



# Defining your MTP


## Transcription




This video is our gift for you. It contains an exercise to help you define your own personal massive transformative purpose, or MTP. An MTP can guide you as you navigate our community and your life and career in general.




Let's dive straight. First, let's define what an MTP is and give you some examples of how it can look like, and then let's get you some help in defining the first version of your own MTP. In short, an MTP answers a question of why you do what you do. It's the core drive behind your key choices in life, both personally and professionally.




It's not meant to be a job, a profession, or a particular role, such as being a doctor. Instead, it is meant to capture the deeper motivation behind your activities, career and life choices. For a doctor, a core motivation could be healing people or achieving a healthy world. But besides being a doctor, there can be other ways to fulfil that core motivation.




One can also be a nurse, a nutritionist, filmmaker of health related documentaries, or a fitness instructor. MTP helps you to navigate your life and make important decisions personally and professionally. It is not a goal that can be reached at some future date. Rather, it is a point towards which you strive, perhaps for the rest of your life, but may never quite reach it.



A good analogy are sailors, which use stars in the night sky to help them reach their destination. A chosen star or a set of stars guided them during the entire journey, yet they would obviously never reach the stars themselves. It's like that with your MTP. It acts as a north star that helps you to choose among competing options and provides an overall guidance for the decisions you make as your life and career unfolds.



Finally, best MTPs are never about you. Only they are about the world or the difference you want to make to other people. This is because MTPs, which are only about you, are not very engaging for. For example, if my M T P is to get wealthy or develop myself, you can sympathize with it and wish me good luck, but you won't likely participate or get engaged too much in helping me to advance.



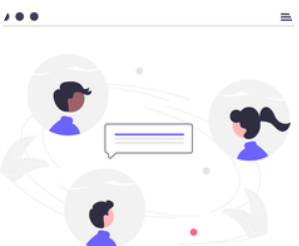
On the other hand, if my M T P would be to resolve world's hunger or regenerate natural ecosystems, that's a different story. You can see that these MTPs are causes that many people can work toward. As such, they can inspire collective action and passion from large communities of people, which is what is needed to make them happen.



Now let's have a look at some sample MTPs to help you define yours. Usually good MTPs are short and succinct. They quickly get to the core of why you do what you do, or even why do you exist. Here are some examples. Empowering entrepreneurs to succeed developing people towards their full. Inspire sustainable innovation.



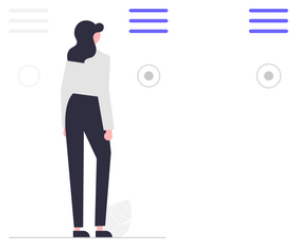
You can notice these have a similar format, a verb, a noun, and sometimes the destination you are aiming to create. You can also have another kind, which describes directly the end state of what you want to achieve. Sustainable world, a hunger-free future, equal opportunities for everyone. The verb is missing in this case, but the statements give a clear description of what you are working towards.



I also want to point out one, Good MTPs don't require much further explanation. There can be a discussion as to the how exactly you are bringing this to life, but there is little ambiguity on the why. In short, MTPs are powerful and impactful statements that articulate the core of what you believe, the core of who you are.



You can often notice a profound change in a conversation when MTP has been spoken. It is truly one of the most important elements of living a fulfilled, inspired, and impactful. Let's now help you to create your own first version of an mtp. One of the ways you can uncover your massive transformative purpose is by looking at an intersection of four different areas or four different questions, which lead you towards it.



Some of you might have come across a Japanese concept called ik, which in short describes a life worth living. We have slightly adapted this concept to help you figure out your m. Your NTP can be found at the intersection of four areas. First, are the things that you are passionate about, things that you love doing. Second, are the things that you are good at doing that play to your strengths. Third, are the things that the world needs from you. This can be your immediate world, such as your family, friends, or an organization or the world in a bigger sense, such as your community, city, country, or perhaps the world.



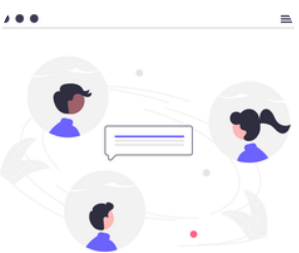
The final question invites you to reflect on what you can be paid for or otherwise rewarded for. It is a bit controversial as sometimes you won't be clear on how to do this upfront. Also, you need to make sure that this element does not in any way limit the boldness of your M T P. That said, as long as we live in a monetary economy, it is important to take this aspect into account as you can only live your MTP long term.



If you can also find a way to sustain yourself while doing. Directly or indirectly, but if you wish, you can consider the final element as optional. In summary, one method of finding your M T P is to look at the intersection of things you love doing, things you are good at, doing, things that the world needs from you, and things that you can be paid or rewarded for at least eventually.



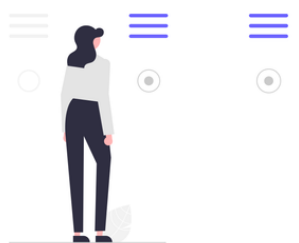
For example, you can take a person with an MTP of building a better future. There are many people in the Open ExO community which have a flavour of this MTP. Going through the four categories, this person could say the following. I am passionate about future people, technology, and innovation. I am good at creative thinking, communication, simplifying things, and empowering others.



The world needs from me to find answers to some of the biggest and most complex challenges existing. Today, I can be rewarded for sharing my experiences and know-how or for building innovation initiatives and successful business. Let's now look at your own MTP using the same method. I would like you to take a pen and paper and I will give you a few questions to reflect on to arrive at the first version of your MTP.



I will also play some background music to help you focus. Ready? Let's do it. Let's start with taking a few deep breaths to get into the right frame of mind. You can close your eyes or keep them. Sit straight on your chair and take a couple of deep breaths, not into your lungs, but all the way into your belly. Both the in breath and the out breath should be calm, slow and spacious, and the out breath should be longer than the in breath.



Breathe in.  
Breathe out.  
Breathe in.  
Breathe out.



Great. Now you can open your eyes if you had them closed, and we will start with the first question. Write down the first answer that comes to your mind. Don't think about it too much. What are you passionate about? What do you love doing? Take 30 seconds to write down your answer. You can pause the video if you need more.

Second question, what are you really good at? What qualities helped you to succeed in the past? Write down your answer.

Third question, what does the world need from you right now? Think first about what does the world mean to you, whom you want to impact? Then answer the main question.



Fourth question, what can you get paid for or rewarded for now or in the future?

Now step back and look at the four answers you wrote. Let's close this exercise by writing down a version 0.1 of your MTP. Don't try to get this perfect. Just write down the first thing that comes to your mind. You will improve it later on. We will do this as a completion of a sentence. My MTP is dot, dot, dot.



Finish that sentence now.

Thank you for following all the way through, and congratulations on completing this exercise. You now have a first version of your MTP. We wish you lots of success in making it happen.

