do you want in your life?

• What do you REALLY want in your life?

• For you, what do you think is the difference between wants, needs, and values?

• What are your dreams?

• How many of your dreams in life have been realized?

• What would you change about your life, work, relationships, money situation, health, etc.?

If you haven’t found clarity, then you may not be able to answer these questions very well. That’s because you may be confused about what you want and what you value in life. Because you are confused, you will never get those things either.

So, before we can move on with this book, we have to get some things straight. Are you ready for a little hard work? It’s time to roll up your sleeves and start answering the important questions.

**What Do You Really Want?**

You answered this question earlier, and if you were able to write down some clear, specific things, then good for you! That means you are on the right path.

However, if you were not able to clearly write down your thoughts, that’s what we are going to work on first. Now, you can’t just write down, “I want more money.” That’s not...
clear enough. Whatever you have written down to the answers above, look at and see if you have been clear in your wants. Let’s look at the difference between clear examples and garbled or vague responses that can confuse the law of clarity.

<table>
<thead>
<tr>
<th>Vague</th>
<th>Clear</th>
</tr>
</thead>
<tbody>
<tr>
<td>I want to make more money</td>
<td>I want to make $10,000 more a year</td>
</tr>
<tr>
<td>I want to lose weight</td>
<td>I want to lose 20 pounds by the end of the year</td>
</tr>
<tr>
<td>I want to take up a hobby</td>
<td>I want to learn how to play the guitar</td>
</tr>
<tr>
<td>I want more people in my life</td>
<td>I want to fall in love with the right person</td>
</tr>
<tr>
<td>I want to be healthier</td>
<td>I want to choose fresh foods and stop eating fast food</td>
</tr>
<tr>
<td>I want to become more fit</td>
<td>I want to run a half-marathon in the summer</td>
</tr>
<tr>
<td>I want a better job</td>
<td>I want to move up to management level for a better career</td>
</tr>
</tbody>
</table>

Do you see the difference between clear wants and vague ones? You have to be very, very clear on what you want in your life. So, here are the questions you need to answer in very clear terms. Take as long as you need to for your answers.

- What do you want for your career?
- What do you want for your finances?
- What do you want for your health/fitness?
• What do you want for your self-image?

• What do you want for your love life?

• What do you want for your social life?

Now, once you have the answers to those questions, you will be on the right path to living by the Law of Clarity. This will be even more important later in the book when we talk about the Law of Attraction too, so keep your wants in mind, okay?

Knowing Your Dreams

There is actually a big difference between your wants and dreams. You may not realize that just yet, but this section will help you understand the difference and create your dream list as well. As a general rule, your wants are things that you can have right now or very soon in the future.

Your dreams, however, are things that you can achieve in the “one day”. For example, a want could be to get a promotion in your job. A dream is to one day become the CEO of the company. So, let’s start talking about your dreams. You don’t have to have them all figured out right now, but let’s get a few of them on paper for the sake of clarity.

• What is one dream you have for your career?

• What is one dream you have for your social life?

• What is one dream you have for money?

• What is one dream you have for health?
If you can list more than one thing here, that is fantastic. The clearer you are on things, the better. Some people have the misguided notion that they can never achieve their dreams. However, you can – anyone can – all you have to do is understand the Law of Clarity and clarify what you want in your life.

Determining What Your Core Values Are

The next thing we need to talk about is core values. That’s because part of living by the Law of Clarity is understanding just what is important to you and what is not. You need a very strong set of core values that help you fully understand who you are.

How do you figure this out? Below, you will find a list of many different values. It’s fairly comprehensive, but if you see some values important to you that aren’t on the list, feel free to add them. You are going to go through a step-by-step process:

1. Identify eight values on this list that are most important to you.

2. Write those out on a piece of paper.

3. Put them in order of importance to you.

4. Cross out everything but the top five.

When you do this, you will have your complete set of core values! It’s that simple. So, let’s get started. Go through this values list and start finding the ones that mean the most to you.

• Truth
• Initiative
• Power

• Efficiency
• Communication
• Control
<table>
<thead>
<tr>
<th>Key Values</th>
<th>Key Values</th>
<th>Key Values</th>
</tr>
</thead>
<tbody>
<tr>
<td>Courage</td>
<td>Hope</td>
<td>Trust</td>
</tr>
<tr>
<td>Excitement</td>
<td>Persistence</td>
<td>Service</td>
</tr>
<tr>
<td>Creativity</td>
<td>Sincerity</td>
<td>Profitability</td>
</tr>
<tr>
<td>Happiness</td>
<td>Wisdom</td>
<td>Freedom</td>
</tr>
<tr>
<td>Honor</td>
<td>Flexibility</td>
<td>Friendship</td>
</tr>
<tr>
<td>Obedience</td>
<td>Honesty</td>
<td>Decisiveness</td>
</tr>
<tr>
<td>Effectiveness</td>
<td>Originality</td>
<td>Justice</td>
</tr>
<tr>
<td>Integrity</td>
<td>Prosperity</td>
<td>Responsiveness</td>
</tr>
<tr>
<td>Peace</td>
<td>Fairness</td>
<td>Diversity</td>
</tr>
<tr>
<td>Loyalty</td>
<td>Spirituality</td>
<td>Strength</td>
</tr>
<tr>
<td>Clarity</td>
<td>Humor</td>
<td>Cleverness</td>
</tr>
<tr>
<td>Security</td>
<td>Empathy</td>
<td>Stewardship</td>
</tr>
<tr>
<td>Love</td>
<td>Open-Mindedness</td>
<td>Harmony</td>
</tr>
<tr>
<td>Intelligence</td>
<td>Dependability</td>
<td>Independence</td>
</tr>
</tbody>
</table>
• Simplicity

• Patience
So, what are your top eight values? Can you narrow those eight down to just a set of three to five? Now, you know your core values. Congratulations! You are one step further toward the clarity you need in your life.

Values are extremely important because they will affect all aspects of your life including personal, relationships, career, and health. The things you value the most can direct you in the right path for your life and can help you clarity all of your wants, hopes and dreams.

Setting Goals Now for the Future

Now that you have a much clearer image of what you want, what you dream of, and what values matter in your life, you will be able to start setting goals. This is definitely the next step towards elevating your mind and getting the best life.

Why do you need to set goals? Here is a helpful answer I found to that question:

“Goal setting is used by top-athletes, successful business-people, and achievers in all fields. Setting goals gives you long-term vision and short-term motivation. It focuses your acquisition of knowledge, and helps you to organize your time and your resources so that you can make the very most of your life.” (Personal Goal Setting)

By setting goals, you can realize all the things we talked about in the wants, dreams, and values lists. These goals give you way to actively pursue what matters to you the most. So, how do you set these goals? You will want to use the SMART method:

- **S** – Be specific

- **M** – Make your goals measurable

- **A** – Have actionable goals
• **R** – Have rewarding goals

• **T** – Make your goals bound by time

Each goal that you set should be very easy to follow, actually attainable, and something that will work toward the ultimate things you want in life. You need to set real goals that you can really accomplish in several different areas:

• Career is a big one. You need to set goals for your career, such as you want a certain promotion by the time you retire or you want to start a business for yourself.

• Finances would be another big one. Set a goal for your finances that could be decided in a few ways: you want to make a certain amount of money, you want a certain amount of money saved up, you want to build a certain retirement, etc.

• Family goals are another thing to consider. You need to think about things like: do you want to be a parent, do you want to get married, etc.

• Physical goals will help you determine the shape of your body, So, you can set goals like a certain weight you want to reach, a certain sports ability you want to gain, a certain length you want to run, etc.

Other areas and goals you can consider setting would include educational, artistic, attitude, enjoyment, and public service. Just make sure that any goals you set are things that you can actually accomplish either in the short or long term.
Learning How to Leverage Strengths and Bypass Weaknesses

A final thing we need to discuss in this chapter about clarity is learning how to leverage your strengths and use them for the better as well as how to bypass any weaknesses you may have. Before we do anything else, I want you to write down on a piece of paper, five of your strengths and five of your weaknesses.

Which list was easier to write? If you are like most people, it was the latter. That’s because most of us focus so much on the negatives that we forget to see the positives. As a result, we tend to look only at things that we could improve on, and this creates a bad situation. That’s because when you give power to your weaknesses, then you also limit yourself. You only play up the things you would like to improve with no focus whatsoever on the things you could use to get farther in life.

So, how can you leverage your strengths? It’s simple. Stop focusing on anything else but them. Put yourself in situations where you can use those strengths to your best advantage. For example, if you are a really good leader, then own this strength and then use it to pursue a leadership role in work and in all aspects of your life. When you begin focusing on those strengths, you will find it so much easier to attain goals, wants, and dreams.

Now, as far as weaknesses go, you don’t need to give them any more thought or credence than to find a way to bypass them. For example, maybe you are terrible with numbers. That’s okay! You can still be a leader in another area. Obviously, it would be a good idea to avoid accounting jobs! Obviously, the more you focus on your weaknesses, the more power you will give them.

So, from now on, if you find yourself focusing on a weakness, then I want you to stop right there and think of three strengths to replace that weakness with in
your mind. Give those strengths the power and they can help you get further in life.

Your Lesson:
This chapter focused almost completely on clarity in one way or another. By now, you should have a very clear idea of things. You should have a list of your wants as well as your dreams, your core values, and your goals. Think about how much more clearly you are thinking now compared to how you felt at the first part of the chapter!

Now, it’s time to take a diagnostic of yourself. On a scale of one to 10, with one being the least clear and 10 being the most, rate the following areas of your life.

• How clear are you on your career life and what you want for it?

• How clear are you on your personal life and what you want for it?

• How clear are you on your health and what you want for it?

You may not be able to rate these things a ten right away, and that’s okay. You are just starting on this path! However, as we continue through this book, make sure you continue to look back on these things and continually clarify your dreams, wants, goals, and values.