



## *DISCOVERING YOUR PURPOSE*

### **1. CURRENT STATUS** (*The Truth*)

Write down where you are in the different areas of your life that matter most. When you're 100% honest with yourself, what do you really want?

Where are you with your health?

Your finances?



Your relationships?

Your business?

Other areas of your life that matter to you?



## 2. ONE YEAR GOALS (*Look Back*)

Now, let's fast forward a year. Where do you want to be in these areas? Write it down and capture this vision for yourself. Get emotional, get engaged, get engulfed, and visualize specific details about what made it so amazing.

It's a year from now. Where are you?

Where are you now in your health?



Your finances?

Your relationships?

Your business?

Other areas of your life that matter to you?



### 3 . FIVE LEVELS DEEP

This is a tool that shifted my life fundamentally. The questions are purposefully repetitive as it forces you to deep dive into EXACTLY why your life optimization goals are of incredible importance to you. This is what will keep you motivated to achieve your goals at all costs.

LEVEL 1 What is important to you about becoming successful?

LEVEL 2 Why is it important to you?

LEVEL 3 Why is it important to you?

LEVEL 4 Why is it important to you?

LEVEL 5 Specifically, why is it important to you?



## 4 . CAPABILITIES

What new capabilities will you need to achieve this vision?