



Your Purpose. Your Aim.

Your Reason For Getting Up In The Morning.

You may not have considered the first two items, but most of us have wondered about a reason to get up in the morning, at least occasionally. The “purpose practice” is about that reason. What you focus on first thing in the morning has a powerful impact on your whole day.

The 2 Minute Purpose Practice

Waking up on “the wrong side of the bed” does not have to determine your day. Waking up on purpose is a simple practice. All you need is two minutes!

Step 1: Pause

Time Commitment: 0 Seconds

The Practice: Push the pause button. Refrain from checking your voice mail, email, & social media for two minutes. If you check your phone the moment you wake up, you’re high jacking the purpose moment. This habit creates stress. Begin your day without the addictive distraction of your devices!

Step 2: Breathe

Time Commitment: 60 Seconds

The Practice: Sit quietly and take 3 SLOW, DEEP PURPOSE BREATHS until you’re feeling centered. Silently count “one” as you inhale and “two” as you exhale. Do this over and over for one minute.

Step 3: Picture

Time Commitment: 60 Seconds

Focus on your day ahead. Picture the “purpose moments” where you might make a positive difference in someone’s life. Envision how you can “grow & give”, today? Our “default purpose” is to grow & give. Affirm silently to yourself, “I will make a difference in one person’s life today!” Say the person’s name out loud while looking in the mirror.

The Working on Purpose Quiz

Check yes or no according to how you feel about each question today.

	Yes	No
Do I wake up most Monday's feeling energized to go to work?	<input type="checkbox"/>	<input type="checkbox"/>
Do I have deep energy - feel a personal calling - for my work?	<input type="checkbox"/>	<input type="checkbox"/>
Am I clear about how I measure my success as a person?	<input type="checkbox"/>	<input type="checkbox"/>
Do I use my gifts to add real value to people's lives?	<input type="checkbox"/>	<input type="checkbox"/>
Do I work with people who honor the values I value?	<input type="checkbox"/>	<input type="checkbox"/>
Can I speak my truth in my work?	<input type="checkbox"/>	<input type="checkbox"/>
Am I experiencing true joy in my work?	<input type="checkbox"/>	<input type="checkbox"/>
Am I making a living doing what I most love to do?	<input type="checkbox"/>	<input type="checkbox"/>
Can I speak my purpose in one clear sentence?	<input type="checkbox"/>	<input type="checkbox"/>
Do I go to sleep most nights feeling this was a well-lived day?	<input type="checkbox"/>	<input type="checkbox"/>

The total number of yes responses on the inventory provides a general idea of your power of purpose at work. If you have many *yeses*, you're obviously intent on making a difference through your work. You probably have a sense of purpose or direction, but you might consider further clarifying your gifts, passions, and values.