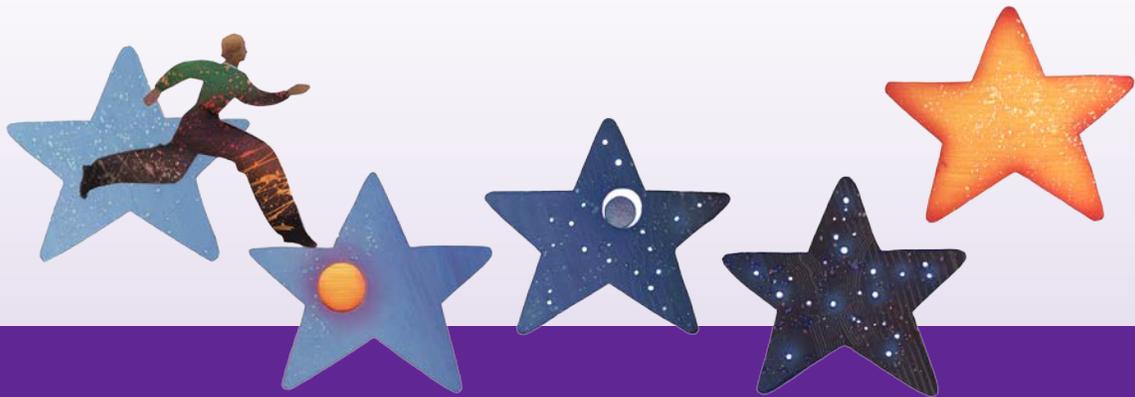


The Journey to  
**LIVE YOUR  
MAGIC!**<sup>TM</sup>



**The Truth About You**  
WORKBOOK SERIES

**YOU ARE IMPORTANT**

*How to Discover and Live Your Personal Mission*

*Larry Anderson with Sarah Janzen*



Book Title: Journey to Live Your MAGIC!<sup>TM</sup>  
Book Subtitle: Workbook Series  
Authors: Larry Anderson and Sarah Janzen

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**Journey to Live Your MAGIC!<sup>TM</sup>**  
*Workbook Series*

**The Truth About You Series**

1. How to Discover Your Gifts
2. How to Make Empowering Choices
3. How to Discover and Live Your Personal Mission

**The Six Tools Series**

4. How to Read to Learn
5. How to Connect With Allies
6. How to Reach Out to Mentors
7. How to Journal For Self-Discovery
8. How to Ask Better Questions
9. How to Meditate to Hear Your Inner Guide

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# YOU ARE IMPORTANT

You are important because you can make a difference in the world by living Your Personal Mission. Your Personal Mission is to serve others, using your unique gifts, *in a way that is meaningful to you.*

You can make a difference every day with simple acts of kindness. You can make a difference, at home, at work and in your community. A kindness is something you selflessly do for others. The gift you will receive in return is the way your kindness will make you feel about yourself.

Once you discover and live Your Personal Mission you will find the fulfillment we all seek. Fulfillment is the foundation of happiness.

The exercises in this workbook will help you to understand how to discover and live Your Personal Mission.

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## *Activity 1.1: Inspiration for Your Personal Mission*

**BEATRIX POTTER:** Storyteller, illustrator, nature expert, Beatrix Potter went from leading an extremely isolated life to becoming a famous and wealthy writer and illustrator of children's books.

If Beatrix Potter's parents had let her go to university, as she so badly wanted to do, she might be remembered today as one of the world's greatest experts on mushrooms. Instead, she became one of the bestselling children's authors of all time.

Beatrix's family was wealthy, but very strict with their daughter. She was raised away from other children, with private tutors teaching her at remote country estates in England. Her parents were determined to keep her at home for the rest of her life, to be their housekeeper and care for them in their old age.

But Beatrix had dreams. She loved nature and all plants and animals, particularly rabbits, and kept many kinds of creatures as pets. She was also an excellent artist who could create detailed and realistic paintings and drawings. Above all, Beatrix had a great imagination, and loved to read and tell stories.

Living such an isolated life, Beatrix became a nature expert, particularly with regard to plants and fungi. With her great artistic talents, she was able to draw illustrations of mushrooms that were so amazing that they earned her respect among naturalists.

The young woman thought she might have a future as a botanist, studying plants, but her parents wouldn't let her pursue a career, and few scientists in the 1800s would have ever taken a woman seriously.

Beatrix felt trapped in her parents' life until a former governess pointed a way out. Beatrix had written letters to this governess's five-year-old-son. In the letters, Beatrix had made up adventure stories about rabbits and other creatures that she loved.

The former governess thought the stories were wonderful, and encouraged Beatrix to turn them into a children's book. By writing the story and doing her own illustrations, Beatrix Potter created *The Tale of Peter Rabbit*. Although one publisher after another turned the project down, Potter would not give up her dream of achievement and independence.

After many years of trying, *The Tale of Peter Rabbit* was finally published. It was a big hit, and so were the books that followed. Characters like Squirrel Nutkin, Jemima Puddle-Duck, and the Flopsy Bunnies became favorites for children across England.

Potter earned enough money to leave home and live her own life. She married, bought a huge farm, and raised as many animals as she liked. Her more than twenty popular children's books made her wealthy and famous, but it was her hard-earned independence that Beatrix Potter treasured most.

# QUESTIONS

1. What personal struggles did Beatrix Potter have before finding her pathway towards her personal mission?

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2. Were the struggles that Beatrix Potter went through worth it? Why or why not?

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3. What steps did Beatrix Potter take to make a change in her life?

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4. Have you ever gone through struggles in your life? How did these struggles teach you to be a stronger person? How can your struggles be the driving force to initiate changes in your life in order to overcome these struggles?

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## *Activity 1.2: Inspiration for Your Personal Mission*

**NORMAN BORLAUG:** Norman Borlaug acted on his conviction that increasing the world's food supply is a huge and essential contributor to world peace.

Ninety-eight people have won the Nobel Peace Prize for their contributions to the human race. Only one of them – Norman Borlaug – was also a member of the U.S. National Wrestling Hall of Fame.

Born to farmers in rural America, Norman was a farmer to his boots – a big, strong youth who loved the land. He might have stayed a farmer all his life, except for two factors. First, he was an exceptional amateur wrestler – a talent that gave him the opportunity to travel and put on exhibition matches. He also credited his wrestling with teaching him never to give up.

Second, he was influenced by his grandfather, who encouraged him to get an education. He told Norman, “You’re wiser to fill your head now if you want to fill your belly later on.”

So Borlaug worked his way through university, studying forestry. His summer jobs took him around the U.S, during the Great Depression of the 1930s. He saw many people literally starving to death, and he realized how easy it was to take food for granted.

When he heard a scientist lecture about breeding plants to fight disease and parasites, Norman Borlaug put the two ideas together – realizing that breeding better crops could help stop people from starving.

That mission became the focus of his life, and Borlaug left farming and wrestling behind. The star athlete became a star pupil, earning a PhD in plant pathology and genetics.

As a scientist, Dr. Borlaug made one discovery after another, developing new strains of wheat that grew healthier, faster, and more easily than existing wheat. Working in Mexico, he helped that country go from a position of wheat shortage to having enough to sell to the world.

Dr. Borlaug then took his improved wheat to India and Pakistan, countries that were facing a major famine. Despite a long list of challenges, including a war between the two nations, Dr. Borlaug got his super crop to produce the best yields ever seen. The terrible famine was greatly reduced, and Norman Borlaug was credited with saving millions of lives.

People called his new ideas about plants a “Green Revolution,” and his theories spread around the world, helping to prevent starvation, the destruction of forests, and fighting over food supplies. In 1970, Norman Borlaug was awarded the Nobel Prize in recognition of his contributions to world peace through increasing food supply.

Until his death in 2009, he kept sharing his message: that the future of civilization depends on everyone having enough food.

## QUESTIONS

1. Your personal mission will not come pre-packaged. Your personal mission will be a combination of many aspects of your life. How did the combination of Norman Borlaug's family roots, education, and wrestling allow him to live out his personal mission?

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2. Norman Borlaug saw that there was a problem that needed to be solved. What was the problem he saw, and how did he help to solve it?

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3. Think about a problem that needs to be solved in your community. What is a problem that should be solved in your community? What would you do to help fix this problem?

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4. Research local organizations in your community that work to benefit others. Choose the one you feel most connected to. Write about what this organization does for its community, and how someone can get involved in the work it does.

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## *Activity 1.3: Inspiration for Your Personal Mission*

**CRAIG KIELBURGER:** Creator of Free The Children, an organization whose purpose is to free child slaves all over the world and provide them with educations, Craig Kielburger was a child himself when his passion to help children began.

One morning in 1995, twelve-year-old Craig Kielburger was flipping through a newspaper, looking for the comics, and he happened to see a headline about the murder of a boy named Iqbal who was about Craig's own age.

Craig read about how Iqbal had been sold into slavery in South Asia at the age of four, and had spent six years chained to a carpet-making machine, working day and night. Iqbal had been killed to stop his campaign for freedom.

That terrible story touched something in Craig, and he determined to pick up Iqbal's cause and work to free children from slavery, poverty, and ignorance. It was a big ambition for a twelve-year-old boy, but Craig says Iqbal's story proved that the bravest voice could live in the smallest body.

So, Craig cut the article out of the paper, took it to school in Thornhill, Ontario, and asked his classmates if they wanted to help. Eleven other kids put their hands up...and that was the start of the group Craig called "Free The Children."

Together, they set out to raise funds, tell people about the plight of child slaves worldwide, and – above all – to help those children get the freedom and education they needed.

Craig friends told other friends, parents, teachers...the word spread quickly, and Free The Children grew by leaps and bounds. Soon, they were working with other groups in third world countries, getting support from companies and associations, and creating their own education and development programs.

Today, Free The Children is the world's largest network of children helping children through education. There are more than one million youth involved in forty-five countries worldwide. They build schools, provide clean water and health care, and fight against the abuse and neglect of children... everything to make life better for other children and youth.

Craig Kielburger is now a grown man, but continues to dedicate his entire life to the cause he started when he was twelve. He flies all over the world, giving speeches and working with various groups that share his passion for justice. Here at home, he helps organize and support student leaders and others who want to change the world for the better.

And it all happened because Kielburger saw something disturbing in the newspaper, and refused to just turn the page.

## QUESTIONS

1. Even though Craig Kielburger was young when he started Free The Children, he was able to make a huge impact on the lives of others. Have you ever seen a problem that needed to be fixed in your community? If so, did you try to do something to help resolve this problem? How did you feel after taking action? What were the results of your actions?

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2. Kielburger demonstrates that young people can make a difference in the lives of others. Look at the headings in your local newspapers. Are there problems that need to be solved? Choose a headline and write about how you would take action towards resolving the problem.

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## *Activity 1.4: Inspiration for Your Personal Mission*

**ALICE WATERS:** Besides being a world-renowned chef and creator of the famous California restaurant Chez Panisse, Alice Waters runs a national campaign promoting organic food and healthy eating for children.

When famous people from Hollywood travel through Berkeley, California, there is only one place to eat: Chez Panisse. It's been named the best restaurant in the United States, and one of the best in the entire world.

The creator of this remarkable eating-place is Alice Waters, who has been voted one of the top chefs on the planet, and is given credit for popularizing organic food in North America.

Waters actually set out to be a teacher, and was studying education in France when she discovered fine food and the fact that organic food, locally grown without chemicals, makes a huge difference in cooking.

Back home, while working as a teacher, she continued studying, cooking, and making delicious meals for friends...and their friends...and their friends' friends. It wasn't long before she thought of opening a restaurant to serve her organic food to everyone.

Within a few years, Chez Panisse was a sensation, and Waters's ideas for fresh, healthy food spread to other restaurants and then to supermarkets and kitchens across North America. She changed the way that many people think about and prepare their food.

Some people might be satisfied with having legions of happy clients, a worldwide reputation, and a series of bestselling books. Other people might have expanded into more restaurants, TV shows, and other ways of building on their wealth and fame—but not Alice Waters. For her, the money and recognition are only tools; it's how you use them that counts.

So, now that she has played a big role in making organic food popular and available, Waters has decided to make another difference in the world. She is using her fame, experience, and knowledge for something else she strongly believes in—helping children.

That's why you'll see one of the world's best chefs going into schools to teach kids (and their parents) about healthy eating and organic food. It's part of her national campaign to fight obesity and other health problems caused by bad eating habits that people develop when they are young. Her dream is to help everyone enjoy a better quality of life through better eating.

So, in the end, Alice Waters is still following her dream of teaching and helping young people.

## QUESTIONS

1. What were the three events that shaped Alice Waters's personal mission? How did the pieces of Waters's story help her to find her personal mission?

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2. Even though Alice Waters had the opportunity to use her success to bring her more fame and wealth, she decided to use these tools to benefit the lives of others. Do you think that Waters gained more for herself by helping others instead of becoming more famous and wealthy? If you had the choice between fame and wealth, and benefiting the lives of others, what would you choose? Why would you choose this?

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3. Alice Waters is using many of the talents she possesses to help others. By combining her passion for food, healthy eating, and teaching, Waters is able to reach many lives and inspire people to live healthy lives. What are your talents and passions? How could you use your talents and passions to help others?

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## *Activity 2.1: Your Personal Mission*

“Be the change you want to see in the world.” – Ghandi

You have the opportunity to find the personal mission within you. Your mission is connected to you. Your mission lives within you. Your mission is a way to serve others that is meaningful to you. No matter how small a change you bring, know that it is significant. No matter what your personal mission is, it is important to you and the people around you.

Everything you do will form your personal mission. Being actively engaged in what is important to you will help you find your mission.

There are two pieces in all personal missions: a way to make a change that is connected to something within you and the ability to serve others in a way that is meaningful to you.

What is your personal mission? What were you put on this earth to do? What problem do you see that needs to be solved? How will you be the change you want to see in the world? Respond to these questions below.

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Develop a plan to fulfil your personal mission and Live Your MAGIC! What will be the first steps you take? What is the final goal you want to achieve? Fill in the chart below to develop a plan. Use your plan as a stepping stone to actually make a real difference in your world. Don't be afraid to put yourself out there and be the change.

