

# 7

## STEPS TO TURN PAIN INTO PURPOSE

### 1. Seek for Meaning

Instead of seeing pain or injury as another's wrongdoing, or even a curse, choose to see it as something that could be a valuable part of your path or curriculum of learning. When you make that choice, you can start to seek the meaning within the pain and digest it in a positive way.



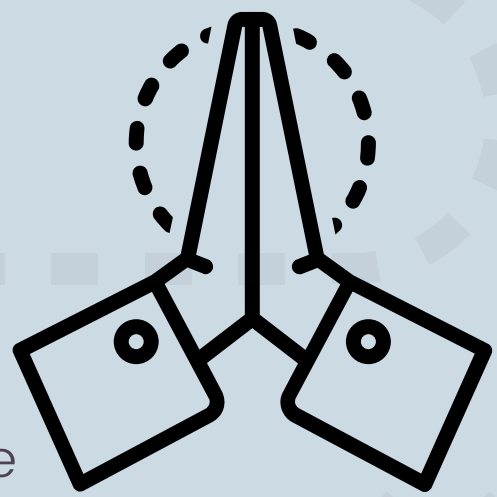
### 2. Learn the Meaning

Take time to reflect on what you have learned through your experience. Ponder on your experience in a quiet place. Write down your thoughts in a journal. How have you grown from your experience? Who else could benefit from what you have learned? Who can you serve as a result?



### 3. Express Gratitude

As you consciously and proactively learn from your experience, you will start to see hidden value in it. Although painful, you will come to recognise it as a valuable learning experience. Expressing gratitude for what you gained from this experience will help you to move forward in a positive direction.



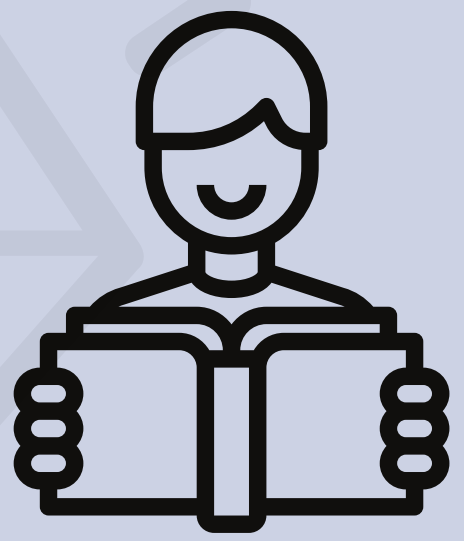
### 4. Forgive

To ensure that there's nothing holding you back as you move on from painful experiences, forgive. Sometimes we need to forgive ourselves, sometimes we need to forgive others. But as we let go of resentment and commit to forgiveness, we will find true freedom to pursue our path.



## 5. Become a Learner

Now that you have digested and made sense of your experience in a positive way, you're ready to move forward on your path. Continue learning about how you can serve others in the aftermath of your experience. Deepen your knowledge and become a learner.



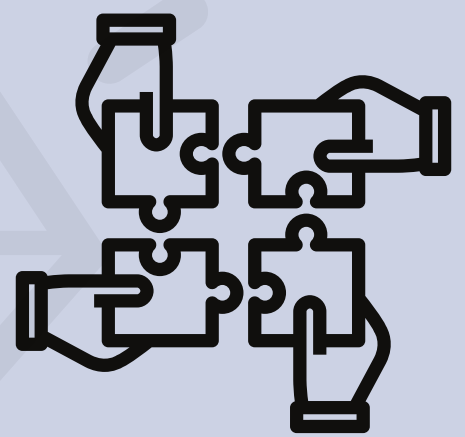
## 6. Become a Creator

Take what you learn and start to create something original – a solution that no one else offers. It might be something that would have helped you when you were struggling. You don't have to create artwork; just things that will help others along their way. Make creativity a habit and become a creator.



## 7. Become a Contributor

Once you have become a creator, you're in a great position to contribute – to help others who may be struggling as you once were. Your learning, creations and contributions will be entirely unique. And they will pave the way to your unique version of success that's both meaningful and lasting. Become a contributor and enjoy the best that life has to offer.



## Want to Learn More?

If you'd like to learn more about how to create a life of purpose, meaning and fulfilment in pursuing your own version of sustainable success then contact Tom English:  
[tom@3stewardships.com](mailto:tom@3stewardships.com).