

7 PRINCIPLES FOR FINDING MEANING & PURPOSE IN LIFE

AND FOR BECOMING THE BEST VERSION OF YOURSELF WHILE AT IT



JP PERDOMO

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WHAT INSPIRED ME TO WRITE THIS BOOK

If you picked up this book, chances are you have found yourself in the same situation I was in just a few years ago. I was in my early forties, feeling unmotivated, unhealthy, unhappy, frustrated, but more than anything, lost, living in what I like to call the “Groundhog Day” effect.

Do you remember the movie *Groundhog Day* with Bill Murray, in which his character Phil lives the same day over and over again? Phil clearly was not happy with how his life had turned out, even though he had achieved some level of recognition and success as the weather forecaster for a local Pennsylvania news station. Phil had to take an honest look at himself, work on his shortcomings, and reach the best version of himself to break out of the cyclical madness that at times drove him to make extreme decisions. This movie can teach you many life lessons, so I encourage you to watch it, since it inspired me to change my life and to write this book.

It was sometime in 2018 when I found myself waking up every morning asking, “What am I doing all of this for? Is this what the rest of my life is going to feel like?” Every day felt no different from the rest. I also felt like a passenger watching my life go by out the window, with no meaning or direction in anything I did. I was just making ends meet and dealing with the hand I was dealt.

As we get older, it also feels like fewer things can get us excited. Remember how you felt before picking up your first date? Or after your first kiss? Or how about when you received your first promotion? Or when you saw your first child be born? I remember that in all those instances, I could barely contain the happiness and excitement I felt, like a ball of fire wanting to burst out of my chest. Yet, after living a long life, I still craved the same feeling but couldn’t seem to find anything that would make me feel the same way again. This is when I started questioning the purpose of what I was doing and, more importantly, why I was doing it.

What Inspired Me To Write This Book

I'd like to think that sometimes we do things because somehow life has landed us where we are. A series of small, unplanned, yet life-changing decisions have taken their course and brought us to a place where we may feel comfortable but not fulfilled.

Sometimes, we do things because this is how we have been taught to live our lives: go to school, get a decent job, work hard for a promotion, start a family, go on vacation, and so on. We live our lives to comply with a social contract that grants us access to a sense of normality, success, and acceptance by those around us.

But I am not telling you anything that you don't already know. What you want to know is how to get out of this rut, how to feel reinvigorated again, how to find meaning and purpose in what you do every day. Well, my friend, this is where this book comes in. I was able to get out of the same situation you are in, and I will show you how I did it using the seven principles I learned and implemented.

I want you to keep in mind that this book is about a continuous journey of self-awareness, self-improvement, and self-accountability; a journey that I still find myself traveling even as I write this book. As you apply these seven principles, you will experience a positive transformation. The better you become at applying these seven principles to your life, the greater your transformation will be. You know how the saying goes: "practice makes perfect."

Before we move further into the book, I want to say that I am not a psychologist or a doctor in mental health, nor is this book meant to diagnose or treat any mental or emotional condition or illness. I am speaking to you out of pure personal experience as an average guy with a very relatable life. I am not a celebrity; I am not wealthy. I have the same challenges and opportunities in life as you, but just like Phil Connors in *Groundhog Day*, I had to take an honest inventory of my life to find out what mattered the most to me. What I learned and experienced because of that process is what motivated me to write this

What Inspired Me To Write This Book

book so I could help someone like you. You will soon find out that this last statement relates to principle number six in this book.

INTRODUCTION

The title of this book includes two profound and powerful nouns that have gained greater importance and intrinsic value as the world continues to become increasingly hectic: *purpose and meaning*. But before we get into the seven principles for becoming your best self while finding meaning and purpose in life, I believe it is important to define what these two consequential words mean.

The Merriam-Webster dictionary defines meaning as the "*thing one intends to convey, especially by language*," and "*implication of a hidden or special significance*"; and purpose as "*something set up as an object or end to be attained*." However, these definitions laid out in the dictionary are hard to apply to our own individual experiences, so let's put them in a more personal, relatable context.

A few pages back, I mentioned that some of us have ended up where we are due to a series of unplanned yet life-changing decisions, like a sailboat eventually finding land after drifting at the mercy of changing winds in the open sea. Some may call it fate, others may call it luck, but one thing is certain: it didn't feel like you were at the helm, did it?

In some ways, events in your life happened because they came up or were brought to you by others, and you went along with them. For example, maybe you pursued a college degree because your parents or relatives expected it. Perhaps a friend offered you a job that led to your current position, shaping your career path, which you may not be entirely happy with. Maybe you decided to live with or marry your current partner because of an unexpected pregnancy.

Either way, the direction your life has taken in the past may not have come from your planned and intentional decision to pursue any of those actions, but

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you went along with them. I am not saying that opportunities presented by others are always going to result in dark, undesirable outcomes, but we could agree on the fact that perhaps they were not entirely your idea. Within this context, meaning refers to the “*why*” you do the things you do. When you are done with this book, you will have the tools to know all the right reasons for doing what you want to do.

If meaning is about the “*why*,” then purpose is all about the “*what*.” What you are meant to be or do. Once you find your purpose, you will feel like whatever you are doing is taking you somewhere you can visualize, somewhere you WANT to be. You will feel motivated, driven, excited, confident, focused, and happy because now you can see in your mind who you can and want to be since you have found your true north.

As you progress through the following seven principles, you will learn to discern what is important in your life, what adds value, and what you need to let go of. I must warn you first: this will not be an easy or quick task. You must be willing to make some tough decisions, be patient, assertive, disciplined, and self-accountable if you want to experience true transformation into the BEST version of you.

FIVE SUGGESTIONS TO GET THE MOST OUT OF THIS BOOK

This book is all about growth through self-reflection, self-awareness, and a burning desire for continuous learning while on this transformative journey we call life. To get the most out of it, I recommend doing the following things:

1. **Read this book at least twice.** Like any good movie with a great plot, sometimes you need to watch it twice to pick up on clues you might have missed, helping you connect all the dots and gain a clear understanding of the entire story.
2. **Read the book with a pen, pencil, or highlighter.** Underline or highlight any part of this book that resonates with you. As you read it again, it will be easier to find these points and reflect on whether you have acted on them or still need to.
3. **Write down your thoughts or questions in the "notes" section at the end of each chapter.** This will make it easier to find and reflect on them as you experience your own transformation from applying these seven principles.
4. **Apply each principle immediately as you learn it.** Don't wait to read the entire book before you start applying them. Just like anything else in life, you will become better at each principle the more you apply it. Trust me, I still am!
5. **Check up on your transformation journey by picking up this book 3, 6, 12, 18, and 24 months after reading it.** You'll be amazed at how much you can change.

Now, let's dive into the seven principles for finding meaning and purpose in your life.

PRINCIPLE #1: TAKE CHARGE OF YOUR LIFE NOW!



"You just can't let life happen to you; you have to
make life happen." Idowu Koyenikan

THE JOURNEY STARTS WITHIN YOU

Let this first principle signal the commencement of a journey of self-exploration and transformation. Make it the beginning of a new chapter in the story of your life, a story you get to write and star in, because from this point forward, you, and only you, are in charge of your life.

How many times have you shared with other people how badly you would like to learn to play a musical instrument, or a great idea for a new product, or how much you would love to travel to exotic places? Better yet, how many times have you thought about what is holding you back from doing any of those things you have long fantasized about? Perhaps very few, or perhaps you've always found a "valid" reason for not doing it. At the end of the day, it boils down to YOU and your unwillingness to see any of those things through. I've always said, "Where there is a will, there is a way," and many times, we just have the will to do the least difficult or least meaningful things.

It is not unusual for us to deflect responsibility for our actions, or lack thereof, onto aspects of our lives we believe are out of our control. You could easily provide a couple of good reasons why you haven't acted on those things you've thought about for so long. But let's be honest, those aren't reasons—they're excuses you tell yourself to stay in your comfort zone.

You might think the real reason for not doing those things is that they aren't that important to you, you don't have the time, or you believe they'll happen at the right time. However, despite the reasons or excuses you come up with, there's one thing you need to realize: if you want to get out of the rut, out of the cyclical madness, YOU and only YOU can make those things happen. You've got to start taking the reins of your life now. If you don't, someone else will!