

PURPOSE DAILY ASSIGNMENT

IN THE FOLLOWING PAGES, I HAVE GIVEN YOU A WORKSHEET THAT YOU WILL FILL OUT FOR 30 DAYS TO HELP YOU FOCUS ON YOUR PURPOSE.

YOU ARE GOING TO REQUIRE YOUR BRAIN TO FOCUS ON YOUR PURPOSE BY TAKING FOUR SPECIFIC STEPS EVERY DAY:

1. FIRST, YOU WILL DO A THOUGHT DOWNLOAD ON YOUR PURPOSE. FOR INSTRUCTIONS ON HOW TO DO A THOUGHT DOWNLOAD, SEE MODULE 2.
2. THEN YOU WILL DO A BRAINSTORM ON POSSIBILITIES, POTENTIALS, AND DREAMS RELATED TO YOUR PURPOSE.
3. THIRD, YOU WILL MAKE A LIST OF EVERYTHING YOU WILL DO AND BE IN RELATION TO YOUR PURPOSE. BE VERY SPECIFIC.
4. FINALLY, YOU WILL DO A UNINTENTIONAL MODEL OF ALIGNMENT ON A THOUGHT YOU FEEL IS AN OBSTACLE TO FULFILLING YOUR PURPOSE, AND THEN AN INTENTIONAL MODEL OF ALIGNMENT USING AN ALTERNATIVE THOUGHT YOU WANT TO BELIEVE INSTEAD. THESE MODELS SHOULD NOT BE THE SAME EVERY DAY. BE ON THE LOOKOUT FOR NEW SPECIFIC THOUGHTS EACH DAY.

DAY 1

DO A BRIEF DOWNLOAD ON YOUR PURPOSE AND THE THOUGHTS YOU ARE HAVING TODAY. ARE YOU LIVING IN ALIGNMENT WITH HOW YOU WANT TO PURPOSEFULLY SPEND YOUR TIME?

BRAINSTORM IDEAS, POSSIBILITIES, DREAMS, AND DESIRES RELATED TO YOUR PURPOSE. BE CREATIVE. WORK HERE. DO NOT GO UNCONSCIOUS. YOU WILL BE AMAZED AT HOW MANY IDEAS YOU CAN GENERATE OVER 30 DAYS.

MAKE A LIST OF EVERYTHING YOU WILL DO (OR HAVE DONE) TODAY THAT RELATES TO YOUR PURPOSE. RECORD ANY THOUGHTS ON THIS LIST.

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