

GOAL SETTING ASSIGNMENT No. 2 GET FOCUSED

3 Strategies to implement and live out your purpose that take less than 3 minutes/day:

How do we do this/put it into practice? What exercises/habits help us keep us focused on our purpose so that we don't lose sight of what's most important?

- 1) Visual cues - Write it down and post in places you are likely to need a boost. This helps us overcome fear and increases grit and motivation to endure in tough times.
- 2) Self-Talk/Mantra – Come up with a phrase you can repeat to yourself as a reminder of your purpose. Make it short, specific and consistent.

3) Daily Reflection –

In the morning/before activity

- What is my purpose?

At night/after activity

- Did I live with purpose? (scale of 1 to 5)?
- What did/didn't go well? Why?
- How can I improve/get closer to a 5?
- Is my purpose still my purpose? Does it reflect who I am/what I believe? Does it need to be refined?
- Write this down in a journal