



Young
Changemakers



KNOW THYSELF

INTRODUCTION

“If you don’t design your own life plan, chances are you’ll fall into someone else’s plan. And guess what they have planned for you? Not much.”

Jim John

We are all Changemakers, every single of us. Young, old and everyone in between - we all have the power to initiate change, both within ourselves and throughout the world. It’s just that many of us don’t know what we are capable of.... YET. It all starts with a simple question. Who am I?

Who am I now and who do I hope to be in the future? What are my dreams, my goals, my ambitions, my hopes, my fears? And once I know all of these answers, what is my purpose and my reason for being here?

Creating a life in alignment with your purpose is the golden ticket for a successful and meaningful future. Regardless of your current age or place in life, it is vitally important to take the time to consider what makes you...well, YOU! Without this sacred knowledge, you are at risk for living a mediocre life, one that does not inspire you to fulfill your innate gifts and passions, and that is not why you are on this earth at this exact moment in time.



Think about the adults that you know. Too many of them drag themselves through the day only to collapse into bed at night, unfulfilled and exhausted, out of money and lacking the energy to wake up the next day to do it all again. **DON'T LET THIS BE YOU AS AN ADULT!!!**

Take the time **NOW** to figure out what's going to make you spring out of bed and get going on what you were born to do!

Regardless of your age, it's not too early (or too late) to do a little work to figure out what that is. Think long and hard about your future occupation. If you take care of yourself, you are going to have a long and healthy life. How do you want to spend it? What do you want to accomplish?

One of the goals of Changemaker Communities is to encourage young people to find a life direction before they commit to life debt. Colleges and Universities are almost more than the average person can afford these days and the price tag is just going up from here. High school graduates give more thought to what kind of used car they want to buy than what kind of career they should pursue for their life-long work. That needs to change.

Our other goal is to give you something bigger than yourself to believe in. There is no doubt that teens and young adults need meaning and purpose in their young lives, even more than adults do. Drugs, drinking, suicide, eating disorders, abuse, bullying.... It's all out there and more prevalent than ever. Temptation is everywhere but finding your unique gifts will give you a new direction. People need you. Animals need you. The environment needs you. The world needs you!!! Let's see what unique gifts you have!

“Whatever you can do or dream you can, begin it.

Boldness has genius, power, and magic in it. Begin it now.”

Goethe

Think about this for a moment: In a survey, sixty college students who had recently attempted suicide were asked why they did it. 85% of them said it was because life seemed meaningless. Furthermore, 93% of them lacked a sense of purpose, despite socially active lives, academic achievements **and** supportive families.

How can life be meaningless at this age when life is so full of anticipation for their future? What's going on? What exactly is a life purpose and why haven't people of any age identified with something meaningful?

“This happens in the midst of affluent societies and in the midst of welfare states! For too long we have been dreaming a dream from which we are now waking up: the dream that if you just improve the socio-economic status of people, everything will be ok, people will become happy. The truth is that as the struggle for survival has subsided, the question has emerged: survival for what? Evermore people today have the means to live, but no meaning to live for.”

Viktor Frankl

The definition of a life purpose is simply:

an overall theme for your life.

It is the quality you were born to develop, the type of service you are on earth to deliver, the segment of the planet you have come to enhance, improve or heal. It is much larger than one job, career or business, it pervades your entire life.



Fulfilling your life purpose is not a chore. It should be fun, entertaining and even playful. When you are carrying out your life purpose, time goes by unnoticed. Hours pass by like minutes. You definitely don't feel like you're working.

As a central theme to our life, our life purpose also helps us decide whether to accept a particular job, volunteer for a particular cause, or pursue a career that will not only add meaning to our lives, but might also have a profound impact on the future of humanity and our planet. It also helps us decide which kind of relationships, professional and personal, will best contribute to fulfilling our purpose. When you discover what your purpose is, you have a reason for being, a sense of "coming home" and a motivation for your activities. Not only is life incomplete without it, there is something missing in the world if each of us does not contribute the gifts that we have.

And don't worry. You may not have a lot of life experiences yet, but that's ok. You still know what makes you happy and what makes you sad. You know what seems unfair and you know what needs to be changed.

This is when your life changes. When you become obsessed with improving the quality of your own life, you become a better person, a better student, a better son or daughter, boyfriend or girlfriend and eventually a better employee, husband or wife. By determining what you love to do, you will find your place in society and make the world a better place, just by using your gifts and doing what you are meant to do. Let's get started

"To live is the rarest thing in the world. Most people exist, that is all."

Oscar Wilde