

EP 14 Show Notes- Discovering your Purpose in life with Alexander Michael Gittens | @amgittens

Life without purpose can seem boring and uninteresting. I truly believe that we all have a purpose in life, and we were put on this earth to discover that purpose and to fulfill it. It is our purpose that gives our life true meaning and worth living. Discovering your purpose doesn't have to be hard at all, if we can pay close attention to the things that bring us joy, and dig deep within ourselves, and then have the courage to use our God given talents and abilities to create something that serves us and others. If we can align those talents and abilities with our purpose; there's no telling what miracles and wonders we can accomplish.

My guest today is Alexander Michael Gittens (AMG), and he is an acclaimed business strategist and has provided millions dollars worth in solutions to over 300 businesses in every corner of the globe. He is also an author and a distinguished Keynote speaker, and has given inspirational speeches to thousands of ambitious people of all ages across North America, Germany, Austria, and the Czech Republic. In this episode I talk with AMG about the importance of discovering your life's purpose and how we can manifest it.

Thanks for listening 😊

Questions for AMG

Emeka: Why did you decide to become a Motivational Speaker and Author?

AMG: Growing up I really had no desire to become a speaker or an author. I was really shy and scared of giving speeches. I had to search for purpose and meaning for my life, I struggled for years to find myself, but once I did, I knew I had to share it with the world. And to do this, I had to become a better speaker and writer in order to be able to deliver value. I still don't consider myself a speaker; I'm more of a thought leader.

Emeka: What does it mean to you to discover your purpose in life? FU question- How did you realize your purpose, what steps did you take to come to this realization?

AMG: It means everything! It answers every question of my existence, in a practical way, moment by moment. I was lost, confused, frustrated and insecure, but once I discovered my purpose, it informs all my decisions. I think the search for one's purpose is unique to each individual, it is an opportunity, and maybe it's not important for everyone, but it was for me. I had to fail over and over again to discover my purpose. My hypothesis before was once I got money, success in business, academic credentials, status, I would be fulfilled, but this wasn't the case. When I failed in business, education, there was a space in time when I had to reflect and ask myself- What kind of man do I want to be? I realized I want to be wealthy in legacy, in impact, in character and in values. And it took courage to do this moment by moment.

Emeka: Is it possible to separate your values from your purpose? FU question- If so, how?

AMG: Not for me. The Greatness equation is the best possible you (i.e. my talents, my values, my failures, my hopes, my dreams) multiplied by the biggest possible impact (Utilizing my talents to leave a positive impact on the world). It's impossible to be great outside of your values. Greatness requires this symmetry between your mind, body and spirit. My confidence comes from failing over and over, but getting back up. Why would you want to separate your values from your purpose? That would be a foolish pursuit in my opinion.

Emeka: Why do you think people find it hard to discover their life's purpose? FU question- Do you think fear is a factor?

AMG: Fear is definitely a factor, but it's not the biggest factor. The biggest fear that ambitious people have is investing their time and energy in something, and they don't get to where they need to go. That's why people have no problem spending tens of thousands of dollars in education, because as a society, it's somewhat validated that if you get education, you get ahead in life. People don't want to waste their time; it's a fear of misallocation of resources, time and energy. A larger reason I think is that people have to unlearn life lessons as a society. A study I read showed that 50% of our worldview is in place by the time we are 7 years old, bringing in the nature vs. nurture argument. Asking a 6 yr old what they want to be when they grow up is ridiculous, how would they know? I wrote an article – "I don't know where I'm going, but I know how to get there" and another one "Mask of Money, Myth of Meaning" which touches on this question. So I think the biggest fear people have is squandering their time and not getting what they need or want in life.

Emeka: Why do you think people sometimes give up on their purpose, and is it okay for them to do that?

AMG: Yes, it is okay for people to give up on their purpose if they believe that's the best thing for them. The biggest failure is not getting back up. For me, it's not okay to give up on my purpose, but that's just for me. Everyone has to do what's best for them. I will never tell another person what to do with their lives; I'm not responsible for someone else's journey. They should take stock, fall down, self-reflect, but get back up. The only true failure is staying down. For me all I've ever wanted in my life was to build something awesome with people who share the same cause, so I'll never give up on that.

Emeka: What's next for Alexander Michael Gittens?

AMG: What's next is what's now! Now is the most important thing, because I get to do everything I want to do right now in this moment. I grew up in poor white neighbourhoods, so I had to deal with racist remarks, and people told me to play ball and play music. I bring all of that hurt, passion and disappointment to every moment I'm in. I bring the 12 yr old AMG, I also bring the future man I want to be, husband and father to every moment. I purpose this moment for legacy, all moments. I will be the most me, in every moment of my life. Everything I ever was, and everything I'll ever be is happening right now in this moment.

Emeka: If you could send a message to yourself 20 years ago, what would you tell the younger Alexander?

AMG: I would tell the young AMG nothing! I would let him make his mistakes, and go through everything he needs to go through. The 40 yr version of me will be to create compelling information to be ready for him. I've made so many mistakes; I guess the one thing I would change would be the things I did that affected people I loved with no solution. Absolution is a freedom from guilt or shame, it's releasing the emotional pain, and that's so hard. There've been times I caused that pain for other people, and if I could, I would find a way to remove that or at least my role in that, so they can find their peace & freedom. If I could change anything it would be my actions that cannot be solved or resolved, but has to absolved. My actions that affected other people.

Emeka: If you could sit down and have a conversation over lunch with anyone in the world, who would it be and why?

AMG: Here we go again...Nah, Nah. I'm doing it right now. I don't think or move that way. I'm not someone who hopes or wishes for things, not in an arrogant way. If you read about the upbringing of Michael Faraday, a little known scientist who without his many discoveries on electromagnetism we wouldn't have the modern world the way it is. He almost never became anything because of his low status in life, he didn't have the right education, connections, family or money, but because of his ability to read and his understanding of hard work, he became one of the most celebrated minds in time. But If I could go back in time I don't want to say anything to him, I don't want to get in his way. What I want is to build my ideas so that we can meet and inspire each other.

Emeka: How can the audience learn more about Alexander Michael Gittens? Can you share your social media handles & website address?

AMG: Go to www.AlexanderMichaelGittens.com; IG & Twitter: @amgittens