

The background of the entire page is a photograph of a person standing on a large rock at sunset. The person is silhouetted against the bright orange and yellow light of the setting sun. The sky is filled with soft, wispy clouds. The overall mood is one of achievement and contemplation.

**YOUR
EMPOWERMENT
QUICK START GUIDE**

**3 KICK ASS EXERCISES
PROVEN TO HELP YOU**

**FIND PURPOSE, PLAN YOUR LIFE,
AND RECRUIT YOUR TEAM**

BY DALE THOMAS VAUGHN

This Is For You

This is for you if... you feel like something is missing, numb, or like you are isolated and adrift in an area of your life. This is also for you if most things about your life look great from the outside, but on the inside, you are questioning, “is this all there is?”

The good news is, you’re actually allowed to have a full life, to get what you want out of life.

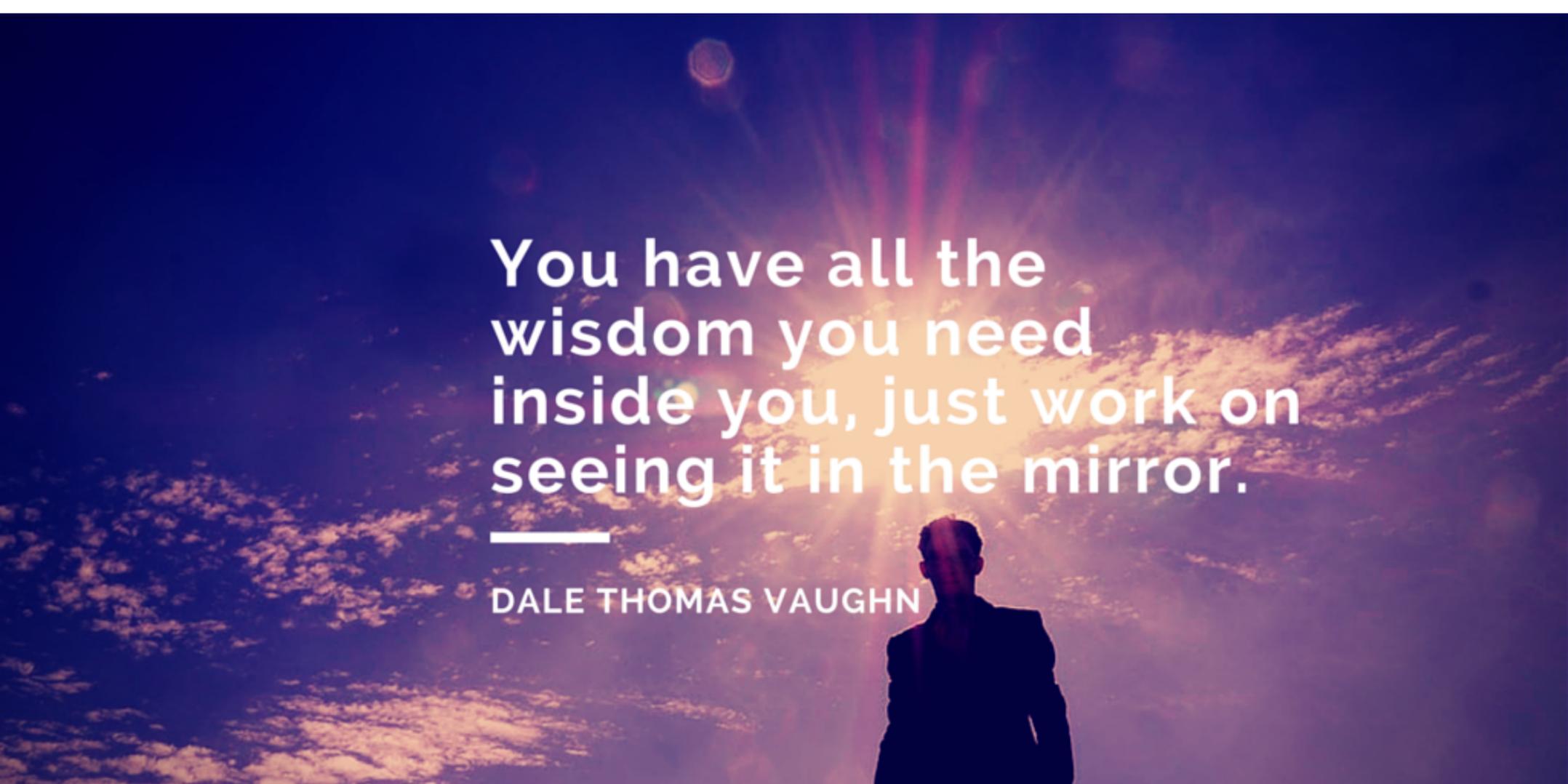
To get the most out of life, it’s vital to answer the question “Why me?” This short yet complicated question can keep you from feeling valuable as a human being.

The truth is, you don’t have to “do” anything to be valuable. You are intrinsically good. But we are human and we need to feel a sense of meaning in our lives, even if deep down we know that legacies are illusory. Any man who has searched for purpose and meaning knows it’s inside them all along, but that the journey is necessary to reveal it.

This guide is meant to help you on your journey, to stretch your understanding of yourself, and to help you identify your own resistance to your greatness. This will also create a foundation and a set point that you can build from as you go forward.

Head into this with an open mind and try to get to the true YOU. You may be surprised about the ideas and thoughts that live in your unconscious mind. There are no right or wrong answers for this exercise. I encourage you to let the answers flow onto the page.

Oh, and I’m not a guru. I don’t have the answers for you. I have questions and a process to see yourself. You have the answers. Trust your own wisdom.



You have all the
wisdom you need
inside you, just work on
seeing it in the mirror.

DALE THOMAS VAUGHN

Living, On Purpose

No Dogma

Every person feels and lives a more fulfilling life if they have found and are giving their gift to the world. Without any religiosity or dogma – this means doing what we feel we were meant to do with our one life. For many people, to live “on purpose” is to align your role in society with your ultimate desire – whether that’s starting a business, climbing Everest, gaining recognition for your art, or accomplishing that rare feat that only you know is deep within you.

“Purpose” is personal. In this case we are not talking about the purpose for the world’s existence - everyone is allowed their own answer for that one. Assuming we are all embodied here for one lifetime apiece, we all have one opportunity to get this whole “living” thing in order.



What is the difference between living on Purpose, and surviving?

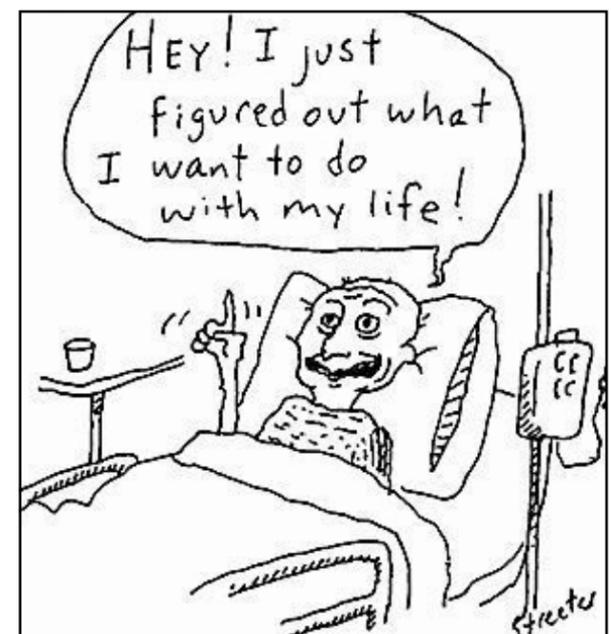
A certain amount of survival is basic instinct that is absolutely necessary. When choosing how to live our lives, a balance must be struck between basic survival and purposeful living.

When we are truly living, we feel fulfilled, we feel connected, we feel blessed, we feel in the moment, and ultimately we feel alive. The difference between living and surviving has everything to do with your singular, exclusive purpose and passion on this earth. Your passions can be anything from hang-gliding to analyzing comic books to racing a new Maserati to feeding the hungry.

We all know what survival feels like... it feels like the times in our lives when days blend into each other with the same routine, or we put our own fulfillment off for another day, or we clench our teeth and hope someday we'll get to those dreams when we have a little more time.

Purpose is not actually that complicated.

You have found and live your purpose when you simply decided on a direction to walk each day that inspires you to be authentically yourself.



How Do I Find and Use Purpose?

The Role of your Purpose

Purpose is a point on your Compass, not on your Map

- Make decisions based on the fulfillment of your purpose.
- Celebrate the journey. The victories, the challenges, the defeats.
- Each day, commit yourself to taking one step in the direction of your purpose.
Develop clarity about your purpose.



Purpose is not
a point on
the map,
it's a point on
the compass.

DALE THOMAS VAUGHN

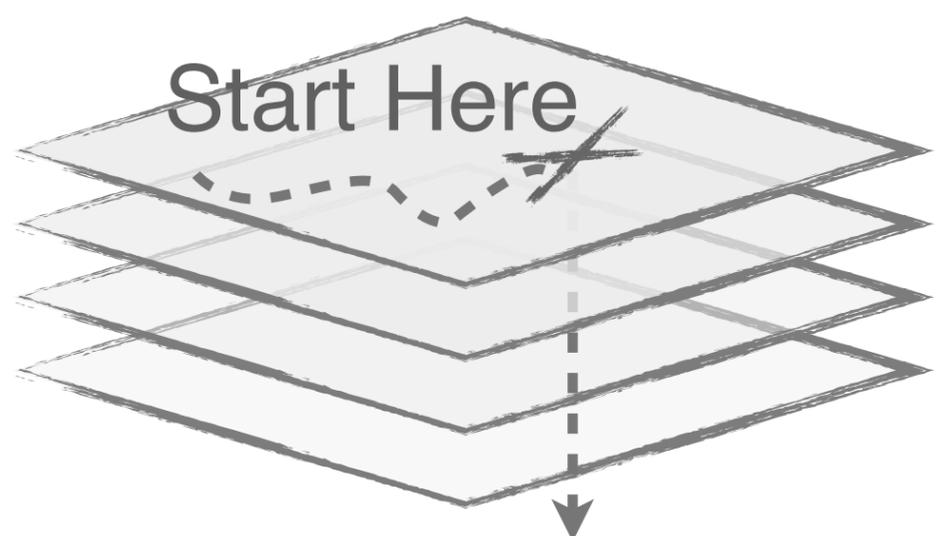
Layers of Purpose

A purpose rarely shows itself entirely at first. We get glimpses of it throughout life. If we commit ourselves to taking steps with it as our guide, we will find a place at some point when there is more purpose at another level that feels just a little different than it did at the previous level.

When we reach a new breakthrough, it's time to dig deeper.

At each level there are new skills, new joys, new challenges, new relationships, and new realizations that will help us in some level further along in our lives.

Follow your compass, don't rush through a level, and when the compass comes up funny... it's time to dig deeper... and it's time to celebrate.



Set Your Compass

Our best barometers for knowing when we're truly on our purpose are our feelings. As life constantly contracts and expands, we may bounce between these feelings; but with some accountability it is easier to make adjustments after we see, feel, and hear ourselves.

Use this list as a compass for your life. If you know these feelings, you can start to listen to your intuition. You can stop right before you make a decision and see if you're feeling more on or off purpose... then make a decision with clarity.

Feelings of Living **On Purpose**

Feelings of Living **Off Purpose**



Examples:

Living **On Purpose** feels...

Present. Directed. In the moment. Passionate. Eyes Wide Open. Connected. Voluntary. Courageous. Inspiring. Gutsy. Fun. Full. Relaxing. Like that time when I was 20 and knew what I wanted from the world.

Living **Off Purpose** feels...

Instinctual. Passive. Basic. Involuntary. Blinders On. Mildly Connected. The Void. Asleep at the Wheel. Foggy. Dispassionate. Okay. Blank. Stressful. Like when I lose track of time and a year slips by... like my goals don't inspire me at all.

The Myth of Tomorrow

Have you ever found yourself wishing you had more time to do what you wanted to do with your life? Do you often find yourself making big plans to turn over a new leaf "tomorrow" - but "tomorrow" never seems to show up? Do your birthdays seem to come much faster every year?

Time is slippery. We let it get away from us when we believe in the myth of "tomorrow." Goals in the distance are incredibly important, but only so we can extrapolate down to the steps directly in front of our feet. We love Superman because he can fly right up to the peak without hindrance; but he doesn't have to take the small steps that ascend him to a peak. Many of us are great at envisioning the peak and wanting desperately to get there; but the real super men are the ones who have a strong enough vision to get up and hike each day in the right direction, knowing the peak will be there when they are ready. It takes real guts to see the baby steps and commit to the journey.



Forgetting the myth and living each "today" is empowering. How do we get from believing the myth to debunking it?

I'll continue to use the hiking metaphor. Envision that peak, place it on your map (don't forget to place yourself on the map), decide on a path or direction, and then forget about the peak and follow the path in front of you each day. If you've done a good job of defining your path to a well envisioned peak, your only task is to walk each day. Forgetting the peak is like forgetting "tomorrow" - which takes the daunting nature out of the long journey and allows for a simpler existence. Say this out loud, "there is no tomorrow... I'm going to live today in a big way." Feels good, right?

Now, along the path are the factors that affect us (positively or negatively) - health, money, relationships, etc. It is very important to keep the positive influences on the path; and equally important to shed the weight that keeps you from moving forward each day.

Right now, decide what you spend time on each day that is irrelevant to your main purpose. Is it a video game, bad television, politics, sports news, your fantasy sports team, a dramatic relationship or friendship, your phone, drinking, smoking, drugs, or maybe a long commute? See if you can take a 48 hour break from it. This break from your habit may afford you time take a step toward your vision TODAY. If it feels good, it's probably good for you - so see if you can take another break of 72 hours next week... you get the picture.

As you near your peak, you will likely find another peak in the distance - this is a sure sign that you are on the right path. Our purpose reveals itself in layers. If you found out today that the end goal was Everest, you'd probably be too daunted to start. Fortunately, we don't see that peak first. We see the attainable stretch goal in front of us; and then if/when we reach it we decide we're ready for the next level that we weren't even aware of at the beginning of the journey.

So what is your next peak? Ask yourself what can you do TODAY, like right this minute, to move in that direction. I hope you will forget about the myth of "tomorrow" and commit to the reality of NOW.

Time Travel Interview in the FUTURE

Imagine you get a chance to time travel forward to visit yourself as an 80-year-old man sitting on a porch swing. Write down the life story you want to hear from your 80-year-old self's perspective... Feel free to write this as a script if it feels easier for you. Have fun with this. Remember, you're the hero in this story, so you will win, you will get the girl, and you will live happily ever after. (Between 600-900 words)

Living a purposeful life is a creative art. Before you can create something big and powerful, you'll need practice. This is it.

This exercise is meant to:

Stimulate future hopes and dreams. Create a willingness to project hopes and dreams into your consciousness.

Just to be able to think from an 80-year-old point of view helps objectify struggle and create optimism.

Goal-Setting

Take your 6-Week project, decide how you will measure success, pick your 1st weekly goal and then spend a moment aligning with the good feelings of accomplishing those goals. Do this 6 times in a row, and you should accomplish your 6-week project goal... if not sooner. I've seen lives completely change in that amount of time. The secret? Get clear about exactly what you want, feel it, do it, then be grateful (celebrate) for it being accomplished.

Your 6-Week Project

What is it, why does it matter to you?

Your 6-Week Project Goal

What Does Winning Look Like? How do you know if you have succeeded?

What would be your 1st Win of the project?

Who can you contact to help you accomplish this 1-week goal?

What is the measure of success?
(How many, often, how much?)

Can you do it in 1 week?

How would it feel to accomplish your 1st Win in ONE week?

How would it feel to accomplish your Project Goal in 6 weeks?

Who is in Your Life Rowboat?

Imagine you have a rowboat with room for about 6 other guys – because that’s about the limit of our intimate capacity as humans.

You need 6 other guys who you can count on. Ideally by this point you’ve identified your superpower, and you’d like to have 6 other guys who are working on theirs as well. Who is in your rowboat?

Name	Score
TOTAL BOAT SCORE	

Now put a +1 next to the ones who are the strongest.

Put a -1 next to the weak links.

Give yourself a 0 for any open spots.

What’s your boat’s score?

This is the factor by which you are multiplying your life.

Most of us have three problems when developing our rowboats...

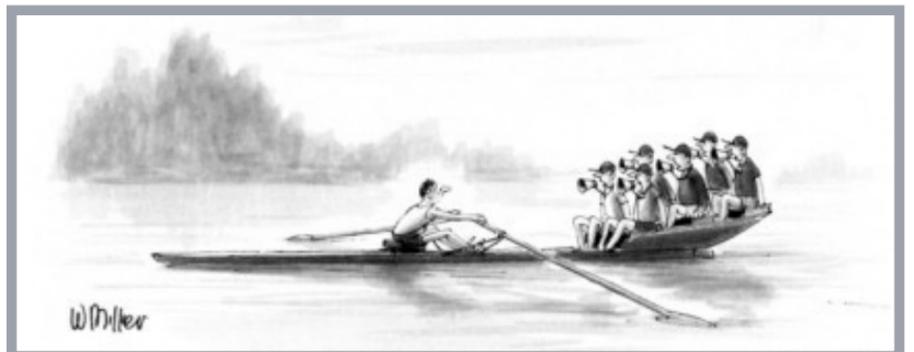
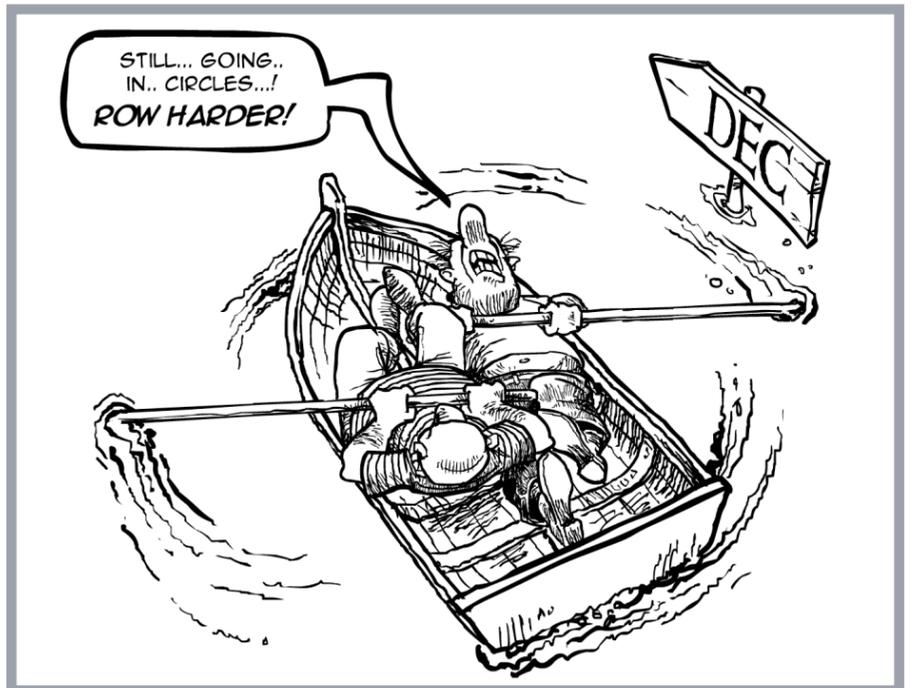
One. We don’t know how to be real with the positive guys in our lives.

Two. We don’t know how to cut the dead weight from our lives.

Three. We don’t know how to be mentors or recruit mentors.

So if you want to build real allies into your life and get un-isolated, the three steps you need to take to build a solid rowboat are:

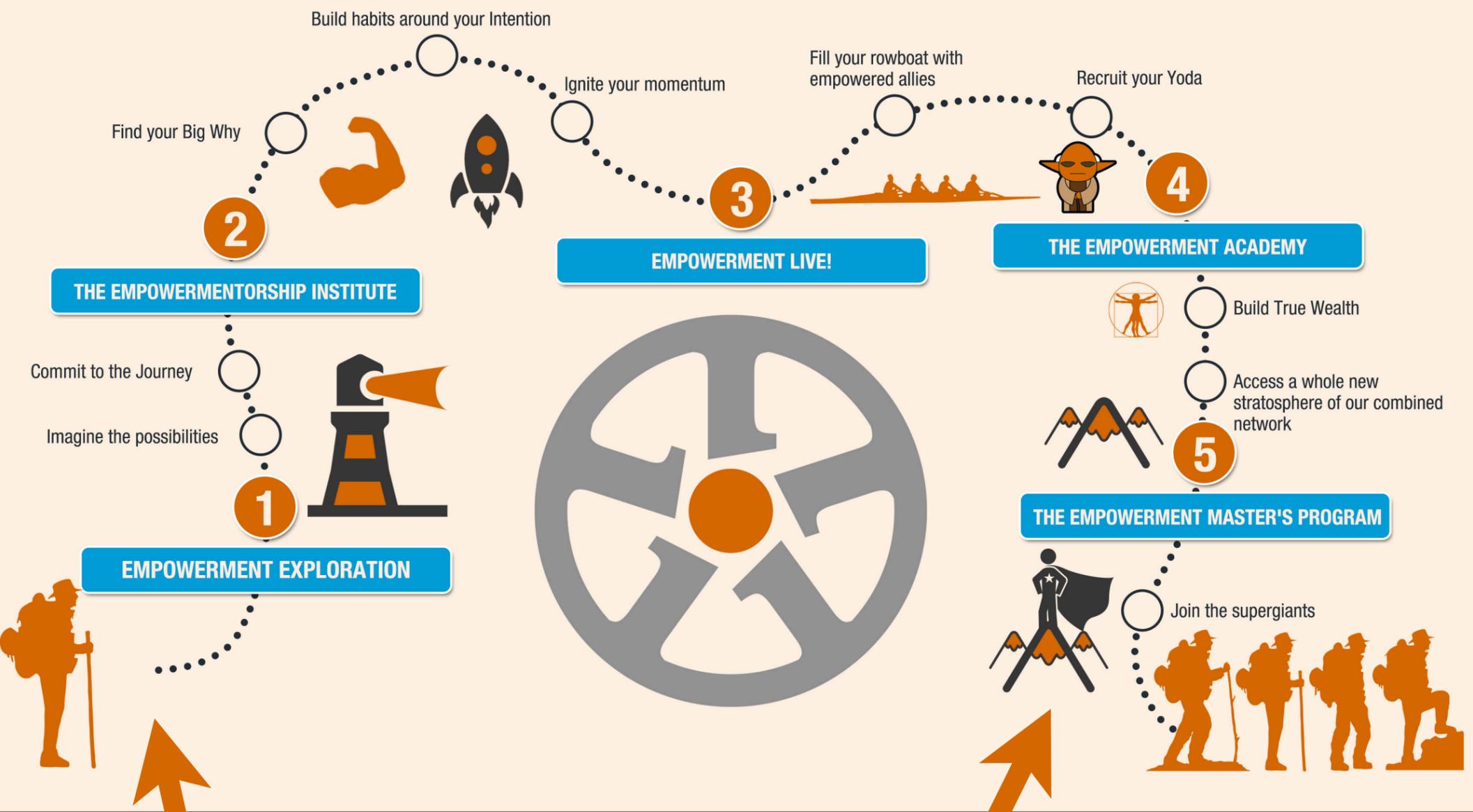
1. Get real and start connecting with the strong rowers in your boat. This can be as simple as calling up the guy who you respect most and saying the simple words, “Hello brother, I respect you and your friendship means a lot to me.”
2. Identify the weak links in your boat, invite them to step up with you or cut them loose and let new guys step into the empty spots. Who is holding you back? We all have this guy in our life. It’s someone who just doesn’t go beyond the surface. So you’re going to give them an opportunity to step up to the plate, or you’re going to move on. You might have to break up with a friend – that’s just part of this game. As you evolve and you grow, your friends are going to need to evolve and grow with you.
3. Recruit meaningful mentors and become a mentor yourself.



Ready for More?



THE EMPOWERED PATH



You Are Here...

...This Is The End Goal

IF YOU'RE READY TO LEARN MORE ABOUT HOW TO GET STARTED ON THE PATH...

PRESS THIS BUTTON

Ready for More?



Empowerment Master Class

Meet J.C., an undervalued innovator who committed to his dreams each week and in 6 months he had manifested his dream job, the highest income of his life, the self-confidence to become a civic leader, and a completely transformed social life - including sexy and powerful relationship with his choice of women.

Contact me to see if you're ready. bit.ly/dtvexplorationcall



Empowerment Academy

Meet E.V., a struggling game designer who made big goals and within weeks was accepted into one of the top game design schools in the world. In two years, he graduated with a Master's Degree and is currently working at his dream job in an exciting new city.

Contact me to see if you're ready. bit.ly/dtvexplorationcall



Empowerment Live!

Meet E.B., a content strategist who makes small adjustments each week and has earned a new title and a raise at his Fortune 50 company, lost weight and increased his vitality, learned tools to improve his marriage and relationships, and gained some of the best friends of his life.

Contact me to see if you're ready. bit.ly/dtvexplorationcall



The EmpowerMentorship Institute

Meet K.M., an aspiring filmmaker who made small adjustments each week and within 6 weeks was accepted into the American Film Institute, met the woman of his dreams (to whom he is now married), and moved to Hollywood to pursue his dream.

6 week live virtual group program with Dale Thomas Vaughn. Apply for a complimentary 1on1 session to get more information about this program: bit.ly/dtvexplorationcall



The Empowered Path

This book is really the Holy Grail for you if you've set goals for years in a row and never accomplished them. Achieving your dreams is not about your ability, or your IQ, or your wallet size... it's about your process. If you have the right process in place and the mindset to succeed, then you will be amazed how much you can accomplish.

Find it on Amazon in Kindle and Paperback!