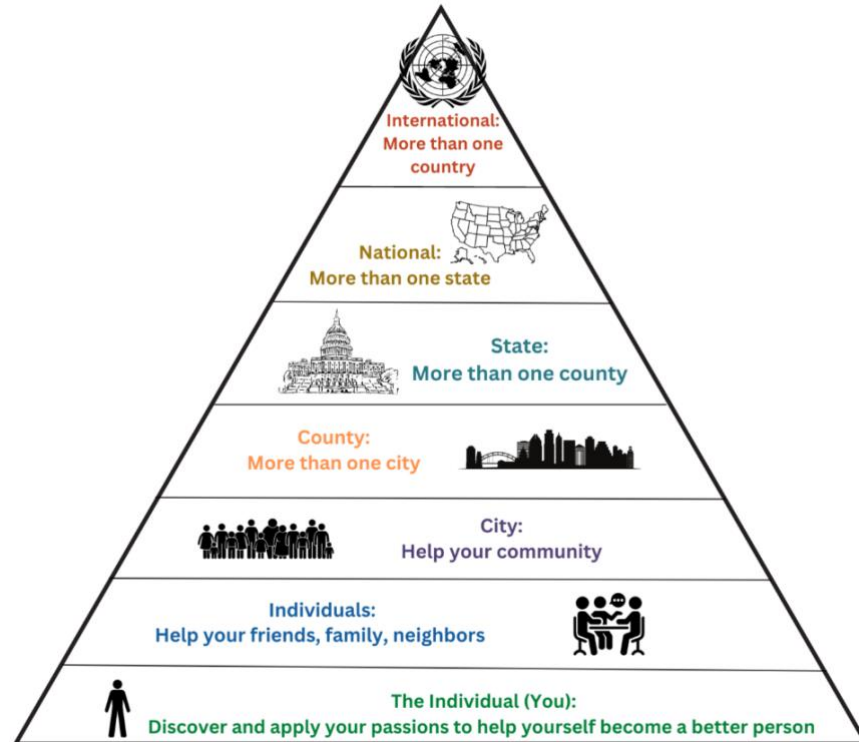


The Life Purpose Pyramid: An Innovate Path to Create Meaning and Purpose

By Dr. Mykim Tran, Humanistic Psychologist



Introduction to the Life Purpose Pyramid

I created the Life Purpose Pyramid to give you an outlet to apply your passion and creativity and create meaning and purpose. While I was studying self-actualization and wanting to help individuals achieve it during my PhD program, I couldn't find a model to fulfill my goal. Therefore, I created the pyramid to give individuals a pathway to use their passion and creativity to reach self-actualization and their full potential. The reason why it is called the Life Purpose Pyramid is because the higher you are on the pyramid, the more meaning and purpose you will experience.

It doesn't matter what kind of passion you have; you can use the pyramid to help you create meaning and purpose and reach self-actualization. The pyramid has seven levels, starting from the bottom and working upward.

The goal of the Life Purpose Pyramid is not to reach the top, which is great and ideal. Instead, it is a path to help you grow and continue to create meaning and purpose throughout your life. For example, many people want to grow but don't know how. The Life Purpose Pyramid is a model to help you grow and increase motivation, avoiding avoid being stuck in life. Even if you are at the top, it doesn't end there because meaning and purpose have no destination. You still need to keep applying your passion and creativity to make a social impact if you want to experience meaning and purpose when you are alive.

Benefits

You will gain a better understanding of yourself, build your character and personality, and become more self-aware of your strengths and weaknesses. Your motivation will increase as you make a social impact, allowing you to experience more meaning and purpose. You will discover your potential and realize that you are a great person because you are doing great things. You will enjoy life more, despite the challenges you face along the journey. In fact, you often enjoy overcoming challenges because they build your resilience. Creating meaning and purpose gives you a sense of belonging, which is a form of human potential.

Level 1: The Individual

The first level is about you—discovering your passion and applying it to improve your life. If your passion does not benefit you, then it is not truly your passion. Discovering and mastering your passion at this level is critical because it will help you successfully assist others as you progress through the pyramid.

This level represents you. You must learn how to discover and master your passion. Your passion is not just what you do but also your identity, personality, and life story. When people observe your behaviors and actions driven by your passion to make a social impact, they will

recognize who you are as an individual. When you use your passion effectively, it is very powerful. And that is why it is critical for you to discover and master your passion.

You should also apply your passion to your life because you are part of your community and society. As you improve, society improves. Your passion is as much as it is for you as it is for others. It is not truly your passion when it does not benefit you.

Applying your passion to your life will help you serve others better. You will understand how your passion works. You will have stories to share with others, not just theories. You set an example for others. You inspire others by showing how you overcome challenges to achieve your goals.

Your passion can benefit everyone, but each in a slightly different way. For example, if your passion helps increase your self-confidence, it can also help others boost their confidence. Maybe not in the same way as you, but it does help in some respects. Everyone uses the same knowledge to become successful. The difference is how each person uses their creativity to apply that knowledge differently. There are limitless ways to apply the same knowledge because creativity has no boundaries, but we all gain the same benefits once we successfully apply that knowledge.

The more you apply your passion, the more stories and opportunities you will have to inspire others. If you ever run out of ways to apply your passion, then it is a sign that you need more learning and development to boost your creativity to apply your passion.

An indicator that you are ready to share your passion with others is when you cannot wait to share it. You want others to receive and experience the same benefits as you. You want others to be as happy as you are. If you don't share your passion and happiness with others, you feel like you are depriving them of their happiness.

Level 2: The Individuals

You want to help a small group of people, such as your family and friends. This is the starting point for experiencing meaning and purpose.

To share your passion with others, you need to create something to share. There are many ways to share your passion. For example, you can create products, services, programs, or procedures. By now, you should have many ways to create and share your passion with others. Below is a recap of ways to share with others:

- Teach others by holding a workshop or class
- Train others through training sessions and seminars
- Write books, blogs, and articles
- Create handouts, worksheets, videos, and audio recordings
- Develop coaching programs
- Create programs and services
- Establish procedures or processes

At this stage, you can start by creating handouts and giving them to your family and friends or even coaching them one-on-one. Feel free to use as many methods as you like. The same methods can be used at different levels, with slight adjustments for each. Remember, creating meaning and purpose is also about creativity. You need to do something different, even if you are using the same method at each level.

Level 3: City level

You are helping a larger group of people, such as your community. For example, you can hold a workshop for your apartment complex or at the public library. If you are using the same methods as in level 1 or 2, be sure to use your creativity.

You should also have a better understanding of your passion and see an increase in your knowledge and skills. If you lack more knowledge, skills, or self-understanding, then that is not true growth. The purpose of the pyramid is to help you experience growth.

Level 4: County level

You share your passion with multiple cities. For example, you can create a program to help a school district, which consists of multiple schools in different cities.

Level 5: State level

You share your passion with multiple counties. For example, you can create a program to help the foster youth system in California, which consists of different counties in the state that follow the same guideline.

Level 6: National level

You share your passion with multiple states. For example, you can create a program to support a federal program such as Wic or Food Stamp.

Level 7: International level

You create programs and services to help multiple countries. Even though different countries have different guidelines, you can tailor one program to fit each country successfully. Reaching level seven is not easy because you must understand different cultures and backgrounds, which require ongoing development and creativity.

However, at this level, you are at the highest level and making the most impact. You will experience a strong sense of meaning and purpose.

Ambition

You must be ambitious and believe in your ideas that you can change the world with your passion. That ambition will motivate you to learn, grow, create, innovate, and take massive action to make an impact and create meaning and purpose.

Your ambition will help you develop a powerful vision where you can leave behind a legacy for the next generation to continue your work and mission. Your legacy has no destination because it will be carried out forever. This will increase your sense of belonging in the world, allowing you to experience a high level of meaning and purpose while you are alive.

Personal share of the Life Purpose Pyramid

I will share my personal example of how I apply my passion into the Life Purpose Pyramid to create meaning and purpose. My passion is personal growth, aimed at helping individuals develop a path to better themselves and reach their full potential.

Level 1: The individual

I learned everything about personal growth to help me in my life. I learn how to nourish my body, mind, and spirit. When I apply personal growth into my life, I become a stronger and happier person. I have more self-confidence and self-belief. Therefore, I want others to be as happy as I am. That's how my speaking career started, because I can't wait to share my passion and happiness with others. I started with the topics of health, wellness, and confidence.

Level 2: Individuals

I created handouts and worksheets to give to my family, friends, and individuals who wanted them. I also offer them coaching if they want my service.

Level 3: City

I have held workshops at my apartment complex for the residents there. I also conduct workshops at the public library to support my community. I continue to distribute handouts and worksheets at the workshops and provide coaching if anyone is interested.

Level 4: County

I organized larger events and training sessions. I also started writing books and articles to reach more people. Since not everyone can attend my events, I need to make my books and articles available for purchase or online access so they can access them at their convenience. Otherwise, I won't be able to help many people. Those are the things I do differently at this level.

Level 5: State

I decided to develop online programs so that more people can access my teaching. The more people you help, the more social impact you make, and the more meaning and purpose you will experience. You should be making a greater impact as you move up the pyramid.

My ambition also grows at this level. I wanted to create a personal development course that is mandatory for California high school students before they can graduate. I discovered that many students lack essential life skills and personal development needed to succeed in life. My goal is to help high school students succeed after they graduate and beyond.

Level 6: National

I want to develop a personal development course to be mandatory for all high school students in all 50 states.

Level 7: International

I also want the personal development course to be available to all high school students worldwide before they graduate. I want world peace. I believe that if students are well developed, they can make great decisions to become the best version of themselves, do great work, and thrive. By doing these things, they will develop kindness and compassion, contributing to world peace.

Currently, I am only at level 5. However, this is what I want to do for each level at the moment. It is important for you to do what you believe is right for you now. You can learn and adjust as you discover new ideas.

Do not be discouraged

Do not be discouraged if you don't know what you want to do at higher levels while working at lower levels. Sometimes, you can't see ideas for upper levels when you're not ready for them. For example, suppose you are discovering and applying your passion at the first level; ideas for the upper levels won't manifest until you have accomplished the first level. This is a clear example where you can't help others if you can't help yourself first.

Once you master your passion in your life, ideas will begin to develop for higher levels. While you are at level one, you are learning new things to boost your creativity. Once you have learned enough and your creativity is high, you will be able to develop new ideas for the next level. For instance, I didn't have the idea of incorporating the personal development course at the state level until five years into my career. Also, I didn't realize I needed to conduct studies to develop a successful personal development program until I was in my PhD program in 2020, which was eight years into my career.

At the seven level, working internationally, I have no idea or clue about how to achieve that goal. I need more learning and development to figure out a way to get there. However, I believe that once I master all the lower levels, I will be ready with the knowledge and creativity to develop

ideas for the international level. The truth is, I have more than enough to handle right now. I am currently at level five, and that's already a lot to manage. You should stay focused on your current level and do well at it. When you're ready, the next level idea will develop for you.

Of course, ideas can develop when you are not at that level. Sometimes, you can have an aha moment out of nowhere. For example, you might develop an idea for level six while working on level three. When that happens, you can work on levels three and six simultaneously.

You don't need to spend the same amount of time on all levels. For example, it might take you longer to discover your passion at level one compared to coming up with an idea to help your family and friends at level two. How much time you need to master each level depends on you.

You might also move up and down the pyramid to improve the program at each level as new ideas develop. Your idea for each level should never be set in stone. For example, as I learn new knowledge, I can create a better idea for each level, which means I can replace or add the idea to the level. And that is why there is no destination for the pyramid, but a guideline to help you learn, grow, and innovate to continue experiencing meaning and purpose.

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Dr. Mykim Tran is a humanistic psychologist, entrepreneur, inspirational leader, keynote speaker, and author. She is on a mission to unlock human potential and is committed to helping individuals create meaningful and purposeful lives. Dr. Tran founded and served as the CEO of the Wake-Up Foundation, a nonprofit organization that empowers people to become agents of social change and strengthen communities. Additionally, she is the author of “Life Success Formula: Effective Strategies to Overcome Challenges and Achieve Your Goals,” “Self-Esteem Building: How to Live Your Life as YOU,” and the co-author of “Secrets to Drama-Free Love,” where she emphasizes the importance of self-esteem, self-acceptance, and self-love in nurturing healthy relationships.