



## 5 DAY CHALLENGE: CREATE A MORE PURPOSE-FILLED LIFE

### Day 1: Question Your Conditioning

Today is about becoming more aware of how you've internalized certain messages about success and how that may be hindering your happiness or sense of fulfillment.

[Watch Video 1](#)

Find a comfortable, quiet, and distraction-free space to reflect and write.

You can use your own journal to write on the prompts below, or you can use this [Google document](#). \*\*Please make a copy of the document\*\* by going to File > Make a Copy.

- 1. When you hear the term "success," what words or phrases immediately come to mind?*
- 2. Close your eyes and sit with these words or phrases for a few minutes. How do they make you feel? What sensations come up in your body?*
- 3. Based on what feelings came up for you, do you think these ideas about success feel good/aligned for you? Why or why not?*
- 4. When it comes to being "successful," in what ways have you been pursuing ideas or norms about success that don't truly resonate or feel aligned for you? Get as specific as possible.*

Our definition of success is usually not our own. It's most often a reflection of the external influences that have shaped us—our culture(s), family, peers, religion, media, etc.

Some food for thought:

"One of the interesting things about success is that we think we know what it means. A lot of the time our ideas about what it would mean to live successfully are not our own. They're sucked in from other people. And we also suck in messages from everything from the television to advertising to marketing, etcetera. These are hugely powerful forces that define what we want and how we view ourselves. What I want to argue for is not that we should give up on our ideas of success, but that we should make sure that they are our own. We should focus in on our ideas and make sure that we own them, that we're truly the authors of

our own ambitions. Because it's bad enough not getting what you want, but it's even worse to have an idea of what it is you want and find out at the end of the journey that it isn't, in fact, what you wanted all along." —Alan de Botton

5. *What comes up for you when you read this quote? Any additional reflections or realizations that you think are important to note?*

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## **Day 2: Clarify Your Core Values**

Yesterday we talked about how we tend to internalize values that aren't our own; and in doing so, we unconsciously move toward things that aren't aligned with who we really are and what we actually want. Today's task is about identifying *your* core values, as defined by *you*.

### [Watch Video 2](#)

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Your values are the principles that guide your decisions and actions. They ensure that what you do is in alignment with who you are.

1. *Brainstorm a list of your core values. Brain dump as many as you can think of without any source of "inspiration." We want your subconscious responses to come out before you look elsewhere for guidance.*

If you're feeling stuck, use the following questions to get your brain juices flowing:

Who inspires me and why?

How do I want other people to treat me?

What do I invest my time/money in?

What lessons did I learn from my most pivotal life experiences?

What angers/annoys/frustrates me and/or causes me pain? (The opposite attitudes/actions could be reflective of your core values)

You might also like to refer to [this list](#) of core values created by Brene Brown.

2. *Once you have a comprehensive list, narrow it down to 3-5 core values.*

Tip: You can group similar values together and choose one word to capture their essence based on a unifying theme. For example, if you have words like people, relationships, and intimacy, the

unifying theme (or core value) might be connection. If you need help grouping your values together, feel free to drop a post in the FB group and I'd be happy to help you!

3. Now, create a values statement for each value. This is a one-sentence description that communicates why each value is important to you.

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### Day 3: Redefine Success

On day 1, you became more aware of how you unconsciously pursue versions of success that don't necessarily feel aligned for you. Yesterday, you got clear on your core values. Now, you're ready to redefine what success *actually* means for you.

[Watch Video 3](#)

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I teach that success is embodying the truth of who we are, and we're successful when we live in alignment with our values. Therefore, our personal definition of success is a reflection of our core values.

1. Based on the core values you identified yesterday, fill in the chart below.

*In the second column, focus on what that core value looks like for you in practice (or what you would like for it to look like). Get as specific as you can in identifying thoughts and behaviors associated with that value.*

*In the third column, focus on how you feel when you're engaging in the actions/behaviors from column two.*

CORE VALUES	WHAT IT LOOKS LIKE	HOW IT FEELS
1.		
2.		
3.		
4.		
5.		

2. Based on the chart above, create your own personal definition of success:

\*This has always been one of my personal favorite definitions of success because I think it really captures the kind of things that actually make life meaningful:

“To laugh often and much; to win the respect of the intelligent people and the affection of children; to earn the appreciation of honest critics and endure the betrayal of false friends; to appreciate beauty; to find the beauty in others; to leave the world a bit better whether by a healthy child, a garden patch, or a redeemed social condition; to know that one life has breathed easier because you lived here. This is to have succeeded.” —Ralph Waldo Emerson

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#### Day 4: Cultivate Alignment

Now that you hopefully have a clearer idea of what success means to you personally, let's consider what it looks and feels like to be more aligned with your personal Truth.

[Watch Video 4](#)

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Companies, organizations, and brands typically create vision and mission statements to convey the change they hope to make in the world and how they plan to do that. Having these clearly defined helps them ensure the targets they set and the decisions they make are aligned with the ultimate outcome they seek to create.

You've already got your core values (the why) nailed down, so now let's get clear on your personal vision (the what) and mission (the how). The vision is the ultimate destination; the mission is how you're getting there.

1. Based on your personal definition of success, what's the ultimate vision you're moving toward? Who do you want to **be**? How do you want to **feel**? (optional addition: what's the impact that has on the people around you; i.e. how are they **changed** by your **being**?)

*\*Note: Write your vision statement in the present tense (this can be 1-2 sentences or 1-2 paragraphs; this is totally up to you!)*

“Your vision will become clear only when you look into your own heart. Who looks outside, dreams. Who looks inside, awakes.” —Carl Jung

2. Based on your vision statement (and using your definition of success as a guide), what is your personal mission statement? **How** will you make your vision a reality? **How** will you cultivate the feelings you want to feel? (optional addition: By **what means** will people around you experience transformation?)

3. Close your eyes and sit with these for a few minutes. How do they make you feel? What sensations come up in your body? How does that compare to how you felt on Day 1?

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## Day 5: Integrate + Embody

For the final day of the challenge, you're going to identify how you can actively and intentionally integrate more purpose into your daily life.

### [Watch Video 5](#)

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1. Look back at your core values. Identify the 1-2 values that are the least present in your life at this point in time. Why do you think this is?

2. Identify 1-2 small, realistic, and manageable ways (this should not feel overwhelming) you can incorporate the least present value(s) into your life (ideally on a daily basis).

*\*You might want to refer back to your mission statement from yesterday for guidance*

3. From the list below, identify the 1-2 areas of your life which most lack the presence of your core values and/or feel "purpose-less" to you at this point in time.

- Relationships
- Spirituality
- Career/Work
- Education/School
- Physical Health
- Mental Health
- Family/Home Environment
- Fun/Joy/Creativity

*4. Identify 1-2 small, realistic, and manageable ways you can incorporate your core value(s) into these underrepresented areas of your life.*

*\*You might want to refer back to your vision, mission, or definition of success for guidance*

*5. What barriers/challenges do you anticipate facing when it comes to following through on your responses for #2 and #4? What can you do to navigate those challenges and move through those barriers?*