

THINK

Feel

SPEAK

Write

DO

A Guide To Fulfilling Your Purpose

R. LEE MOORE, SR.



A Guide To Fulfilling Your Purpose
R. Lee Moore, Sr.

www.thinkfeelspeakwritedo.com

Think, Feel, Speak, Write, Do –

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Think, Feel, Speak, Write, Do
by R. Lee Moore, Sr.
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*“My people are being destroyed
because they don’t know me.*

*Since you have forgotten
the laws of your God,
I will forget to bless your children.”*

—Hosea 4:6

*“Once you live your life on purpose
with passion, you will be available to
be a blessing to yourself, your children
and others around you.”*

—R. Lee Moore, Sr.

*This book is dedicated to all those
I have met on this journey,
some who have tremendously cared for me,
others who have seriously challenged me,
and even for those who sought to do me harm.*

*Without each person I have met
and experience I have had,
I would have never paused
to express extreme gratitude,
explore the depths of forgiveness,
nor learn to patiently wait and trust in Him
whom I call Father,
the Creator of the Universe
and the Source of Life for all.*



R. LEE MOORE, SR.

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A Guide To Fulfilling Your Purpose

Foreword

Do you ever ask yourself, “What am I doing here?” “Why do I exist?” “What is my purpose in life?” Most of us are too busy living to stop and think what our lives are all about. We work and work like machines, simply waiting to collect the pension at the end of the rainbow. We do what we have to do to survive in this world and often never get to actually live.

Ask yourself, “If I had all the resources I needed, including people and time, what would I be doing?” More than likely, your answer won’t be: “Exactly what I am doing now!” Somewhere along the way, during our struggle to be like the “Jones”, we have lost our dreams, just like the “Jones”, and have settled for what the world has defined as “a normal, everyday life.”

But deep down inside we yearn for more. Not necessarily for more money, but for a more fulfilling life. We know we are created to be more than ordinary and not to merely exist.

There once was a young man who lived sometime ago in a country not quite like ours. He discovered the way to live life on purpose. He didn’t conform to his parents’ ideas of what he should do in life. He saw beyond the traditions of the religious leaders of his day. Instead, Jesus became the vanguard of one living as a reflection of the Creator.

He left us with the perfect example to follow, by which we, too, can fulfill our divine purpose. “*The thief’s purpose is to steal and kill and destroy. My purpose is to give them a rich and satisfying life.*” (John 10:10)

Thinking, feeling, speaking, writing and doing is the process we all can use to fulfill our divine purpose in life. Many of us are frustrated, confused, lack enthusiasm and are going through the motions of life because we are not doing what we have been created to do. We have settled for the world's definition of who we are rather than agreeing with God, who has created us ON PURPOSE.

For those who are challenged to live a rich and satisfying life or those who have that nagging intuition that there is more to life than what you are living, read and apply what you find on the following pages.

Begin to think often, and with passion, the thoughts that support your purpose in life. Then, watch things begin to happen for you. These intentional thoughts literally create situations and circumstances that will guide you toward fulfilling your divine purpose.

Cautiously speak these thoughts only to those who support your goals. Carefully write your vision, clearly and concisely. Be determined and diligent to do what you have discovered and you will begin to fulfill your true, God-given purpose in life. *Get started today!*



“I am _____,
_____,
_____,
_____.”

Write who
you *think*
you are above.

Paste Your
Picture Here...

*“I am who and
what I think I am.”*

T H I N K

Think ¹

- to have a conscious mind, to some extent of reasoning, remembering experiences, making rational decisions.
- to have a certain thing as the subject of one's thoughts.
- to call something to one's conscious mind.
- to consider something as a possible action, choice, etc.
- to invent or conceive of something.

“I think I will...”

How many times have we repeated that phrase in a day? “I think I’d better get up now and get ready for work.” That casual thought begins the process of our legs moving to get out of bed and begin doing what we normally do to prepare for another day on the job. But as suddenly as that thought enters our mind, another opposing thought quickly replaces it with, “But I think I’ll just lay here for a few more minutes.” Our legs instantly turn to jelly and our body relaxes as if being massaged by its own private masseuse. Our mind is fantastic and fickle.

*“Our mind
is fantastic
and fickle.”*

Thinking begins every action we perform

Even when we automatically act without a conscious thought, thinking happens first. Scratching an itch, coughing when the inside of our throat is tickled or even laughing at what seems funny, all happen after a thought is produced in our mind. No one acts without thinking! “I wasn’t thinking” is an expression we use to define something dumb we may have done or said. In fact, you were thinking, only about something other than what you should have been thinking of. Remarkably, our mind never stops producing thoughts.

Our mind, which resides in our brain, protected by our skull produces innumerable thoughts without a single pause. Experts estimate that we are capable of having over 1,200 conscious or unconscious thoughts a day while still others estimate even higher

numbers. While thinking is produced inside our mind, we know those thoughts go out into an unseen dimension to mysteriously and silently continue their work. We are generally not aware of the tremendous task a thought performs on behalf of its originator. A thought enters our mind and when fully formed, begins to produce results, whether we like it or not, whether we are aware of the consequences or not, or whether it serves our best interest or not. It does what we think. Thoughts are things that act on our behalf.

Our brain is an astonishing organ. We may never utilize nor understand the full capacity of what we may accomplish if we were to fully use it. The debate rages on whether we use 10% or more of our brain. Certainly that is an interesting discussion.

*“Think about things
that are excellent
and worthy of praise.”*

However, what is more significant is the fact that we have an unlimited capacity to learn. Our brains can never become so full of information or data that it is no longer

able to continue storing information, unlike even the largest computer hard drives.

Because our brain is so uniquely and fantastically made, doesn't it stand to reason that the functioning part of our brain, namely our mind and the thoughts it produces, are no less incredible in nature?

Since we are formed in the image, likeness or reflection of our Creator, we should do something similar to what He does; we should co-create! We imagine great and wonderful things, draw the plans, consider the costs and build what we imagined into a physical reality. But our creative “powers” do not end with what our hands can produce. Many thoughts that our mind has



produced have materialized into events and deeds. We create situations and circumstances all the time, but we seldom credit or recognize them as being a product of our thoughts.

Ever notice when you have constant thoughts of being late, things begin to happen to cause you to be late? You can't find an article of clothing, your keys or wallet; the public transportation is later than usual; all the slower drivers end up in front of you; you can't find a parking space, and on and on. Yes, concentrating on being late creates the thoughts that go on a mission to create lateness on our behalf. Perhaps we should concentrate on being on time.

*“You are
worthy and
valuable.”*

*Think that
instead.”*

I'm sure we all, at one time or another, have had someone on our mind that we just couldn't stop thinking about. Sooner or later, our phone rings and who would be on the other end? That person we were thinking about! Thoughts can act as messengers. Be careful what messages you are sending.

“I think I will...”

Thoughts create

Our mind creates thoughts that turn the images we imagine into reality. Ever hear a noise at home late at night in the dark? Our mind tells us something or someone is in our home or room and will do us harm when it finds us. We begin to see the danger in our thoughts and produce a scene no less dramatic than one performed on a Broadway stage. Our heart beats faster, the adrenaline starts to flow; we look for weapons for protection or scheme an escape route if we have to run! Already you are thinking, “How fast and far can I run?” or “Don’t make me come out there and hurt somebody!” Our mind created a thought that produced a fearful disposition, whether real danger was imminent or not. Tell me, why doesn’t a strange noise in your home late at night ever mean

*“A mind
is a terrible
thing to waste!”*

that someone is there to leave the keys to a brand-new car or a stack of money on your nightstand? *Imagine that instead.*

If we realized how powerful our thoughts were, we would be more discerning about the things we think.

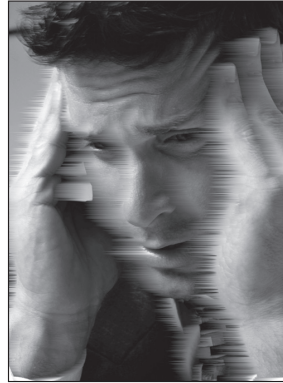
We would protect our head, consider what we feed our brain and better control the thoughts that come from our mind. We would use our mind more often to think positive, productive thoughts that would serve us and others well.

We would send positive, wholesome and helpful thoughts into the universe instead of negative, harmful or counterproductive thoughts. Indeed, the United Negro College Fund’s motto says it all, “A mind is a terrible thing to waste!”

The Apostle Paul says in Philippians 4:8, “*And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.*”

Paul must have known that the power of thought pushes us toward our purpose, rather than pulls us away from our God-given destiny.

Our mind is capable of thinking all sorts of thoughts, from belly-laughing humor to gut-wrenching tragedy. We think thoughts of our past and present with the same ease with which we think about our future. We think correct, accurate thoughts as well as thoughts that are wrong and inaccurate, sometimes without ever noticing the difference between the two.



Sometimes our wrong thoughts become our dominant thoughts that go out and accomplish a task with the same intensity as if they were right. Our thoughts, right or wrong, when allowed to run wild, will accomplish their end, whether we want them to or not.

Private thoughts of “I’m stupid or unworthy” create conditions for errors and inferior positions in life. We are what we think – not what others think, but what we THINK others think of us. We send out thought messages that say, “Don’t choose me, I’m unworthy” or “Don’t trust me, I’m a failure.”

Our thoughts produce actions that support and confirm our incorrect thinking.

*“No matter what I do, I can’t get ahead
or do enough.”*

*“If I have all that I really want,
people will be jealous of me.”*

“No one loves me for myself.”

*“Everybody can’t be rich; there isn’t
enough money for everyone.”*

“It is what it is!”

Although these thoughts are not true, some think these toxic thoughts to themselves on a daily basis, thus reinforcing their negative messages. Thoughts are creative, whether they are right or wrong.

Thoughts can make you sick

The right side of our brain contains the impulses to imagine or visualize. We visualize or perceive the world around us through our thoughts. Events that take place are viewed as positive or negative depending on our perception or imagination. If thoughts are positive, our outlook on the world will be positive, giving us a happy and healthy physical environment.

Negative thoughts can be the central cause of many ailments in our physical body. When our thoughts cause us to be stressed, our bodies become physically tense, which produces a condition of unease or dis-ease (disease).

Any negative thought repeated over and over again can become part of our framework and manifest itself physically, either in the form of pain or disease. ¹Studies have pinpointed some of the ailments and diseases associated with particular thoughts:

“I think I will...”

Think, Feel, Speak, Write, Do –

- Bearing the brunt of others - *ankle pain*
- Overly concerned about future - *right shoulder pain*
- Holding to past traumas - *left shoulder pain*
- Turmoil in relationships - *pain in the thighs*
- Inability to adapt to new circumstances - *knee pain*
- Excessive anger - *recurrent fever*
- Emotional problems and melancholy - *heart problems*
- Extreme need to control situations and dominate people - *diabetes*
- Confusion and indecisiveness - *migraines*
- Emotional insecurities and fear of rejection - *obesity*
- Personal and financial insecurities - *low back pain*
- Resentments and feeling of guilt - *cancer*

The list goes on and on. Whether you agree or disagree with these conclusions, it is still a proven fact that extreme and continuous negative thoughts can cause physical damage to one's body. We say stress causes illnesses, when in fact, it is stressful thoughts that cause illnesses.

Thoughts can kill

Negative thoughts, even if never verbally expressed, will work powerfully against any purpose we may have been born to fulfill. Some have missed their God-appointed life's purpose because of thoughts of inferiority or believing what others have said about them instead of what God had ordained.

Negative thoughts can kill the most hopeful dreams, destroy the best of intentions, and ruin wonderful relationships. “I thought I could say anything to you and you would understand.” “I would try that, but I don’t think I’m good at business.” “I don’t think I would do well in school, so I should probably just look for a job.” “I don’t think they love me any more, since I’ve gained so much weight.” “I don’t think I’m the one whom God has chosen to do something like that.” “Why, what would people think?”



The world is presently without some wonderful teachers, biologists, writers, entrepreneurs, musicians, lawyers, scientists, poets, chemists, carpenters, artists, judges, fathers, singers, doctors, accountants, mothers, photographers, pastors, counselors, police officers, athletes, respiratory therapists, engineers, pharmacists, human services workers, husbands, wives, and a host of other tremendous people who have never reached their potential because they allowed their thoughts to chase their greatness away. Is your unfulfilled purpose on the list?

Think, Feel, Speak, Write, Do –

Thoughts create our reality. As difficult as this may be to understand, it is a fact that from birth our lives are shaped by our thoughts. Our mind is capable of thinking all sorts of thoughts – both positive and negative – that ultimately create the circumstances in which we live.



photo by R. Lee Moore, Sr.

Thoughts can make us physically sick, and can kill our hopes and dreams. Many of the things that appear in our lives, welcomed or not, are attracted by our thoughts. The more we think on purpose and with passion, the more we attract the things that God has intended for us.

“I think I will...”

Thinking Exercise

Write below your dominant thoughts.

What do you think about the most?

If you had all the resources you needed, including people, time and money, what do you think you would be doing?

What Now



“Now that you know...”

Now that you have a clear and practical process that will enable you to discover and fulfill your purpose, what now? What are you going to do with this information? Are you just going to give it the traditional nod of approval, agreeing with the truth you have learned? Will you resolve to apply this process or wait until you carve out time from your busy schedule? Perhaps this is yet another “self-help” book you’ve read, but haven’t “plugged in” to find your passion for life or purpose for living.

“Are people attracted to you, tolerate you or run away when they see you coming?”

Take time to examine your methods and motives for living. Ask yourself, “Have I been living just to see what I can gain for myself and my own interests? Am I living to make a difference in what I have rather than in who I am? Am I going through my day seeking opportunities to be served by others rather than to serve others? Am I living in fear of the future, paralyzed by my past? Do I desire to leave a legacy of peace and goodwill for those who follow me in this life?”

Some of us may be uninformed or ill informed concerning our reason for existing. Perhaps we have gotten so caught up in the process of life that we have neglected the purpose for which we exist. How many needy people have we overlooked, passed by, failed to communicate with, missed speaking a kind word to or refused a pleasant passing glance because we were so engrossed in our own thoughts and issues? We all have experienced hurt,

*“Am I living in
fear of the future,
paralyzed by
my past?”*

such as having regret over things we’ve done or not done and situations that have happened beyond our control.

We allow these things to become reasons why we cannot help others. We rely on them as we do a crutch for a broken leg.

But we fail to realize that there may come a day when no excuse is acceptable. One day, we will need a helping hand or a kind word to get us through our own crisis. After all, we are all in need of a human touch sometime.

Still, we tend to focus on our own needs and desires, and not others. We seem to ascribe to the belief that our purpose is to serve self first and foremost, and then serve others. Unfortunately, some never get past themselves. Even the best intentions of sincere individuals, while making an attempt to be less self-centered, find themselves questioning the “wisdom” of putting others’ interests in front of their own.

*“For what does it
profit a man to gain
the whole world, and
forfeit his life.”*

So, what now? How do we move from where we are to the place that will enable us to better fulfill our divine purpose in life?

Examine yourself

A good place to start is with yourself. Examine yourself first. Ask yourself, “Why do I want to fulfill my true purpose in life? Is the way I’m living making a difference in the world around me? Am I being who I am created to be? If not, why not? Am I

“The greatest among you must be a servant.”

care that others are smiling, comforted, or better off for having me cross their path?”

Mark 8:34-36 says: *“And Jesus called [to Him] the throng with His disciples and said to them, If anyone intends to come after Me, let him deny himself [forget, ignore, disown, and lose sight of himself and his own interests] and take up his cross, and [joining Me as a disciple and siding with My party] follow with Me [continually, cleaving steadfastly to Me].*

For whoever wants to save his [higher, spiritual, eternal] life, will lose it [the lower, natural, temporal life which is lived only on earth]; and whoever gives up his life [which is lived only on earth] for My sake and the Gospel’s will save it [his higher, spiritual life in the eternal kingdom of God].

For what does it profit a man to gain the whole world, and forfeit his life [in the eternal kingdom of God]?” (Amplified Bible)

seeking purpose to gain more for me? Am I seeking purpose to satisfy the need within myself or the need in others? Do I want a better job, business or career? Do I want more money or recognition? Do I

“Everyone has the power for greatness, not for fame but for greatness, because greatness is determined by service.”

“Now that you know...”

“How will I be remembered by others after I transition from this physical realm?”

Now, ask yourself these questions: “How will I be remembered by others after I transition from this physical realm? Will I be remembered as one who only did what was convenient, comfortable, profitable, or affordable? Will anyone remember when I gave of myself to meet the physical, emotional or spiritual need of another?”

Is fulfilling your purpose in life on hold while you ponder all the things you would, could or should do if only you had the opportunity? Is fulfilling your purpose next in line after all the things you want to experience, complete or gain in life have been first realized?

Many individuals, like you, have “died with the music still in them.” Burial grounds are filled with the bones of those with delayed intentions, unfulfilled dreams, and misappropriated greatness.

Many may say, “But I do not want to be great.” This likely is due to a misunderstanding of the difference between being great and being famous. Not all famous people are great, nor are all great people famous. Fame is determined by the number of people that know you; greatness is determined by how well you have served others.

*“Everyone has the power for greatness,
not for fame but for greatness,
because greatness is
determined by service.”*
—Martin Luther King, Jr.

“As human beings, our greatness lies not so much in being able to remake the world – that is the myth of the atomic age – as in being able to remake ourselves.”

–Mahatma Gandhi

“The greatest among you must be a servant.”

–Jesus of Nazareth, (Matthew 23:11)

Examine your relationships

How do you relate to others? Are people attracted to you, tolerate you or run away when they see you coming? Are your friends simply acquaintances or are they truly close friends? Are you a good friend to anyone other than yourself? Are you willing to ask those you know if you are truly a friend? If you were to ask others what they think of you, will you be satisfied with their answers?

How much time do you spend thinking about what others have done to you or not done for you? How often do you consider why your phone or doorbell doesn't ring? Do people relate to you out of love or fear? “I better do this for him, so I won't hear it later.”

“...but you can't fool all the people all the time.”

Do you force your will, manipulate, coerce or use guilt in relating with others? What is your purpose in having those persons in your life?

There is a saying that goes, “You can fool some of the people, all of the time; all of the people, some of the time; but you can't fool all the people all the time.” My clever addition to this quip would be: “And you can't fool God at all!”

Think, Feel, Speak, Write, Do –

What now? What excuse do you have NOT to live your life ON PURPOSE? It is not dependent on circumstances or situations. You have all the time and resources you need right here, right now. You are unique and wonderfully made. You are created for greatness. The world is waiting for you to emerge as that tremendous, caring, enthusiastic, positive, impacting person you are created to be.

Begin *Thinking, Feeling, Speaking, Writing and Doing* on purpose and you will soon discover you too can experience the kind of life that you have desired deep inside and deserve to live. Get started today!



photo by R. Lee Moore, Sr.

The beginning...

“Now that you know...”



A Guide To Fulfilling Your Purpose

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www.dosomethingpositive.org

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The Sovereignty of God is the biblical teaching that all things are under God's rule and control, and that nothing happens without His direction or permission.

www.godrules.us

- **Where to Worship.com**

Where to Worship is a local directory and information center, provided is a listing of churches in certain areas, news and events, profiles of churches and , and other pertinent information.

www.wheretoworship.com

Notes

1. Definitions at the beginning of each chapter: *Dictionary.com*. (2011). Retrieved March 2011, from <http://dictionary.reference.com>

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Feel Your Way to Fulfilling Your Purpose

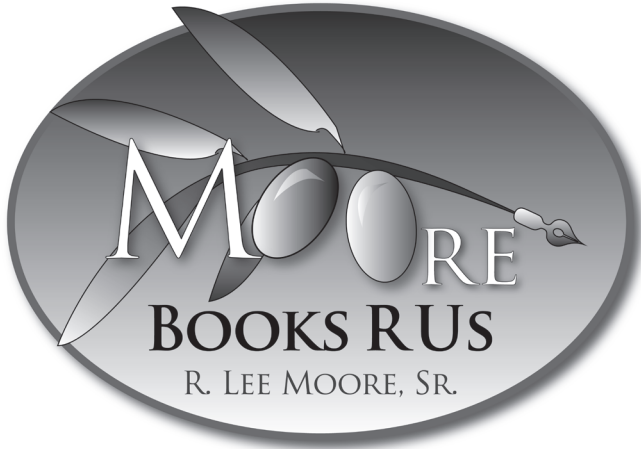
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Lyrics taken from: <http://www.azlyrics.com/lyrics/whitneyhouston/greatestloveofall.html>

Moore Books



The logo for **Moore Books**, is an olive branch with two olives representing the "o"s in Moore. At the end of the branch is a pen tip, of course representing the art of writing.

Why an olive tree branch? It was brought to my attention by a friend who said, "Ron, did you realize that an olive tree bears it's first fruit only after ten years? And that it takes about 50 years to bear it's best?" My interest was peaked. I googled olive tree and discovered that not only does an olive tree begin bearing olives after 10 years but that it's best years of harvest are between 30 - 70 years.

Being in my mid- fifties I realize that I must be an olive tree. My best years are **now** and that I am expecting a greater harvest during these next 10 years.

(R. Lee Moore, Sr. is in the process of writing several books of various genres including fiction, instructional, motivational and inspirational. You may review and purchase these books on our website as they become available.)

www.MooreBooksR.us

*“I tell you the truth, anyone
who believes in me will do
the same works I have done,
and even **greater** works,
because I am going to be
with the Father.”*

— Jesus of Nazareth

(John 14:12)

Thinking, feeling, speaking, writing and doing is the process we all can use to fulfill our divine purpose in life.

Many of us are frustrated, confused, lack enthusiasm and are going through the motions of life because we are not doing what we have been created to do. We have settled for the world's definition of who we are rather than agreeing with God, who has created us ON PURPOSE.

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R. Lee Moore, Sr.

R. LEE MOORE, SR. is a leading marketing and public relations consultant. He has written and lectured nationally as well as internationally for corporate firms, religious institutions and community organizations.

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