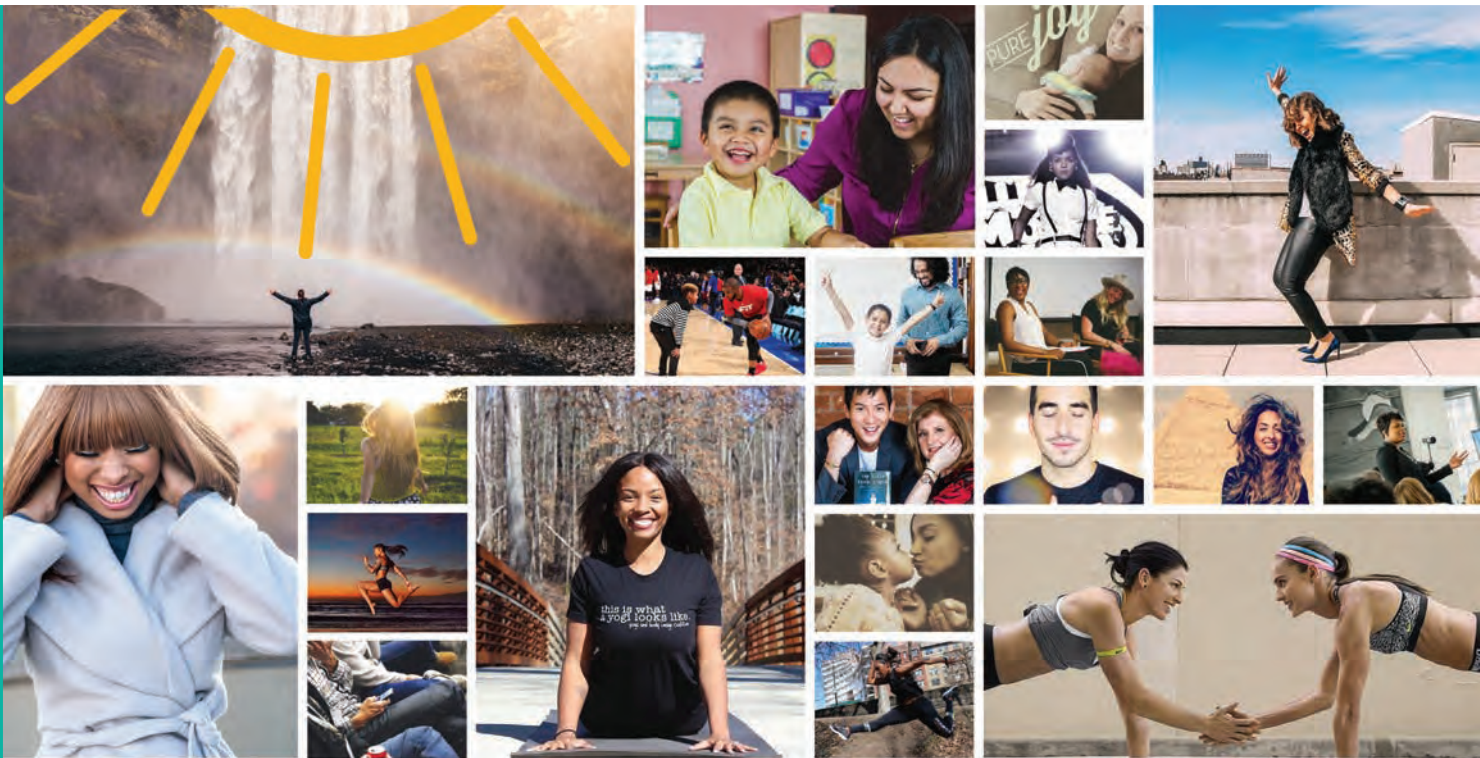


# LIVING ON PURPOSE PACKET

---





# START LIVING YOUR LIFE #OnPurpose

We all want to live a meaningful life and want others who we love to do the same. Everyone can live a purposeful life - one that prioritizes choices and decisions that blend what you love, what you are excellent doing and what the world is waiting for you to share.

Imagine what might be true if we all took a moment to reflect on the power that lies within our purpose. The OnPurpose Movement gives us the opportunity to discover, celebrate and share what we are doing - individually and collectively - to live more purposefully and consciously - one day at a time.

Use this packet to help awaken, attend to, affirm and live your **you**nique purpose. Choose one or more of the 10 suggestions below to get started! No matter what section you choose, commit to doing it for 21-days to awaken a deeper sense of purpose.

## Ten Ways to Awaken Your Purpose



WAKE UP



FITNESS



CONNECT



VALUES



LEARN



INTENTION



MINDFUL



AFFIRM



JOURNAL



YOUNIQUE

## How to get started!

1. Print out this packet & grab a pen or pencil.
2. Sign the Purpose Pledge & commit to your 21-day OnPurpose journey.
3. Select a section & complete the lessons to awaken your OnPurpose lifestyle!



# CONTRIBUTORS



Jovian Zayne is a leadership and professional development coach, public speaker and author with a decade of experience in change management, global leadership development and organizational transition planning and design. She is the founder of the OnPurpose Movement, the **International Day of Purpose™** and Jovian Zayne, LLC, a firm committed to helping organizations and individuals “**Live OnPurpose.**”

**Jovian Zayne, Founder, International Day of Purpose™**  
[www.jovianzayne.com](http://www.jovianzayne.com)



Jen Mayer-Sandoval is an executive coach, trainer, designer, and facilitator with more than 25 years of experience in culture transformation, change leadership, team training and development, and adaptive, boundary-crossing, and purposeful leadership. She is the founder and principal consultant of Becoming Better Together, LLC, an organization dedicated to helping leaders and organizations work from their collective wisdom while building the relationships, skills, and leadership to take action and expand impact.

**Jen Mayer-Sandoval, Founder, Becoming Better Together, LLC**  
[www.becomingbettergothor.com](http://www.becomingbettergothor.com)



Alice Chen is an executive coach and leadership development facilitator with more than a decade of experience working with educators, leaders, entrepreneurs, artists, and young people. She supports others in living into their purpose by helping them find their voice, and know, honor and embrace their individual uniqueness. She is the founder of Wayfinding Wisdom which is dedicated to making the world a more just and equitable place by helping people connect, collaborate, and communicate in ways that heal.

**Alice Chen, Founder, Wayfinding Wisdom**  
[www.wayfindingwisdom.com](http://www.wayfindingwisdom.com)



# GETTING STARTED #OnPurpose

## What Is Your Why?

Finding your **you**nique reason for being in the world will add depth and meaning to your life. If you're just starting to explore your purpose or if you've been living OnPurpose for some time now, you'll find ideas to help you awaken and live a more purposeful life by reflecting on what:

|   |  |
|---|--|
| <p><b><u>YOU LOVE</u></b></p>                 | <p>What excites you most? What is the thing that you just have to do? Our passions are personal – they uniquely belong to us. They are the things that return to our mind, time and time again. And they are the things that bring us joy and appear in our lives even in the most unsuspecting places.</p>  |
| <p><b><u>YOU ARE GREAT AT</u></b></p>         | <p>What are your natural strengths? Are you a natural conversationalist? Are you great at bringing people together around a cause? Could you write a haiku for any occasion? Discover your unique set of skills and strengths and you will be closer to finding your unique purpose. Checkout Strengths Finder 2.0.</p>  |
| <p><b><u>YOU (CAN) GET PAID TO DO</u></b></p> | <p>Steve Jobs said “the only way to do great work is to love what you do. If you haven’t found it yet, keep looking. Don’t settle.” The world is ripe with opportunity for you to claim your right work – the work you would do without pay, the work you would still do even if it didn’t bear fruit, and the work you WANT to do regardless of the context. Take a minute to brainstorm all of these things and you'll be closer to finding your OnPurpose work.</p> |
| <p><b><u>THE WORLD NEEDS</u></b></p>          | <p>When you look out into the world, what avenues of service do you see? Where are you compelled to add your unique value? There is something the world is waiting for you to share - find your unique place to contribute and take one step towards sharing your gifts with the world.</p>  |

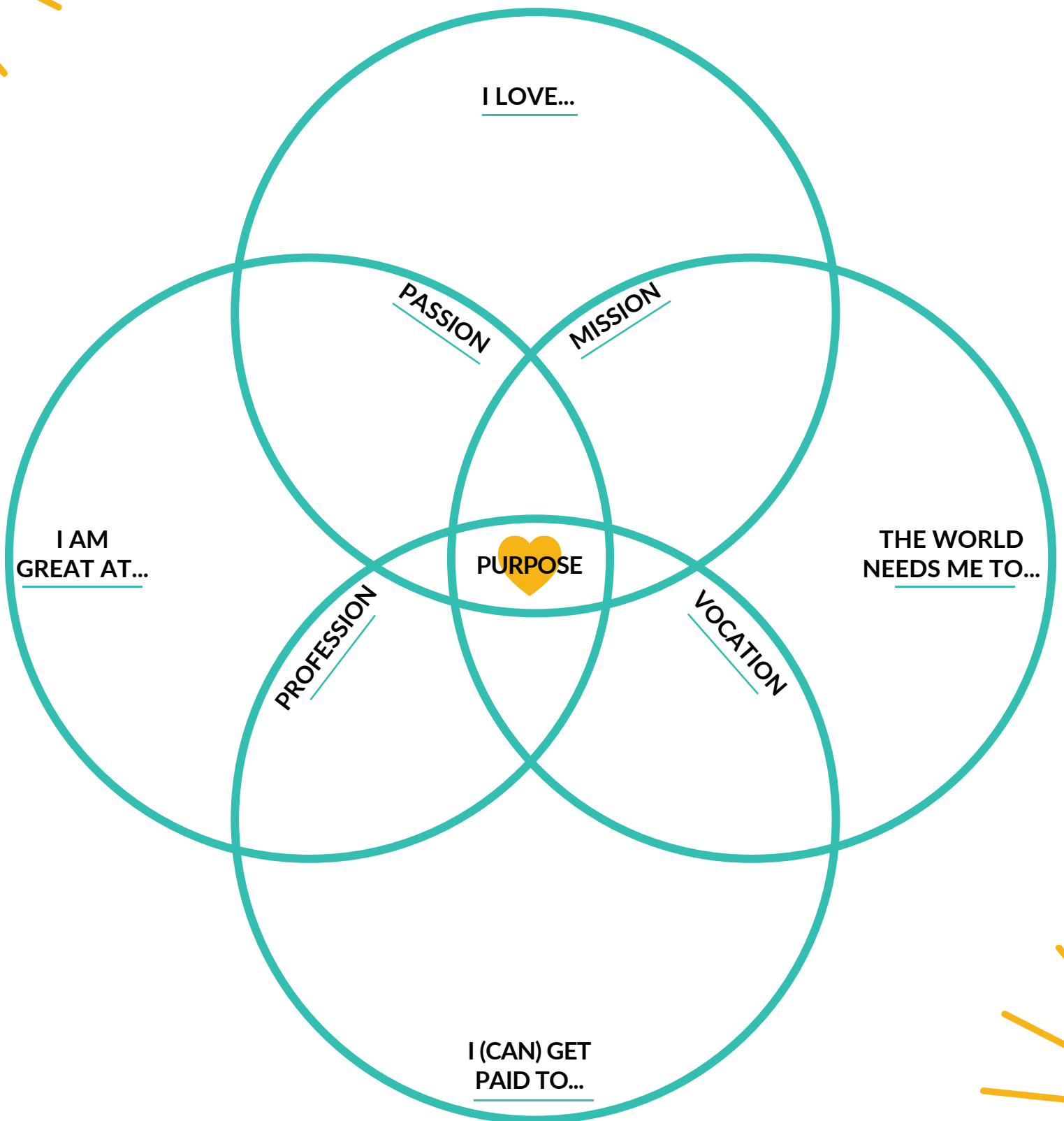
## Big Questions

On a scale from 1- 10, how often are you living OnPurpose?

What would need to change for you to live more purposefully?



# GETTING STARTED #OnPurpose



# WAKE UP #OnPurpose



Harvard biologist Christoph Randler found that early risers are: (1) more likely to obtain long-term goals, (2) better able to minimize distractions, (3) better sleepers, and (4) more optimistic, satisfied, and conscientious.

## WAKE UP

The mind-body connection is powerful, so wake up OnPurpose. Before you check your phone or get out of bed, wake up with a sense of gratitude. "I am grateful for the opportunity to be alive and to live this day purposefully."



## BRUSH

The two minutes you spend brushing your teeth has other hidden benefits: The minty goodness of the toothpaste kick starts your brain, activates your digestive tract, stimulates your metabolism and helps combat fatigue and depression.



## BE CURIOUS

While getting ready, consider: "What could happen today?" When you start your day with simple questions you foster curiosity and a capacity for adventure. With curiosity you can step into unexpected possibilities and feel more engaged, positive and accepting of what unfolds during the day.



## HYDRATE

Drink 16 ounces of room-temperature water when you first wake up to fire up your metabolism, hydrate your body, flush out toxins, and give your brain the hydration it needs to activate cognitive function.



*Always remember to fall asleep with a dream and wake up with a purpose."*

# WAKE UP #OnPurpose



What happened when you told yourself "I am grateful for the opportunity to be alive and to live this day purposefully?"

What happened when you woke up and asked simple questions? Did you have a greater sense of curiosity and adventure? Were you better able to meet the day's challenges with a sense of possibility?

# CONNECT #OnPurpose



Yolo Akili reminds us that, "**Oppression thrives off isolation. Connection is the only thing that can save you.**" No one can do it alone. To live OnPurpose, we NEED connection with others for support, encouragement, and perspectives that are different than our own. Conscious connections with people who support our purpose are our most precious resources when we're committed to learning and growing together.

|                             |   |
|-----------------------------|---|
| <b>YOUR INFLUENCERS</b>     | Jim Rohn famously said, We are the average of the five people we spend the most time with." We are significantly influenced by those closest to us. It is critical to bring people into your life who are invested in supporting you in becoming your best self. There should be enough love in these relationships to transcend superficiality so you can share hard truths with each other.   |
| <b>CHECK THE REASON</b>     | It's said that people come into your life for a reason, a season, or a lifetime. Examining the purpose of your relationships can help you be intentional about managing expectation and avoiding disappointment that comes with trying to force relationships beyond their purpose. Take a quick inventory and figure out where your most significant relationships fall along this spectrum.   |
| <b>WHO'S IN YOUR CORNER</b> | Jessica Hagy suggests that to live purposeful lives we need at least six types of people in our corner, the: (1) <b>instigator</b> , (2) <b>cheerleader</b> , (3) <b>doubter</b> , (4) <b>example</b> , (5) <b>connector</b> , and (6) <b>taskmaster</b> . Take a look at the people you have in your corner - do you have people in your life that play each of these roles? Is there an area you need to fill? Who do you need to bring into your life to realize your purpose? |
| <b>CELEBRATION STATION</b>  | The power of celebration is learning; to learn, you have to reflect in order to get perspective on what you've accomplished. Uplifting the people in your life and accepting their support and celebration of your accomplishments, is an important part of edifying relationships that keep you grounded, centered and moving towards your purpose.  |



# CONNECT #OnPurpose



|                             |   |
|-----------------------------|---|
| <b>YOUR INFLUENCERS</b>     | <p>Who are the five people you spend the most time with?</p> <p>How do they support you living OnPurpose?</p>   |
| <b>CHECK THE REASON</b>     | <p>Who is in your life for a reason?</p> <p>Who is in your life for a season?</p> <p>Who is in your life for a lifetime?</p>  |
| <b>WHO'S IN YOUR CORNER</b> | <p>Who are your instigators?</p> <p>Who are your cheerleaders?</p> <p>Who are your doubters?</p> <p>Who are your taskmasters?</p> <p>Who are your connectors?</p> <p>Who are your examples?</p> |
| <b>CELEBRATION STATION</b>  | <p>Who celebrates your successes?</p> <p>Who do you uplift and champion?</p>  |

 *No significant learning occurs without a significant relationship.* - James Comer

# LEARN #OnPurpose



Stanford psychology professor Carol Dweck's research shows people with growth mindsets enhance their talents, accomplishments, and impact over time. They embrace challenges, are more resilient, more effective in obtaining goals, and more mentally and physically healthy.

## OBSERVE

Take a few moments each day to ask yourself, "What am I noticing right now? What can I learn from this moment?" This simple act of observation can provide you valuable insights into your values and the unseen opportunities for you to offer your gifts and talents to the world.



## FALURE = GROWTH

We all have failures. Make the choice to see failures as opportunities for you to learn and grow, Ask yourself: "What did this experience teach me? What will I do differently as a result of this experience?" Be open to failure with the intention of learning, OnPurpose!



## CHALLENGE ZONE

Real learning happens at the edge of your comfort zone - the place where you feel challenged to grow but don't feel completely overwhelmed. Find your zone by checking in with yourself: "Am I feeling like I'm gliding downhill on a bike or pedaling straight up with no end in sight?" Find a good middle ground and take on experiences close to the edge.



## TRY LITTLE THINGS

Give up believing you need to learn or fix everything at once. Choose one thing to focus on developing in yourself and give yourself a few weeks to "try it on." For example, "For the next three weeks, every day I will write down three things I am grateful for and see if this helps me feel more centered."



*"The more that you read, the more things you will know. The more that you learn, the more places you'll go." - Dr. Seuss*

# LEARN #OnPurpose



What did you learn when you took time to observe what was happening around you? What did you learn from what you observed? What do you value? What opportunities do you have to offer your gifts to the world?

What happened when you looked at setbacks as opportunities to learn and grow? How did this new mindset influence your willingness to take risks?

What did you find out about yourself when you stepped closer to the edge of your comfort zone?

What small bets did you make? How did taking on one or two small learning opportunities make you feel about your ability to learn and grow?

# MINDFUL #OnPurpose



Mindfulness is focusing your awareness on the present moment, while acknowledging and accepting your thoughts and feelings. A recent study from Northern Arizona University showed that mindfulness strengthens the immune system and reduces stress, depression and anxiety.

## BREATHE

The next time you feel stressed, take 30 seconds to connect with your breath and then decide how you will respond. A focus on breathing causes your muscles to relax, blood pressure to drop, and gives your brain more oxygen to think about how you will respond.

## BE IN YOUR BODY

Too often we disconnect from our bodies or ignore signs of distress. Your body gives you feedback about how you're feeling. When you find yourself disconnected and wondering "How did I get here?," take a few minutes to check in with your body and where it is directing your attention.

## PUT DOWN YOUR "STORY"

Your "story" is the negative mental chatter that distracts you from being present. The "what ifs," "I should have," "the I have tos." We all have stories that keep us small, afraid, and living a fraction of the lives we want. Notice when you're telling a story that distracts you from realizing your dreams and then gently set the story aside and move forward.

## FIND YOUR PRACTICE

The purpose of mindfulness is to cultivate greater self-awareness and develop a steady mind that you trust to respond (instead of react). Maybe your practice looks like a mindful sit, a yoga class, walking meditation, or laps in the pool. Whatever it looks like, let it be yours and allow it to bring you into the present and connect with your breath.



*You are exactly who and what and where you are supposed to be and you are lovely.  
(anything else would be just plain ridiculous)"*

# MINDFUL #OnPurpose



What happened when you took a moment to connect with your breath before you responded in stressful situations?

What signals are your emotional and physical body sending you? What happened when you paid attention to your body's signals?

What negative mental chatter do you hear? How does this chatter distract you from living #OnPurpose? What happened when you acknowledged the "stories" and put them aside?

What mindfulness practice works for you? What did you learn about your ability to respond purposefully through your mindfulness practice?

# JOURNAL #OnPurpose



Psychologist James Pennebaker has shown that regular journaling strengthens immunity and promotes well-being. Journaling helps us make sense of stressful events and feelings, thereby reducing the impact of stress on our physical health. Other research shows journaling helps us solve problems and resolve disagreements more effectively.

## FIND YOUR FORMAT

Journaling can take many forms, so find one that works for you. Journaling can take any form that helps you hear and express what you are thinking and feeling. This could mean writing, drawing, compiling quotes or images.



## DESIGN A RITUAL

Perhaps its journaling for 15 minutes every morning or writing down three things you're grateful for every night. You don't have to journal for hours; just taking five minutes daily to pause and express your thoughts has been shown to lower stress an increase mental clarity.



## EXPRESSION > PERFECTION

Journaling is about processing, not about creating a magnum opus. Don't worry if your thoughts are jumbled or your sentences aren't perfect. Write to get it out. This helps you make sense of what you are thinking and feeling so that in the future you can be more coherent in your communication.



## USE A PROMPT

If you're feeling stuck about a writing topic, find a source of inspiration to kick start your creativity. Google "great journaling questions." Find a quote that moves you and write about it. Buy a Passion Planner or guided journal that is filled with prompts to get you started.



*Journaling is like whispering to one's self and listening at the same time.*  
- Mina Murray, Dracula

# JOURNAL #OnPurpose



What form of journaling worked for you? Why do you think this format was helpful to you?

What did you learn about what you were thinking and feeling by journaling? How did this practice help you hear yourself think, feel, and make purposeful choices?

# FITNESS #OnPurpose



Fitness expert Mitzi Dulan, RD recommends exercise to release endorphins which increase productivity, focus, and decision-making throughout your day. Oxygen and protective hormones released through exercise can even help prevent degenerative brain diseases such as Alzheimer's.

|  |   |
|--|---|
| <h3>START WHERE YOU ARE</h3> <p>You only need to raise your heart rate for 15 - 20 minutes to get the essential metabolic, mental, and emotional benefits of exercise. It can be simple! Take a walk, do jumping jacks, do the wobble, use a yoga video from the internet, or do some core strengthening exercises like lunges, push-ups, or crunches to get moving.</p> | <h3>DO WHAT MAKES YOU HAPPY</h3> <p>Fitness routines are worthless if we don't like them enough to ultimately do them! So, if you love to dance, try a zumba class. Or if nature inspires you, take up hiking. Exercise is personal, so match your routine to your interests. Remember - you're doing this so you can be healthy enough to live out your purpose. #FitOnPurpose</p> |
| <h3>PROGRESS &gt; PERFECTION</h3> <p>Consistency matters more than perfection. You may not feel at your best, or be motivated to give it your all, but if you consistently show up for your body, then your body will show up for you. A little exercise every day will reduce stress, increase mental health, and bring greater relaxation.</p>                         | <h3>EVERY DAY IS A NEW START</h3> <p>Give up the pursuit of perfection! If you miss a day, come back the next. Give yourself grace by setting reasonable minimums: "I will run in place at least five minutes today." Every minute helps to oxygenate your body and brain.</p>  |

“Sweat is magic. Cover yourself in it daily to grant your wishes.”



# FITNESS #OnPurpose



How did you feel getting at least 15 minutes of exercise per day?

Did you find an exercise routine you loved? Were you more likely to do it?

How did you feel when you prioritized persistence over perfection in your exercise routine? What did it feel like in your body? How did you feel emotionally?

How did the sense of starting over each day impact your ability to come back to your exercise routine?

# VALUES #OnPurpose



Zappos CEO Tony Hsieh believes it matters less what a company or person's values are and more how those values are enacted every day. When people know what they care about and have an objective in mind, they operate with greater clarity and focus, making them more successful and fulfilled.

## FOCUS ON BEING

Get clear on who you want to be in your life, not just what you want to do or accomplish. Do you want to be kind, compassionate, alive, purposeful? Commit to being that person moment to moment and then you won't have to wait to accomplish something to be fulfilled. Doing so will set you up to invite the people and opportunities that you want into your life.

## CHOOSE WITH PURPOSE

Look at the things you care about and ask yourself if you care about them because they're important to you, or because you're afraid of something. Many of us are taught that we have to, should, or must care about things we don't actually care about. When we let fear-based values drive our actions, we feel stressed, anxious, and inauthentic. Consciously choose values that benefit and fulfill your being.

## ANGER & FRUSTRATION = CLUES

Anger and frustration are two of the greatest windows into our values. We get upset about things that happen because we value certain things and we feel disappointment when they don't turn out the way we'd like. Take a look at the things that anger and frustrate you - what do they show you about what you truly value?

## LET CONSCIOUS VALUES LEAD

Whenever you have to make a decision, particularly a big one, pause. Take a moment to focus on what matters most to you. Ask yourself, "In this situation, what decision would be in alignment with what I care most about?" Take action based on your answer. When people let their values lead, they experience lower stress, greater satisfaction, and feel more authentic.



*It's not hard to make decisions once you know what your values are." - Roy E. Disney*

# VALUES #OnPurpose



What are your top 5 values?

How do you define those values?

What are your examples of how you take action based on those values?

Which of your values are fear-based?  
How do they make you feel?

Which of your values are conscious - based? How do they benefit and fulfill your being?

When did you get angry or frustrated recently? What did these situations teach you about what you value?

How did your decisions change when you focused on prioritizing what matters most to you? What actions did you take when you were deciding from the place of what benefits and fulfills your being?

# INTENTION #OnPurpose



According to author Caroline Webb, being conscious of your intentions and attention is one of the keys to clarity, focus, and change. An intention is the underlying purpose for where you place your attention; attention is the concentrated direction of your time, energy, and focus.

## BE SPECIFIC

To live in your purpose, you need to make clear and conscious intentions about what matters most to you and what you really want in life. Be specific about what you want. There is a big difference between "I want a new job" and "I want a job I love where I am using my creativity and passion for writing to help people share their stories and connect with others."

## FOCUS

When you focus your attention on your intentions and align both of these with your actions, your energy and creativity move towards what you want, and away from distractions. By giving attention to your intentions you can make decisions aligned with your purpose and take actions that lead you closer to what you want.



## BE CONSISTENT

Start each morning by taking 5 minutes to refine your intentions and then plan where you will direct your attention for the day. This gives you the opportunity to paint a more detailed picture of how you will spend your time, and it reminds you of what is most important. Being consistent in this practice will help you automatically prioritize actions that best serve your purpose.

## CELEBRATE!

Getting what you want takes clarity, consistency, and purposeful prioritization, so it's important to remind yourself where you started, and celebrate your progress along the way. Need a reminder of your intention to stay #OnPurpose? Wear a MyIntent bracelet or #OnPurpose shirt to remember your commitment to your purpose.



*"The power of intention manifest as an expression of expanding creativity, kindness, love, and beauty." - Wayne Dyer*

# INTENTION #OnPurpose



What are your clear and specific intentions?

What happened when you focused your attention on your intentions and aligned them with your actions?

What happened when you consistently took a few minutes each morning to refine your intentions and plan where you directed your attention?

How did you remind yourself of your intention throughout the day? How did this impact your ability to prioritize your purpose and take actions that moved you closer to living a purposeful life?

# AFFIRM #OnPurpose



Affirmations are specific, positive statements that feed thoughts about your purpose, abilities, beliefs, and capabilities. Dr. Arlene Taylor's research has shown that affirmation cause the brain to release serotonin and dopamine, forming new clusters of neurons. These neurons encourage greater belief in your abilities and capabilities.

## MAKE IT CLEAR & CONCISE

The most effective affirmations are short, memorable, positive, and stated in the present tense. Most importantly, you must believe your affirmation for it to work.

For example, "I am capable of completing this project on time and with excellence."

## ONE METHOD

Writing a daily affirmation about yourself and your world view can have a powerful impact on your life. Start by completing these prompts:

I am...

Who...

Living in a world that is...

People are...

For example, "I am a powerful woman who trusts that I am enough living in an expansive world. People are doing their best."

## PAIR TECHNIQUES

Take cues from professional athletes, surgeons, musicians, and top executives who achieve success by visualizing what they want to do and affirming their abilities to do it. This greatly increases the likelihood that you will do what you want to do.

## LOUD & PROUD

The more often you repeat the affirmation - especially when you are facing a negative thought or behavior you want to change - the more likely you will develop a powerful and positive thought. The more emotion you use, the more likely you will believe it and achieve it.



*It's the repetition of affirmations that leads to believe. And once that belief becomes a deep conviction, things being to happen." - Muhammad Ali*

# AFFIRM #OnPurpose



What is your clear and concise affirmation for today?

My worldview affirmation:

I am...

Who...

Living in a world that is...

People...

What happened when you paired your daily affirmation with a powerful visualization about what would happen?

How did you feel when you repeated your affirmation with powerful and positive emotion? What happened as a result?

# YOUNIQUE #OnPurpose



Nilofer Merchant coined the phrase "onlyness" to describe that spot in the world that is your unique point of view, source of creativity, and ability to challenge convention. You have an inherent, primal wisdom that is always available to you to draw upon and be the expert in your own life. Choose your path wisely.

## YOUR BEST

Reflect on times when you believe you were at your best, felt fully alive and engaged. What was happening? What were you doing? What actions did you take? How did you feel in these moments? Pick your favorites and use them to write a few short stories about you at your best.



## STRENGTHS

All of us can strengthen our best-self stories with insights and reflections from other people. Often times your unique strengths and contributions are invisible to you but clearly seen by those close to you. Ask a group of 5 - 10 people to share stories of you at your best so you have a more complete picture of your brilliance.



## ONLYNESS

Once you've developed a portrait of you at your best, activate your network to refine your onlyness. Choose people whose advice you value and who will tell you the truth. Ask them: "What do you think I'm uniquely good at doing? Where could you see that applied? Who should I talk to next to explore this more?"

## JUST DO YOU

On a scale of 1-10, how often are you living your best self? What would need to be different for you to be living as your best self more often? Use your best self stories and the counsel you've received, and "Just Do You." Take a page from India.Arie's book and "step into the light and use every bit of the power [you] have inside you" to step into a life of purpose, passion, and infinite potential.



*Everyone is a genius, but if you judge a fish on its ability to climb a tree, it will live its whole life believing that it is stupid." - Albert Einstein*



# YOUNIQUE #OnPurpose



What are three stories of you at your best? How do you feel in those moments?  
What are you doing? What actions do you take?

What did you learn from the stories other people told you about you at your best?  
What did you learn about yourself that you might not have known before?

What did you learn about your unique gifts and talents? Did you discover new places where they can be applied? Who are the new people you connected with to explore your **you**nique purpose?

On a scale of 1- 10, how often are you living your best self? What would need to be different for you to be living your most purposeful life more often?

# COMMIT #OnPurpose



When you are authentic and commit 100% to your life's purpose, all of your life commits to you. Make an OnPurpose pledge to yourself - commit to trying it on for 21-days and see what happens.

Share your #OnPurpose commitment by tagging #DayofPurpose on social media.



*Purpose is the reason you journey. Passion is the fire that lights your way."*



## The OnPurpose Team

[info@dayofpurpose.org](mailto:info@dayofpurpose.org)



[@onpurposemovement](https://www.instagram.com/onpurposemovement)

[www.dayofpurpose.org](http://www.dayofpurpose.org)