



THE PURPOSE DRIVEN LIFE

NFDA WORKBOOK

OCTOBER 17th, 2024

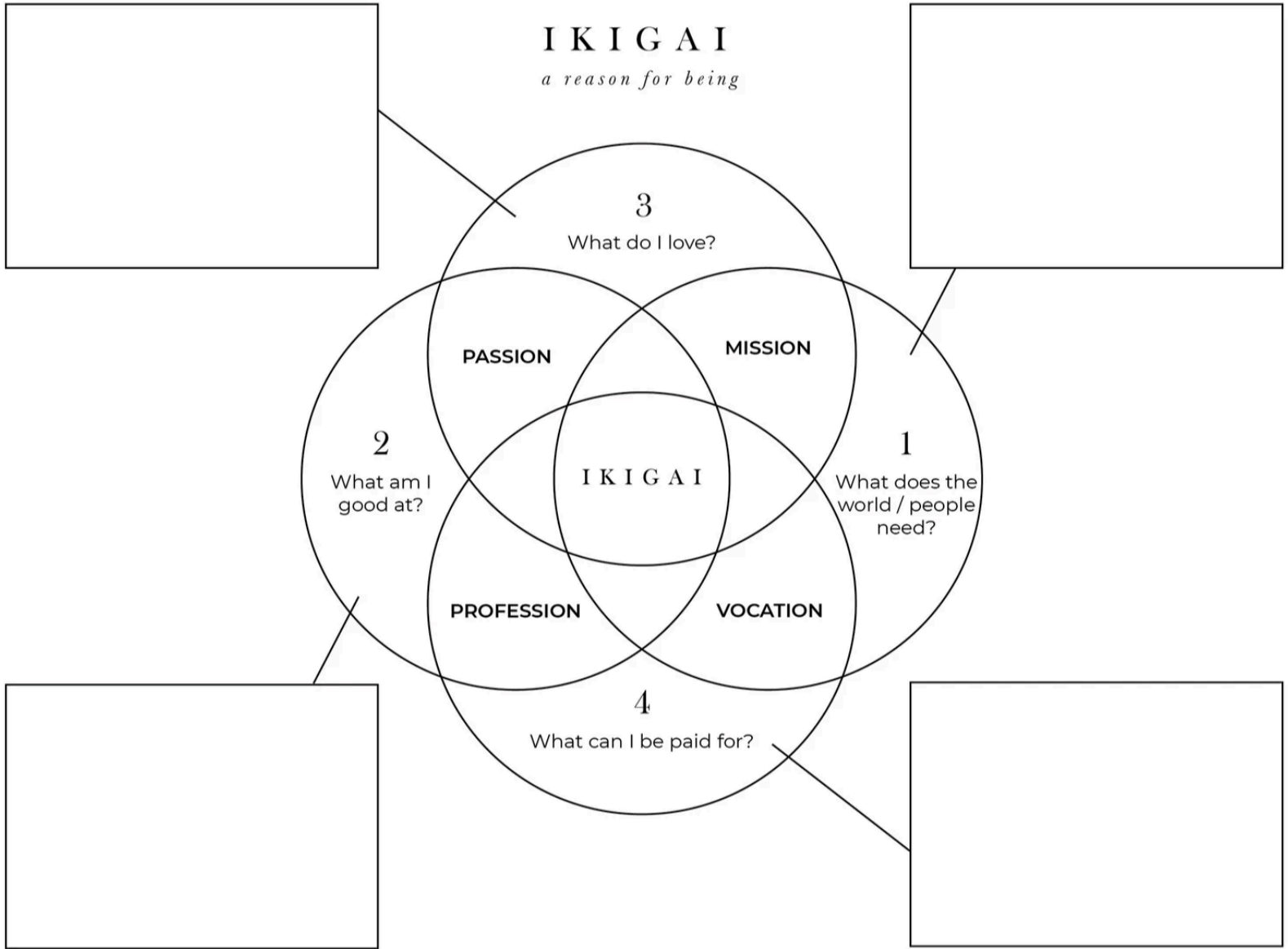


4 QUESTIONS TO PONDER

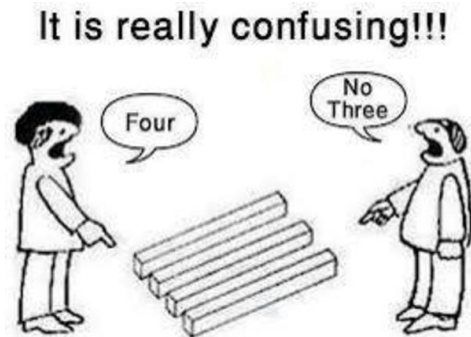


1. What will be the contribution to my life?
2. What will be the center of my life?
3. What will be the communication of my life?
4. What will be the community of my life?

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ACTIVE LISTENING



Listening Exercise:

- For 3 minutes listen to the other person only.
- You can't speak, only use positive body language.
- Switch roles.
- *Answer these questions:*
 1. What are you passionate about?
 2. Are you communicating your purpose to others?
 3. What brings you joy?
 4. What is it about this conference that made you want to attend?

Emotional Energy Menu

Choice, Action, or a Regular Ritual

Forgive someone who has wronged you.

Write a handwritten note of thanks or appreciation once a week. Mail it.

Ask for forgiveness and apologize to someone for a mistake you made or something you did or said.

Manage the stories and assumptions you tell yourself.

Mend a broken work relationship.

Say “no” to something that takes your time but is unimportant.

Find time each day to be alone and quiet with your own thoughts.

Let go of a draining relationship currently in your life.

Manage disappointment by altering your expectations of the person or situation.

Stop taking personally what someone did or said.

Share verbal words of appreciation more often.

Have a courageous and crucial conversation with someone.

Stop making assumptions about what you think others are thinking.

Do more things children do - sing, dance, swing, play, art, games, laugh, etc.

Learn emotional intelligence.

Find an outlet to relieve your stress.

Watch more movies that make you laugh.

Set a new boundary with someone.

Create a weekly disciplined dialogue with someone important to you about important stuff.

Surrender control of that one thing you seem not to control...Let go of something you have always wanted.

Schedule an adventure trip. Try something scary.

Do something you really enjoy daily/weekly.

Start celebrating milestones once a month – work and personal.

Start writing in a Journal or write “morning pages” once a week.

Share your strong emotions and experiences with someone you trust.

List 10 things you are most grateful for in your life. Read weekly.

Stop soft addictions. Make a “fun” list.

Broaden your emotional capacity: react the opposite way you normally would or what people would expect.

Become a better listener.

Ask others more questions about themselves.

Mental Energy Menu

Choice, Action, or a Regular Ritual

Read for 20 minutes each day.

Make a needed change or that decision you have been putting off.

Learn a foreign language.

Watch a movie with subtitles.

Listen to classical or jazz music while working.

Drive a different route to work. Visit different parts of our city or state more often.

Do something different once a week on your lunch break.

Visit a museum, art gallery, science center, zoo, or cultural attraction once a month.

Learn to be ambidextrous. Try using your opposite hand more often.

Take a creative think day or mental health day each quarter.

Clean something out: a drawer, closet, or room. Give away something you really like.

Make a daily to-do list and plan your time each day, each week, and each month.

Set three goals and write them down.

Take all your allowed vacation time each year.

Change your office layout around.

Find a way to manage time, details, and priorities better.

Take a time management course or read a book on the subject.

Create a new hobby or spend more time on your current one.

Work in 90-minute intervals.

Make any needed financial changes.

Learn about a subject that interests you.

Do a crossword or sudoku puzzle daily.

Learn how to use your technology to its fullest potential.

Teach a class. Go to a class.

Go a whole day or several hours without using any technology.

Read at least one self-improvement book once a year.

Learn how to focus your thoughts one at a time. Practice Mindfulness. Learn meditation.

Do something that really scares you.

Take a dance, yoga, computer, cooking, photography, writing, social media, or art class

Rearrange your furniture.

Spiritual Energy Menu

Choice, Action, or a Regular Ritual

Connect more often with your wise inner voice.

Trust your gut more often. Listen to your 6th sense.

Write down the 25 things you are most curious about in life but don't know the answer.

Spend more time with children, senior citizens, and animals.

Define and explore your spiritual and religious beliefs. Write them down.

Find and attend a weekly new church, synagogue home, or spiritual community.

Attempt more meditation and prayer. Find a spiritual mentor.

Read a book about spirituality, religion, or from spiritual writings, including poetry.

Volunteer or give money routinely to a charity or community group.

Light more candles in your home. Create softer lighting.

Stimulate your senses with more color, art, photos, flowers, rich textures, smells, and relaxing music.

Keep a spiritual journal.

Balance giving to others with good self-care.

Define 3 unexplained events and identify one miracle in your life.

Create a mission or purpose statement.

Create a sanctuary in your home for quiet time, personal space, inspiration, and recharging.

Visit the ocean or the mountains in the next three months. Engage in nature on a deeper level.

Create meaningful rituals and traditions for holidays, religious or life milestones.

Identify your natural gifts and biggest passions in your life. [Strengthsfinder.com](https://www.strengthsfinder.com)

Find an inspirational personal life quote or motto and read it daily.

Connect with your creative spirit. Create or build something new. Do arts and crafts.

Define the legacy you want to leave this world because of your existence.

Circle of influence: List the important people in your daily life in one place, along with meaningful information.

Write down your core, deeply held values and the behaviors that define them.

Spend more time in nature or take more vacations with nature.

Physical Energy Menu

Choice, Action, or a Regular Ritual

Improve your quality and quantity of sleep – at least 7-8 hours per night without drugs.

Eat smaller portions of food – the size of your fist, 5-6x per day.

Stop letting travel be an excuse for not exercising or eating poorly.

Eat less fast food. Eat out less often or order healthier food at restaurants.

More Water: Drink 1/2 your body weight in ounces daily at a minimum.

Eat more fruits and vegetables and less refined sugars.

Cut back on caffeine and alcohol.

Eat slower, sitting down and not at your desk or in the car.

Combine your workouts to include the big 3: cardio, strength, and stretching. Workout 5 times per week for 40-90 minutes.

Get a physical or executive-level checkup 1x year. Pick an anniversary date.

Know all your important “health numbers.” Write them down on one piece of paper – improve them.

Stop smoking or any other bad health habits.

Visit a health food and vitamin store.

Cleanse your digestive system for one week.

Walk or run in a charity race.

Create better relationships with your doctors.

Lose 10 pounds.

Move your body and break a sweat every day.

Take your dog/family members on more walks.

Health Risks: Know your family’s history and your own.

Take a vacation this year that involves sports, such as hiking, skiing, rafting, biking, or horse riding.

Learn more information about how stress takes a toll on your body.

Try something different with your physical appearance. Get a makeover. Dress better.

Read one book a year about health.

Schedule exercise like a daily meeting or appt. Read one book a year about health.

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Indulge in self-care: Try a massage, facial, manicure or pedicure.

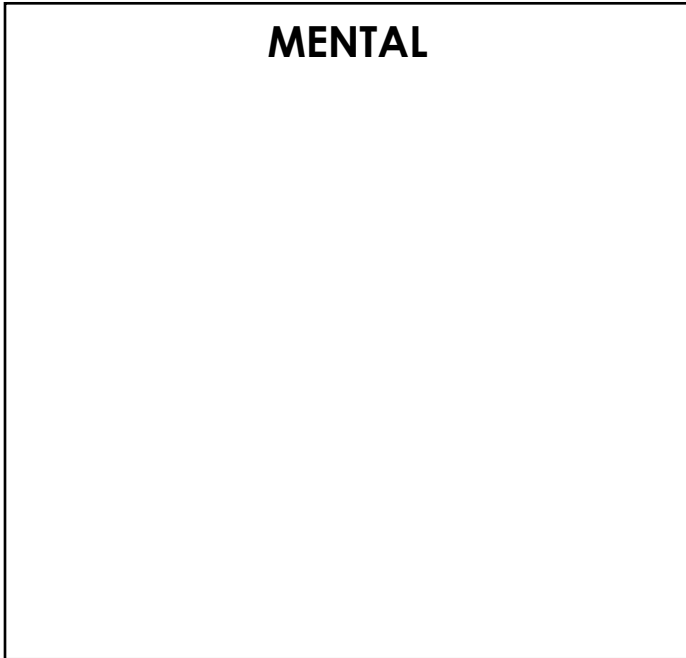
Check your hormone levels.

Download a mindfulness App and practice meditation.

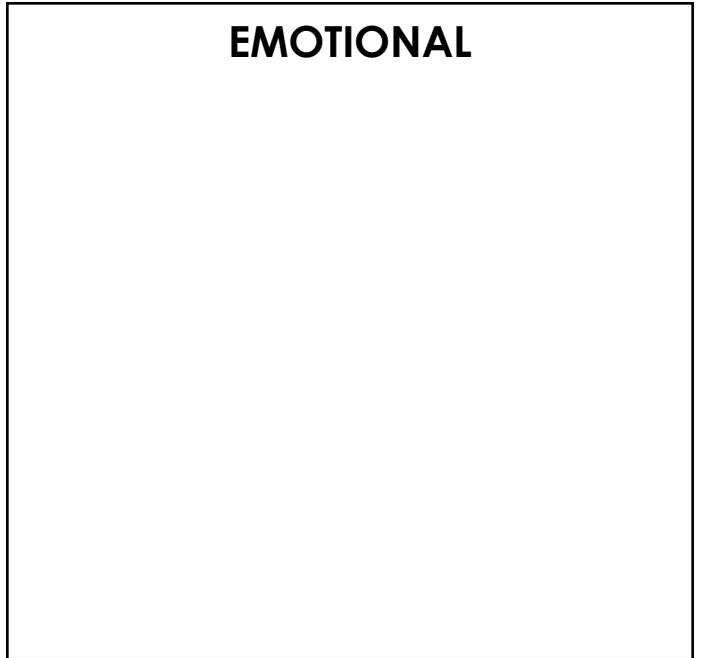
Start an exercise routine with a friend.

CREATE YOUR RENEWAL ZONES

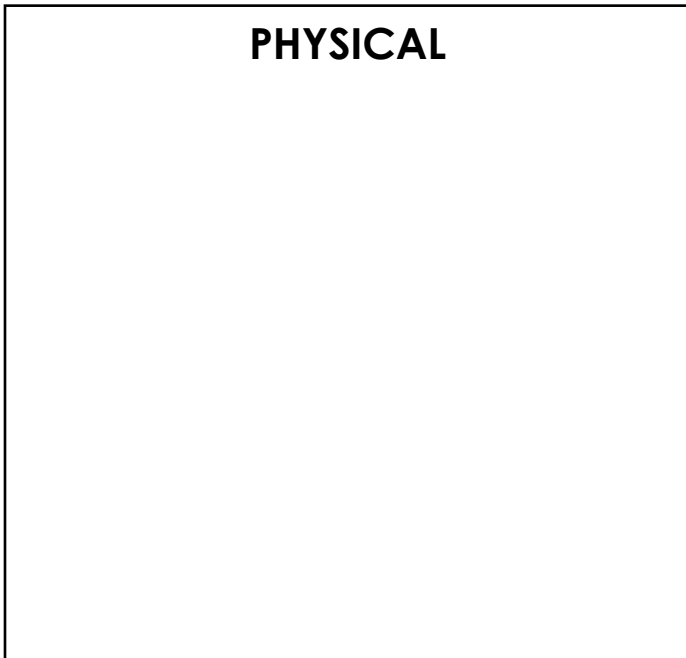
MENTAL



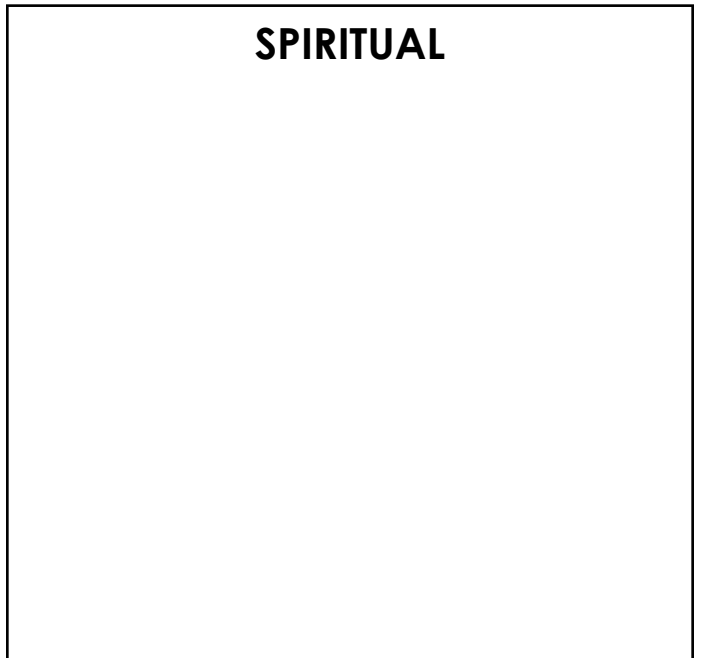
EMOTIONAL



PHYSICAL



SPIRITUAL



...what 1% change can you **commit** to?