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How to know your life purpose in 5 minutes ted

May 5, 2015 TED Talk Of The Week, Adam Leipzig, Life Purpose, Fulfillment Film producer and now motivational speaker Adam Leipzig attended his 25th Yale college reunion. After talking to old friends, he came to an astonishing conclusion - more than 80% of them were unhappy with their lives. Most of his former classmates were financially stable, highly educated and with life partners - but they were unhappy. Leipzig then questioned the 20% who led happy and fulfilling lives and found that most of them had studied what interested them in college, not what they felt would propel them to the right career. He also discovered that they knew something about their very own life purpose. TAKE THIS QUIZ: How to find passion in your life This sweet and well-meaning TED Talk of the Week takes out how to find your life purpose by asking five simple questions: 1. Who are you? 2. What do you love to do? 3. Who are you doing this for? 4. What do they want or need? 5. How do they change as a result of what you give them? Keep an eye out to find out the meaning behind these five questions, and how finding your life's purpose can be much easier than you think. YOU CAN ALSO LIKE: What if money was not an object? [VIDEO] This explains Life - Perfect - in 27 seconds [VIDEO] 5 Life Lessons We Can Learn from Animals [LIST] Adam Leipzig Full text film producer Adam Leipzig's speech: How to know your life Purpose in 5 minutes at tedxMalibu conference. Listen to MP3 Audio here: How to know your life purpose in 5 minutes by Adam Leipzig at TEDxMalibu TRANSCRIPT: On the last night of my 25th college reunion, there was a party in a tent with dancing, and music and noise. So much noise that many of us started slipping out of the tent so we could hear each other talking and catching up with classmates that we hadn't seen in more than 2 decades. When I spoke to my friends, I made an astonishing discovery: 80% of them were unhappy with their lives. I feel like I've wasted my life and I'm halfway through it, they said. I don't know what my life is about. I was privileged to go to Yale, and we were on a summer evening in the middle of Yale's old campus, and the people I spoke to were privileged, and highly educated, and financially educated, and in positions of power. And they had the first house, and the second house, and they had the first spouse, and the second spouse. And 80% of them were unhappy with their lives. Who was happy, the 20%? We had studied literature and Renaissance rhetoric, and we were theatre people and storyants. We had studied classes for the joy of learning, not because we thought they would put direct us to a particular job. We still got jobs, we lived our lives expansively, with life's ups and downs, and we didn't feel like we had wasted a single When I spoke to the 20%, the happier 20%, I discovered that each of them knew something about their life purpose because they knew five things: who they were, what they did, who they did it for, what these people wanted or needed, and what they got out of it, how they changed as a result. READ ALSO: How I Hacked Online Dating by Amy Webb (Transcript) Does It Sound Tough? It's not, it's actually very simple. In fact, it's so simple that you can learn your life purpose now. You'll know the purpose of your life now, within the next five minutes. Would you like to know your life purpose in the next five minutes? [Audience: Yes.] Can you be a little taller? Because they make a lot of noise in the tent and there's just a stupid little microphone next to my cheek to hear you. Would you like to know your life purpose in the next five minutes? [Audience: Yes.] Thanks. In fact, it doesn't even take five minutes. Can I share something else with you? If you're like a lot of us, you've been wondering and worried about your life's purpose for a long time, and there are books, and magazines, and workshops, and seminars about it. In fact, Amazon lists 151,928 books that refer to how you can learn your life purpose. I know some people who have spent their whole lives learning their life goals. We can all agree that the unexamined life is not worth living, but if all you do is investigate, then you don't live. So let's figure out the life purpose right now together: who you are, what you do, who you do it for, what these people want and need, and how they change as a result. Should we do it? [Audience: Yes.] All right. Everyone, in 50, call out your first name. One, two, three, four, five: [The audience shouts] Fabulous. It was the first one, only four left. That's who you are. So what are you doing? What do you love to do? Do you love writing, cooking, designing, creating iOS apps, writing code, crunch numbers, talking, teaching? What do you love to do? And if there are a lot of things that come up for you focus it down by asking yourselves this one question: what is the one thing that right now you feel extremely qualified to teach other people? Think about it in one word. Hold it. Don't let it go yet. On five. What are you doing? One, two, three, four, five: READ ALSO: TD Jakes on 3 Types of Friends (Transcript) [The audience shouts] Great. That's what you do. Think about who you're doing it for, imagine them in your mind, be ready to say it at five. Hold it, don't let it go yet. One, two, three, four, five: [The audience mutters] OK, who do you do it for, let's see it one more time. A little taller, please, over the people in the tent. Who are you doing this for? Together. [The crowd shouts] Thanks. That's the spirit we need. Okay, now. What do all these people want or need? What do they do or need you to have that they have come to you so you can give them this thing. What do they want or need? In one or two words. Hold it, don't let it go yet. And on one, two, three, four, five... [The crowd shouts] Great. This is the best. How do they change? How do they change or transform as a result of what you give them? On counting five, how do they change or transform as a result of what you give them? One, two, three, four, five: [The audience shouts] Fantastic. Let's put it all together in one sentence, okay? All of them, taller than the people in the tent: Who are you? [Audience responds] What are you doing? [Audience responds] Who are you doing this for? [Audience responds] What do they want or need? [Audience responds] How do they change as a result? [Audience responds] Great. You've all just done something that people who went to Yale couldn't find out in 25 years. Congratulations. Give yourselves a hand. Why is that formulation so strong? Because of all the five things you need to know to know what your life purpose is, only two are about yourself. The other three are about other people: who they are, what they want or need, and how they change as a result. In our second installment of TED Talk Tuesday, we bring you a great personal exercise, whether you're in business or not. Adam Leipzig explains that knowing 5 things can certainly open your eyes to your larger life purposes. I can hear the skepticism starting to creep into this page, but at the end of the day, you can pull at least one useful thing out of this talk (trust me). Important takeaways at the bottom. Adam Leipzig: How to Know Your Life Purpose in 5 minute experiences: This is a stop-and-reflect kind of TED talk that preaches passion and generosity. Leipzig maintains that knowledge of these 5 questions can identify your life purpose. Who are you? What are you doing? - What's the best thing for you? Who are you doing this for? - Ex. family, parents, friends, wife, husband, etc. What do they want or need? Why do people come to you for what you do? What do these people get out of it? How do they change as a result of what you do for them? Personally, I am not deeply moved by these 5 issues. I think they require more thought than how Leipzig fared them. Knowing what you love to do and how it helps other people is certainly valuable, but what I really found relatable was the last 2 minutes of the speech. I've been asked countless times what I do (which I'm sure you have too) and I've made the mistake of telling people online marketing and just saying that makes me awkward and small inside. I'm sure if you told people, I sell office supplies, you too might question your larger purpose. Bottom line: If there are 1 things you can take away this TED talk, it should be to identify what the bigger, more external purpose is what you love to do. Once you can do that, not only will it make your work/hobby sound more interesting to other people, but you can just start going into work with more energy and purpose. In case you missed our previous TED Talk Tuesdays, check them out below: Want to check out more awesome TED conversations? Stop at our Best TED Talks for Online Business Owners resource. TED Talk by Adam Leipzig states: How to know your life purpose in five minutes. It seems obscenely optimistic. If it was so easy to discover our life purpose so quickly, why would there be over 151,000 books on Amazon specifically aimed at helping people find their life purpose? Adam Leipzig tells us that the key to discovering our life purpose is simply to know the answer to five questions, three of which have nothing to do with us. He shares a story about a class reunion with his classmates from Yale. This was a collective of those who had been privileged with a heavenly education, expansive real-world connections, and all the best opportunities one could wish for, to go out into the world after college. And yet, out of everyone he spoke to that night, Adam realized that eighty percent of his classmates were insecure and dissatisfied with their life trajectories. And when I talked to the twenty percent, the happier twenty percent, I discovered that each of them knew something about their life purpose because they knew five things: who they were, what they did, who they did it for, what these people wanted or needed, and what they got out of it - how they changed as a result. Let us put these issues in context. 1. Who am I? 2. What should I do? 3. Who am I doing this for? 4. What do these people need/want? 5. What do they get out of it / How do they change as a result? Do you know the answers to these questions? Let your intuition get through. Often, the first answer we whisper to ourselves is the right one. (If you're stuck on question two, Adam recommends considering what you would feel most qualified to teach others.) Why is that formulation so strong? Because of all the five things you need to know to know what your life purpose is, only two are about yourself. Whoa. Game changer. It takes a lot of pressure from you, doesn't it? After all, if it's not about you, it's much easier to assess the right way. We often know, by their very nature, how we can help others. What muddles our actions is usually not knowing how best to help ourselves. The most successful people - in any area - always focus mostly on the people they serve, rather than on how they are served themselves. What do you think? What gift do you have to share with the world? World?

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