



The Purpose Builder™

World-class performers tend to be extremely purposeful, but it's not reserved for the elite few ... WE can have world-class purpose too. Just like getting better at anything, it takes time, practice and effort. Here are a few ways you can start or continue to develop world-class purpose:

1) Believe You Can

We tend to believe what we constantly tell ourselves. You can get started by creating positive affirmations and committing to listening to them every day. **ThinkUp** is an app for you to do just that ... visit <http://apple.co/2rymDk8>. Very important: 1) Download the app for free on iTunes. 2) Choose up to 4 affirmations for free from my category or any other. 3) Record your voice when you are happy and optimistic. The first four affirmations in my category are good examples.

My purpose statements are:

Dates/times I will practice before bed:

(Shoot for 5 days a week for 10 minutes immediately before bed.)

2) Learn from Others Who Are Purposeful

Spending time with others who are purpose driven will help you to realize: 1) What you desire is possible. 2) How others achieved what you want. 3) What we need to do to gain a greater sense of purpose.

Who do I know, who can I get to know or what is a group I can get involved with (in person or virtually) that is purposeful?:

3) Do the Work

Just like getting fit, it doesn't happen on its own. You have to put in the work. Ask yourself: How and when will I be able to spend more time with purposeful people, and when specifically will you practice what you learn?

I will take action by joining this group or reaching out to this person

List date and time

If I am already feeling somewhat purposeful, I will "next level" my effort by doing:

Starting on this date

My plan for practicing what I learn or trying something new over the next two weeks is (list what you will do, how many days per week you will do it, and what time you will do it each day):

Once you believe becoming more purposeful is possible, you start to learn from those who are further along than you, and you commit to putting in the focused work, you are off to the races. I'd like to honor you for the desire to get better and have a positive impact on others.

*Source: This tool is based on proprietary concepts from Sheryl Kline, M.A. CHPC | The Zone Lab, LLC.
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