

THE PURPOSE AND MEANING OF MY LIFE

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One of the greatest desires of our life is to have PURPOSE and MEANING. Having a balanced purposeful life is more valuable than material wealth. Think about how many famous people seem to 'have everything', yet are unhappy with their lives. Take some time to decide what your life's purpose is.

1. All the things I would like to HAVE in my lifetime:

2. All the things I would like to DO in my lifetime:

3. All the things I would like to BE in my lifetime:

4. What talents do I have or would like to have?

5. How can I best contribute to the world?

6. What have been some of my greatest moments of happiness and fulfillment?

What about this makes me happy?

How does that make me feel?

7. What am I grateful for in my life?

8. What am I really proud about in my life right now?

9. Who loves me the most in my life?

WHERE DO YOU SPEND YOUR TIME?

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Being efficient with our time is one sure way to fulfill our PURPOSE in life. Are you ever racing back and forth trying to decide what to do first? How often do you continually put off important things for something that you felt was URGENT? Making solid decisions everyday includes:

1. **Understanding the difference between IMPORTANCE and URGENCY.**
2. **Finding ways to avoid or minimize unproductive time usage.**
3. **Focusing TIME and ENERGY on the important things in your life.**

1. What situations in your life make you wish you had an extra hour?

2. If you had an extra hour in your day, what would you do with it?

3. What gets in the way of you being more productive?

LIVE ABOVE THE LINE (the time matrix)

	URGENT	NOT URGENT
IMPORTANT	necessity	effectiveness
NOT IMPORTANT	deception	waste & excess

“Stop swatting flies, and fix the whole in the front door!”

THE PRODUCTIVITY PYRAMID

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Roles

Now that we know what our PURPOSE in LIFE is, we can break it down to ensure we are fulfilling our Purpose in each Role.



Goals

Then, to ensure we are putting these commitments into ACTION... we will set a GOAL with a date to accomplish each ACTION.

1. ROLE: CHRISTIAN MAN/WOMAN

COMMITMENTS: What am I willing to commit to... to be the best I can be?

What I am NOT satisfied with... Gaps in the Perfect ME in this ROLE:

PLAN OF ACTION of what I am going to DO to IMPROVE

Each ACTION will be accomplished by:

1. _____ DATE _____
2. _____ DATE _____
3. _____ DATE _____

2. ROLE: MYSELF... Physical & Mental

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COMMITMENTS: What am I willing to commit to... to be the best I can be?

What I am NOT satisfied with... Gaps in the Perfect ME in this ROLE:

PLAN OF ACTION of what I am going to **DO** to **IMPROVE**

Each ACTION will be accomplished by:

1. _____ DATE _____
2. _____ DATE _____
3. _____ DATE _____

3. ROLE: BUSINESS MAN (CAREER)

COMMITMENTS: What am I willing to commit to... to be the best I can be?

What I am NOT satisfied with... Gaps in the Perfect ME in this ROLE:

PLAN OF ACTION of what I am going to **DO** to **IMPROVE**

Each ACTION will be accomplished by:

1. _____ DATE _____
2. _____ DATE _____
3. _____ DATE _____

4. ROLE: FAMILY MAN/WOMAN

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COMMITMENTS: What am I willing to commit to... to be the best I can be?

What I am NOT satisfied with... Gaps in the Perfect ME in this ROLE:

PLAN OF ACTION of what I am going to **DO** to **IMPROVE**

Each ACTION will be accomplished by:

1. _____ DATE _____
2. _____ DATE _____
3. _____ DATE _____

5. ROLE: A FRIEND

COMMITMENTS: What am I willing to commit to... to be the best I can be?

What I am NOT satisfied with... Gaps in the Perfect ME in this ROLE:

PLAN OF ACTION of what I am going to **DO** to **IMPROVE**

Each ACTION will be accomplished by:

1. _____ DATE _____
2. _____ DATE _____
3. _____ DATE _____

6. ROLE: HEALTHY MAN/WOMAN

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COMMITMENTS: What am I willing to commit to... to be the best I can be?

What I am NOT satisfied with... Gaps in the Perfect ME in this ROLE:

PLAN OF ACTION of what I am going to **DO** to **IMPROVE**

Each ACTION will be accomplished by:

1. _____ DATE _____
2. _____ DATE _____
3. _____ DATE _____

7. ROLE: HUSBAND/WIFE

COMMITMENTS: What am I willing to commit to... to be the best I can be?

What I am NOT satisfied with... Gaps in the Perfect ME in this ROLE:

PLAN OF ACTION of what I am going to **DO** to **IMPROVE**

Each ACTION will be accomplished by:

1. _____ DATE _____
2. _____ DATE _____
3. _____ DATE _____

YOUR BIG 3

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We could focus on many areas that we need to change, but what 3 things that you are you committed to changing that would have the MOST positive IMPACT in your life? If you were only to accomplish or change 3 things in your life... what would you want to make sure those 3 things were?

Put this sheet on your bathroom mirror to remind you of the commitments you have made.

ACTION #1: _____

What will happen if you don't take action (emotionally, financially, physically, and spiritually)?

What will happen if you do? How will your life be better?

ACTION #2: _____

What will happen if you don't take action (emotionally, financially, physically, and spiritually)?

What will happen if you do? How will your life be better?

ACTION #3: _____

What will happen if you don't take action (emotionally, financially, physically, and spiritually)?

What will happen if you do? How will your life be better?

Signature of Commitment

TODAY'S DATE: _____

PRINT NAME: _____

SIGNATURE: _____

HOW WILL YOUR LIFE CHANGE?

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Now that you've just done what only 3% of the entire population has done, it is time to see yourself differently in the future.

Step 1: Using the line below... Mark the date of your birth on the far left side. Assuming the far right side is the date of your death, make a mark on the timeline where you are today.

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Step 2: Write a brief introduction of yourself as you are today. Here is an example:

"Hello, I'm Sarah, and I'm 22 years old. I am currently a fulltime college student majoring in graphic design. I'm engaged to be married, but I don't have any children yet. I enjoy going out with friends and drinking cocktails."

Step 3: Write a brief introduction of yourself from a perspective of 10 years ago.

Step 4: Write a brief introduction of yourself from a perspective of 10 years in the future.

What did you learn from this activity?

10 years ago... did you envision yourself where you are today?

Write down what you are most excited about looking into the future of what your life will be like:
