

MONTH 6: REVITALIZE YOUR PURPOSE

A person stands on a beach at sunset, their arms outstretched in a gesture of openness or triumph. The sun is low on the horizon, casting a warm, orange glow across the sky and reflecting in the shallow water. The person's silhouette is reflected in the water. The text "MONTH 6: REVITALIZE YOUR PURPOSE" is overlaid in large, white, sans-serif capital letters.

BIG DREAMS

In this final month we will put everything you have learned together to plan out the next steps for you in your life. You will finish this month with not only a vision for what the rest of the year will look like, but a solid plan for making it happen.

In order to feel connected to your deeper purpose and next big goal and then start taking regular steps towards it, you need to know the reasons for doing it. Most people find at the end of the day, they have both an internal and external reason for doing what they are doing.

Maybe you want to start a new business.

The personal or internal reason is you want to replace the income from a 9-5 job you don't enjoy.

The external reason is you want to help people or make some aspect of their life easier.

Those reasons are fine, but are they compelling enough to get you through months of not being hired, or having no one buy your product?

For most people I have coached and mentored over the years, those reasons just aren't enough.

THE NEXT STEP

What is your goal/ commitment you want to make to yourself from now until the end of the year?

What are your internal and external reasons for doing this?

Why is that important to you?

Why?

Why is that important to you?

Why?

Are you willing to keep going even if it takes more time, energy and resources than you imagined?

THE GOOD NEWS

Once you have your compelling reason, I have some good news for you.

You have absolutely everything you need to make it happen.

The work you have done in this course has helped you learn the tools and skills to get there. Use the following pages as prompts to review (I suggest posting the final page somewhere you can see it daily).

If you need to review any modules to sharpen your skills please do so before the end of June when this program ends.

Your relationship with your mind:

Using Thought Work and the Model on a Daily basis will help you stay on top of any unhelpful thoughts that are taking you further away from your result.

If you aren't practicing the Model daily, use this month to get coached during our calls and on the forum to check your models and get clarity.

Your relationship with your body:

The relationship with your body is essential, because without a body, it's going to be hard to achieve your goal. When you have a big goal it is easy to get locked into it and forget to fuel your body appropriately.

Your relationship with important people in your life:

Your core relationships are another areas that often feels hard to manage during a big push towards a goal. If you feel like your partner isn't happy about your goal or won't tangibly support you, how can you love them without getting sidetracked? Review the relationship modules over the month and practice having clear open conversations.

Your relationship with money:

It is not just about the dollars in the bank. The ideas you have about money deal with our beliefs around abundance, scarcity, value and resources. Ask yourself what you value enough to put money towards consciously in your life.

Your relationship to time:

In order to reach your goal you are going to have to put forth intentional time towards it. This means taking your time seriously and using it in ways that support your dreams. Spend time planning your goal using the method you learned in the program.

MY COMMITMENTS

The commitment I make to myself in the realm of mental and emotional well-being as I work on my goal is:

The commitment I make to myself around my physical well-being during this time is:

The commitment I make to practicing love in my relationships during this process is:

The commitment make to how I use my financial resources towards this process is:

I commit to working on my goal each week at least this much: