



August



HOW TO LIVE YOUR PURPOSE

AUGUST

HOW TO LIVE YOUR PURPOSE

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Major Lessons We Will Read, Learn, and Discuss This Month

1. What Is a Purpose?
2. What Is *Your* Purpose?
3. The Purpose You Choose (What Will You Do with Your Time?)
4. Creating One Sentence to Define Your Purpose (Not Optional, but Can Change)
5. Who Do You Have to Be to Fulfill It?
6. What Do You Have to Do to Fulfill It? (Doing Further Defines Purpose)
7. Obstacles You'll Face
8. Skills You'll Need

What Is A Purpose?

As a coach, I often get requests to help someone find their purpose in life.

A student will be desperate to discover the one thing that will light them up and motivate them to work hard and spread their passion to millions.

They spend time looking for it in books, in church, in course after course, and in meditation.

But their purpose seems to be elusive.

It's almost like they're playing a treasure hunt game and think that when they find the treasure, everything will make sense.

I know this because I spent years chasing it too.

Purpose is defined as the reason why something exists. Your purpose is the reason why you exist.

Your brain immediately tells you that you don't know why and that you'd better figure it out or it will all be wasted.

Your brain tells you that it had better be good. It had better help the planet or those who are less fortunate. It had better matter so you can justify your existence.

So, we look to others for inspiration. We look at Mother Teresa, who obviously had a purpose. Her life obviously mattered. Or Jeff Bezos who created Amazon and changed the commerce world as we know it – he knew his purpose. And then we start spiraling into guilt because we're pretty sure these people who 'knew' their purpose didn't over-drink or spend any time watching Netflix or YouTube videos.

We're pretty sure we are failing at living a purposeful life.

We have no idea what the point of our existence is, but we're pretty sure we're doing it wrong.

WE HAVE NO IDEA
WHAT THE POINT
OF OUR EXISTENCE
IS, BUT WE'RE
PRETTY SURE WE'RE
DOING IT WRONG.

We like the idea of saving the world, but we're exhausted from our day job or transitioning from one career to another or spending time with kids or family, so we'd better just keep looking for that perfect flavor of purpose that will make it all effortless.

And so, we keep searching and never finding the answer.

Wait. That's not entirely true. We found our purpose a few times. Like when we had those kids or did that one job. We thought that was it. But it wasn't. The unicorns didn't prance around and life didn't become effortless, so that for sure wasn't it.

Back to searching...

What is *Your* Purpose?

So what is your capital P Purpose?

I'm going to tell you.

Are you ready?

Your reason for existing is to exist. That is your purpose.

You don't have to do anything to fulfill your purpose in life.

Your life *is* your purpose.

You are a result. A product.

You are an evolved human being, and being alive is enough.

Did you hear me? Being alive is enough.

You are already enough and completely complete.

You don't *have* to be better, give more, or save the planet.

Your purpose is humanness.

No one is taking notes to see if you do it right. No one is judging you to see if you are good enough. No one is about to give you a grade on how you are doing.

That's *your* job. You are the only one whose opinion matters.

Whatever relationship you have with the spirit within you, and no matter what you call it, that's the only purpose that is. And that purpose, I'm here to tell you, has already been fulfilled.

- You are done.
- You are complete.
- You are already purposeful.

And you are already *magnificent*.

Not because of anything you did or didn't do.

But just because you were born and are here.

You are 100% lovable.

You have already arrived.

So stop trying to arrive at the place where you will prove that you are good enough.

YOU ARE AN
EVOLVED HUMAN
BEING, AND BEING
ALIVE IS ENOUGH..

Relax.

You are already completely good enough.

There's nothing you can be, do, or have to be more purposeful or complete.

Your life will *never* be more valuable than someone else's.

Mother Teresa's life was not more important than yours. Jeff Bezos's life is not more important than yours.

Human life is a complete experience.

This is the finish line of perfection, not the beginning.

So, now what?

The Purpose You Choose (What Will You Do with Your Time?)

SO MANY OF US
ARE TRYING TO
FIND A WAY TO
MATTER, NOT
REALIZING THAT
WE CAN'T MATTER
MORE THAN WE
ALREADY DO.

So, now you know the secret to life. Your purpose is to live on the planet.

You've been doing it for years.

Well done, my friend.

You don't have to do it better or smarter or more lovingly.

Unless you want to.

But the reason to want to is not what you think.

It won't make you better in the eyes of some external Watcher. You are already as better as you can be.

It won't earn you a treasure or prize that will make everything make sense.

But what it will do is make your experience on the planet *way more fun*.

See, you can spend your life sitting on the couch watching Netflix, or you can build a school in Africa. You are still a perfect human.

But your experience of the world will be different while you're here.

Many of us are trying to find a way to matter, not realizing that we can't matter more than we already do.

So, we chase purpose like an elusive lover. We act creepy and weird as we desperately try to find the success that other people already seem to have.

We look at Tom Brady, and we're sure he has lived a better life than we have. He has done it right. He's one of those purposeful ones.

The truth is that Tom Brady has the exact same value as you do, and he has chosen to fulfill a purpose that has made his life way more fun and meaningful to him. It's changed his experience.

Okay, here we go.

1. You don't have to do anything to be more worthy.

You get to choose what you want to do with your life simply because you want to.

2. You get to pick your reason.

Here's what I figured out:

It might seem that once we understand that we don't have to do anything to make our life matter, we wouldn't do anything.

But the opposite is true.

Once you realize there's nothing you have to do, and your entire life can be about what you want to do, you choose a purpose that matters to you.

And only to you.

We think that if we do what we want, we'll only eat pasta and bread and drink wine on the patio. But that's not what happens. In fact, we only buffer and seek false pleasure when we think we aren't good enough as we are.

Here's how I created my purpose...

1. I accepted that I'm already complete as a human, and that I don't need to fix myself or make myself more worthy.
2. I decided that I wanted to have a super fun life (with nothing on the line) by *being an example of what is possible*.
3. I wanted to push the limits of possibility with my mind, my emotions, and my actions *because it makes my life more interesting and helps us evolve as a species*. I wanted to enjoy getting better at things for the sake of enjoying it. Period.

ONCE YOU REALIZE
THERE'S NOTHING
YOU HAVE TO DO,
AND YOUR ENTIRE
LIFE CAN BE ABOUT
WHAT YOU WANT
TO DO, YOU
CHOOSE A
PURPOSE THAT
MATTERS TO YOU.

And that was it.

Once I realized that getting better is fun, and that growing and evolving are interesting, I felt even more alive. I wasn't more alive—I was always as alive as I was ever going to be—but it was an experience I enjoyed so much more.

AND...

It all came from a place of knowing that it was just a bonus. I was already good enough.

My accomplishment was about showing who I already was, not about being a better human.

So, if your purpose is winning a golf championship, playing professional football, or making millions of dollars, the reason for doing it will determine how you experience it in your life.

C: Purpose

T: I have to become more worthy by winning a championship

F: Inadequate

A: Work at mattering

R: Always needing to be *more* worthy

C: Purpose

T: I am complete and want to win a championship

F: Complete and excited

A: Work hard from abundance

R: Win or lose, I am complete already

You can't win enough, earn enough, or give enough to complete yourself. That's really important to know.

As you do the first week's exercise, you will go through the process of accepting your good-enoughness and then decide what you want to do with your life and how you want to spend your time on earth.

Your purpose for existing is existing.

How you want to spend your time existing is your choice.

You simply decide.

Creating One Sentence to Define Your Purpose (Not Optional, but Can Change)

YOU CAN SPEND
YOUR TIME DOING
ANYTHING YOU
WANT, AND THE
ONLY THING IT
WILL REALLY
AFFECT IS HOW
YOU EXPERIENCE
YOUR TIME.

I just gave some of you the worst news ever.

You have to decide. You have to make a decision.
You can't be confused or overwhelmed.

You're worried about making the *right* decision.

Stop it.

Just pick.

There is no consequence that you don't create
with your mind.

You can spend your time doing anything you
want, and the only thing it will really affect is how
you experience *your* time.

You have nothing to lose.

.
Let me tell you how this works for me.

I'm going to ask you to create one sentence to define your purpose.

Mine is: I want to free humans from the Matrix as a results-based teacher and coach.

It lets me focus on managing my brain better, creating better feelings, and creating better results.

It lets me set goals, be afraid, fail often, share my results, teach, and expand my world with more students, money, knowledge, and experience.

It asks me to think bigger.

It doesn't prevent me from feeling terrible half the time, but nothing can.

I just decided I would rather feel terrible about failing at my big goal than feel terrible about eating too much ice cream.

One isn't more valuable than the other—it's just my own choice.

So now, as I ask you to come up with your sentence, you may think it's such an important sentence that you can't possibly decide.

And if you do this, you'll indulge in confusion, overwhelm, and inaction.

And that's okay.

There's no reason to beat yourself up over this.

You are still 100% awesome as you are.

But trust me and pick a sentence. Give yourself one hour, max.

You can copy mine or you can copy someone else's, but pick one.

Here are some:

I want to love.

I want to create art.

I want to win.

I want to make lots of money.

I want to build a school.

I want to be famous.

I want to be a rock star poet.

I want to be president.

I want to be a loving dad.

I want to help end child abuse.

CREATION.
CONTRIBUTION.
EVOLEMENT.
THESE ARE
BYPRODUCTS OF
DOING WHAT WE
WANT, NOT THE
REQUIREMENT.

Now, notice if you think that some are better or more worthy than others. Please trust that how you live your life is totally up to you, and only your opinion matters. If you're trying to prove something or get something, you'll miss the ultimate joy that comes from living your life the way you want to simply for your own sake.

This is not self indulgent.

Some people will tell you that you should live your life for others or that you should be focused on others at your own expense. This is always a lie. What's true is that your life is totally your choice. If you live a life focused on others, it had better bring you a ton of joy. Otherwise, you're bringing more resentment and frustration to the world, and that's the last thing we need.

As humans, I believe our highest form of expression and evolvment comes from following what we *want*—our true desires and not our false pleasures.

Creation. Contribution. Evolvment. These are byproducts of doing what we want, not the requirement.

Michael Jordan didn't set out to be an inspiration to millions. He simply wanted to play basketball. And he did.

So, what is your sentence?

What would you want it to be if no one was looking?

If it didn't have to be worthy or altruistic?

Make sure you do your Week #1 exercise. Just decide.

Who Do You Have to *Be* to Fulfill It?

One of the best distinctions that helps me live a life I want to live is the difference between who I am and what I do.

Who I get to be is different from where I get to do it.

I had a student who wanted me to give him permission to quit his job.

YOUR PURPOSE IN
LIFE IS NOT THE
JOB YOU DO—IT'S
WHO YOU ARE.
WHO YOU GET TO
BE.

First of all, he doesn't need my permission to do anything.

Second, I don't think he should quit this job he hates.

I know this might seem like the opposite of what a life coach would tell their student, but for me, it's what I always tell my students when they are in a hurry to quit a job, a marriage, or weight they hate.

Your purpose in life is not the job you do—it's who you are. Who you get to be.

I am a coach.

But I would be a coach if I worked at a gas station, Merrill Lynch, or behind a bar.

Who I am and the work I do in the world is not something that's delivered to me externally. It's something I take with me wherever I go. This is my deepest joy and sense of freedom.

I want my students to have this joy.

I want my students to know that they don't have to change anything externally to be happy.

WHEN YOU
RECOGNIZE THAT
YOUR PURPOSE
WHO YOU ARE
BEING, THEN YOU
CAN START *DOING*
IT NOW.

Their “purpose” is found where they are right now. In whatever life circumstance they find themselves.

I told my student who wants to quit his job that he should stay in his job until he does the internal work of finding and creating happiness while still there. Then, from that space, he can decide to make a change or not.

Notice this with your yourself. Notice if you are trying to change from the outside in or the inside out. Then remind yourself that purpose isn’t “out there”—it’s “in there.”

This distinction will save you so much time.

When you’re looking for your purpose in an important job or career, you have to wait until you find it to start living it.

When you recognize that your purpose is who you are *being*, then you can start *doing* it now.

For instance, my purpose is to *be* a results-based teacher and coach.

I can do that anywhere and with any job.

I can do that with my friends, with my girlfriend, in my business, and when I travel internationally.

If I lost my job, money, girlfriend, or friends, I could still live my purpose.

Who I need to be to fulfill my purpose:

Courageous.

A big thinker.

A risk taker.

A teacher.

A scholar.

Someone who coaches himself.

Someone who loves himself and others unconditionally.

Someone who fails.

Someone who feels all of his feelings.

Someone who knows there's nothing more he can do to be good enough.

This month, we will do this same work with you.

You will choose your purpose, and then you will choose who you want to be to fulfill it.

You will choose simply for your wants, your desires, and for fun.

No matter what your job or what your circumstances are, you get to be the person who fulfills their purpose.

What Do You Have to *Do* to Fulfill It? (Doing Further Defines Purpose)

I THOUGHT MY
PURPOSE WAS
SUPPOSED TO FEEL
LOVELY AND
PURPOSEFUL AND
EFFORTLESS AND
RAINBOWY.

Okay, now you know your purpose and you know who you need to be. The next step is deciding what to do.

Don't make it huge and cumbersome so you overwhelm yourself.

Pick one thing at a time.

Pick one area of focus.

It might be your job, your home life, your career, or your volunteer work, but only pick one at a time to go all in.

Pick your one big accomplishment, and then decide everything you would need to do to achieve it.

Let's say it's making 100k in your business.

Pick a time frame.

Then make a list of all the big and little things you need to do to make it happen.

Include the things you need to learn, the cognitive mastery work you will need to do, and the offers you will need to make.

Then put them in order and on the calendar.

Get to work on your purpose.

"But wait," you say.

I THOUGHT MY
PURPOSE WAS
SUPPOSED TO FEEL
LOVELY AND
PURPOSEFUL AND
EFFORTLESS AND
RAINBOWY.

“That feels icky.”

“I thought my purpose was supposed to feel lovely and purposeful and effortless and easy.”

“This feels hard.”

Yeah. Sorry about that. Living your purpose will be hard.

But hard is worth it. Hard feels good. Hard is what makes easy possible.

You can't have anything easy without equal parts hard.

Most of it you won't want to do—do it anyway.

Do it because you said you would.

Do it for you.

Thank yourself for doing it.

Do it because you really want the result it will create.

It's so easy not to do it. And you are welcome to live easy.

Except, remember—you can't escape hard, ever.

You will either have the hard of doing it or the hard of not doing it.

I promise, the hard of doing it is way better.

This month is about being and then doing your purpose.

If you really want to have more purpose, stop looking for it, and start doing it.

Obstacles You'll Face in Living Your Purpose

ONE OF THE BEST
WAYS TO HAVE A
PURPOSEFUL LIFE IS
TO THINK
PURPOSEFUL
THOUGHTS.

The Main Obstacle: Your Primitive Brain

You will die.

You're not good enough.

It's all too dangerous.

Change is bad.

Hiding is safe.

It's not your brain's fault. It's trying to help you survive.

But if you listen to its outdated messages, you will spend your life on the couch buffering, in a job for security, or in a marriage of convenience.

Solving the overall obstacle of your brain is what cognitive mastery is all about. It's the skillset of learning how to be aware of what your brain thinks automatically and then deciding what to think on purpose.

One of the best ways to have a purposeful life is to think purposeful thoughts.

Remember, your brain wants to be efficient and think thoughts that it has always thought. This will not serve you in creating anything new or interesting.

Your brain is your biggest obstacle, but it's also your most magnificent tool. There's nothing more powerful on the planet. When you direct it, it will create anything you want.

So, direct it with what you want to think and believe. This way, you will be able to feel and act with a lot more purpose.

Obstacle: Procrastination

Your brain will always come up with great reasons as to why now is not a good time to take action.

It can always find a justifiable excuse.

Be prepared for this and plan on it. Have an answer for how to handle it when it inevitably happens. It will seem completely legit, and it really isn't. If you want to follow through on your plans and actions, the best way to do that is to anticipate anything that might get in the way.

FIRST, YOU MAKE
THE COMMITMENT.

THEN YOU HAVE
TO USE COURAGE.

THEN YOU DEVELOP
CAPABILITY.

AND ONLY THEN
DO YOU GENERATE
CONFIDENCE.

The answer to procrastination is courage.

As my teacher Dan Sullivan explains:

First, you make the commitment. Then you have to use courage. Then you develop capability. And only then do you generate confidence.

Don't wait for the confidence before you follow through on your commitments. You don't need confidence—you need courage.

Courage means you will have fear, but you will take action anyway.

Notice that when you schedule an appointment, you can't procrastinate it. You can't put off meeting someone when they're already there waiting to meet you. Use this with yourself. Make a commitment to yourself and then make procrastination an action you refuse to take. Once it's on the calendar, you honor it, no matter what.

Obstacle: Confusion

Saying that you don't know what to do or how to do something is the biggest dream stealer I have ever seen.

You are figuring it out.

You are learning how.

You are researching.

You are experimenting.

You are *never, and I mean never*, not knowing.

Not knowing kills your dreams.

Confusion kills your dreams.

It's indulging in a lie that pretends to keep you safe.

Confusion tucks you into a bed of hiding that is so completely boring and uninteresting to your evolving brain, you will need to buffer to cope.

Uncertainty doesn't feel good, and it's completely optional. Supervise your brain carefully and make sure you don't fall into this trap.

Obstacle: Overwhelm

Too many options.

Welcome to the 21st century, my friend.

There are so many beautiful options and so much free will going around.

Your brain will tell you it's all too much and you should seek some pleasure and hide.

You, instead, can delight in the options, and solve overwhelm by constraint and decision making.

The minute you limit your options on purpose and make a decision, overwhelm has nowhere to reside.

I recently bought a couch from Restoration Hardware. There were about 17 options of fabric. I didn't know what any of them were or which one to buy.

I called the store and asked them to narrow it down to the two best choices and to tell me the merits of both.

I decided right then and there, and was done.

You can do the same thing.

Narrow it down to two. Give yourself an hour.

Then pick one and go with it.

You can always change your mind later when you know more, but the most important thing to do to combat overwhelm is to constrain and choose.

I also do this with buying clothes.

I quickly decide what I want, and never look back.

It really is that easy.

Overwhelm is a terrible reason to quit anything—it's mismanagement of your own mind.

Obstacle: Busy

I've been super busy with:

Traveling.

My son's birthday.

A holiday.

Being sick.

My girlfriend visiting.

My broken down car.

UGH.

Whenever I hear excuses like these, I imagine them on a tombstone.

I wonder if they would want that to be the reason they didn't create a life they really enjoyed.

Stop making excuses. Even if you are really, really good at it.

Even if you are totally justified in your reason.

Excuses suck.

Think about it. An excuse is a reason why you didn't get what you want.

Who cares if it's a super awesome excuse.

You still didn't get yours!

Never use the excuse of busy or any of its cousins.

You are only allowed to say, "I didn't want to do it enough."

Skills You Need for Living Your Purpose

Thought Management

You need to learn how to manage your thinking by developing the skills you are learning in Scholars.

You are learning how to become aware of what you think and how your thinking impacts your life. You are making your automatic, unconscious thinking conscious.

You are learning how to think new thoughts and believe new things deliberately.

You are learning how to separate your circumstances, which are always neutral, from your thoughts about them. You are beginning to know that you are not the effect of your life, but you are the cause.

Feeling Management

You need to learn that half of the time, there will be negative emotion, and that's by design. It doesn't mean something has gone wrong or that there's something wrong with you.

The more accepting you are of negative emotion, the more you will be able to process it all the way through. When you can process emotion, you will recognize that there's nothing you can't handle.

Emotions are the worst thing that can happen to a human being, and there isn't any emotion that you don't have the ability to feel.

The deeper your capacity for pain, the deeper your capacity for joy will be.

When you resist emotion, you block all forward momentum and progress, and make it almost impossible to fulfill your self-created destiny.

Massive Action

You need to learn how to take massive action. Massive action means you take action until you get the result you want.

This is different from just action. Action for its own sake may not get you the result you want. Action must be continuous until the result is achieved.

This will require both thought and feeling management to create the ability to take action, even when the result is not perpetuating or providing momentum.

Decision Making

One of the most important skills you can have as an Alpha with a purpose is the ability to make a decision.

Immobilization is caused by a lack of decision making.

So many people are afraid of making the wrong decision that they inadvertently make the decision to fail ahead of time.

Not making a choice is a choice. Indecision is stagnation.

When you make decisions, you create momentum and action. No matter what, you will learn something and refine the answer you're looking for.

Action, not pondering, creates the knowledge you need.

Constraint

There are tons of choices, and that is a beautiful thing.

We love having free will and the bounty of options that living today offers us. But if we aren't careful, we can indulge in overwhelm by not limiting what we are choosing between.

Make some cuts immediately. Narrow the options down to two. Be relentless with this. Be willing to make a mistake.

Be willing to let an idea go by editing out options and taking a stand.

Unconditional Love

Throughout the process of creating and living your purpose, there are a few things you must remember.

You are already complete, perfect, good enough, and 100% lovable.

No one is better than you or worse than you.

Your experience of your life is based on your defined purpose, but nothing is required of you to be whole.

Create from a place of abundance and love to create heaven on earth with the contrast as part of it.

Monthly Assignment

I have given you a worksheet for each week to help you focus on your purpose. Complete that in the beginning of the week before you start your daily assignments.

You might need to repeat an event that has been significantly painful for you. Repeat it as often as needed until you start knowing your new story and releasing the old one.

Then 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.
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 model on a thought you feel is an obstacle to fulfilling your purpose, and then a model on 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.

Week 1

To start this week, you are going to come up with your purpose by answering the questions below.

1. You are already complete and good enough. Do you believe this? Have you been trying to be good enough? Please explain.

2. If you are already done and complete, how do you want to spend your life? What do you want your purpose to be? Brainstorm below and then limit it to one sentence. (Do not give yourself more than an hour to come up with it.)

3. Why? What is your reason for wanting this to be your purpose? Write out what it means to you.

Here are my answers, in case you want some cues.

1. After years of trying to make myself worthy, I accepted that I'm already complete as a human and that I don't need to fix myself or make myself more worthy.
2. I decided that I wanted to have a super fun life (with nothing on the line) by *being an example of what is possible as a results-based coach*.
3. I wanted to push the limits of possibility with my mind, my emotions, and my actions *because it makes my life more interesting and helps us evolve as a species*. I wanted to enjoy getting better at things for the sake of enjoying them. Period.

Day 1

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?

2. 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 a month.

3. Make a list of everything you will do (or have done) today that relates to your purpose. Record any thoughts on this list.

Unintentional
Thought Model

C _____

T _____

F _____

A _____

R _____

Intentional
Thought Model

C _____

T _____

F _____

A _____

R _____

Day 2

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?

2. 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 a month.

3. Make a list of everything you will do (or have done) today that relates to your purpose. Record any thoughts on this list.

Unintentional
Thought Model

C _____

T _____

F _____

A _____

R _____

Intentional
Thought Model

C _____

T _____

F _____

A _____

R _____

Day 3

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?

2. 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 a month.

3. Make a list of everything you will do (or have done) today that relates to your purpose. Record any thoughts on this list.

Unintentional
Thought Model

C _____
T _____
F _____
A _____
R _____

Intentional
Thought Model

C _____
T _____
F _____
A _____
R _____

Day 4

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?

2. 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 a month.

3. Make a list of everything you will do (or have done) today that relates to your purpose. Record any thoughts on this list.

Unintentional
Thought Model

C _____
T _____
F _____
A _____
R _____

Intentional
Thought Model

C _____
T _____
F _____
A _____
R _____

Day 5

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?

2. 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 a month.

3. Make a list of everything you will do (or have done) today that relates to your purpose. Record any thoughts on this list.

Unintentional
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Week 2

Who do you get to be?

When you are living your purpose, who do you get to be? Make a long list and fill the page. Refer back to page 31 to see what my answers were.

[illegible]

Handwriting practice lines consisting of 20 sets of three horizontal dashed lines.

Day 8

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Week 3

1. Write your one sentence purpose below.

2. Pick one area you want to focus on and express your purpose. (This can be your current focus in the Academy: relationships, drinking, buffering elimination, money, business, etc.)

3. What do you want to accomplish in this area, and by when?

4. What do you need to do to accomplish this? (Brainstorm.)

5. When will you complete each of these items? List them in order of completion with a date for each one.

Day 15

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Week 4

What are the five main obstacles you will face in fulfilling your expression of your purpose? Write down each one and your strategy for overcoming it.

Example:

Obstacle: My obstacle is fear and hiding. I do this by indulging in confusion and overwhelm and making the excuse that I am just too busy.

Strategy: I will plan carefully and honor my calendar without fail. I am willing to feel afraid and do the coaching I need to do to overcome it.

Obstacle:

Strategy:

Obstacle:

Strategy:

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Day 22

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KEVIN AILLAUD

LIFE COACH & CONSULTANT

RELATIONSHIPS - ADDICTIONS - HEALTH - WEALTH