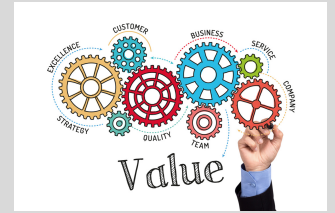


# STEP-BY-STEP ORGANIZED GUIDE TO FOLLOW TO LIVE WITH PURPOSE

1. If you are having a hard time deciding what your values and beliefs are, write down 10 things that make you happy on a piece of paper. You can also look at a website called <https://jamesclear.com/core-values>. Circle all the ones that are meaningful to you. Bring the list down to only 10.



2. Consider everything you do during the day that takes you more than 30 minutes to complete. Are those activities aligned with your values? For example, do you spend more than 45 minutes commuting to work? If so, it is okay if your job is something that helps you live with purpose.

3. Think back on your childhood. Thinking about the past may help you figure out what your true values and beliefs are in life.



4. What types of activities are your friends and role models involved in that inspire you? Are they starting their own businesses? Are they writing books? Are they completing their degrees? Are they volunteering? What you look up to in others may be what you are missing in your life.

5. Once you have your top 10 values and beliefs written down, look at your daily activities. Those things that you do that take up more than 30 minutes of your time but do not really represent who you are at your core need to be limited.



6. Think about an activity that, deep down inside, you want to accomplish. Is it painting? Is it writing a script? Is it photographing? Or is it teaching or preaching? If there is an activity that you are gravitating toward, figure out why. If the "why" aligns with your values and beliefs, you should pursue it unapologetically and confidently!

7. If it helps you, make a vision board that depicts your top 10 values and what you are doing to fulfill them. A vision board is a profound way to put it all together in one visual presentation. Your thoughts come to life on one board in an organized and systematic fashion!



8. If your leading life is not up to par with your core values or beliefs, make changes SLOWLY. For example, do not quit your job if you are relying on it for financial subsistence. Come up with a 1-year, 2-year, or 3-year plan to make changes slowly.

9. Come up with SMART goals for your values and beliefs. Each goal must be something you can actually achieve within a given amount of time. The goal must be specific and attainable. Here is an example:

Value: Adventure

I will visit one new state each year for 3 to 5 days every single year.



10. Write each SMART goal. Writing them down will help your chances of achieving them!



11. It's not enough to write your SMART goals; you must monitor them on a weekly, biweekly, or monthly basis to hold yourself accountable for achieving them. Write the goals in specific terms and post them somewhere for easy access.

12. When you complete a goal, celebrate! The celebration can be small and inexpensive, like posting a message and sharing the news with your friends, or it can be something big, like a huge backyard or banquet party!



13. Re-evaluate your goals and whether you live with purpose once each year, especially in December. If you are not happy or satisfied with life, make resolutions to make changes.