



# [re] Aligning FOR PURPOSE

October 2023



# WELCOME

- The Power of Gratitude
- Keeping it Simple
- Personal Inventory
- Redefine Priorities
- Rearrange Habits
- (re)Align with Your Purpose.



# DO YOU LIVE IN GRATITUDE?



# LIVING IN GRATITUDE

APPRECIATING THE SMALL THINGS

FEELING CONTENT WITH WHAT YOU HAVE

BEING MINDFUL OF YOUR BLESSINGS

FIND JOY IN THE PRESENT MOMENT



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- ✓ APPRECIATING THE SMALL THINGS
- ✓ FEELING CONTENT WITH WHAT YOU HAVE
- ✓ BEING MINDFUL OF YOUR BLESSINGS
- ✓ FIND JOY IN THE PRESENT MOMENT





# BOOKENDING YOUR DAY





# KEEPING IT SIMPLE

ARE YOU THE VICTIM, CONTROLLER, OR CREATOR?



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## HAVE → DO → BE (The Victim)

Wants the "Current Reality" to change in order to DO & BE something

"If or when I have..., then I will be able to do..., and then I will be..."



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## DO → HAVE → BE (The Controller)

Wants to change the "Current Reality" by DO-ing more in order to HAVE and BE.

“If I do more..., then I will have..., and then I will be...”



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## BE → DO → HAVE (The Creator)

Redesigns who they are (BE) to inspire action (DO) and create results (HAVE)

If I can be that person, what would I be doing?" Then the HAVING is inevitable and would take care of itself.



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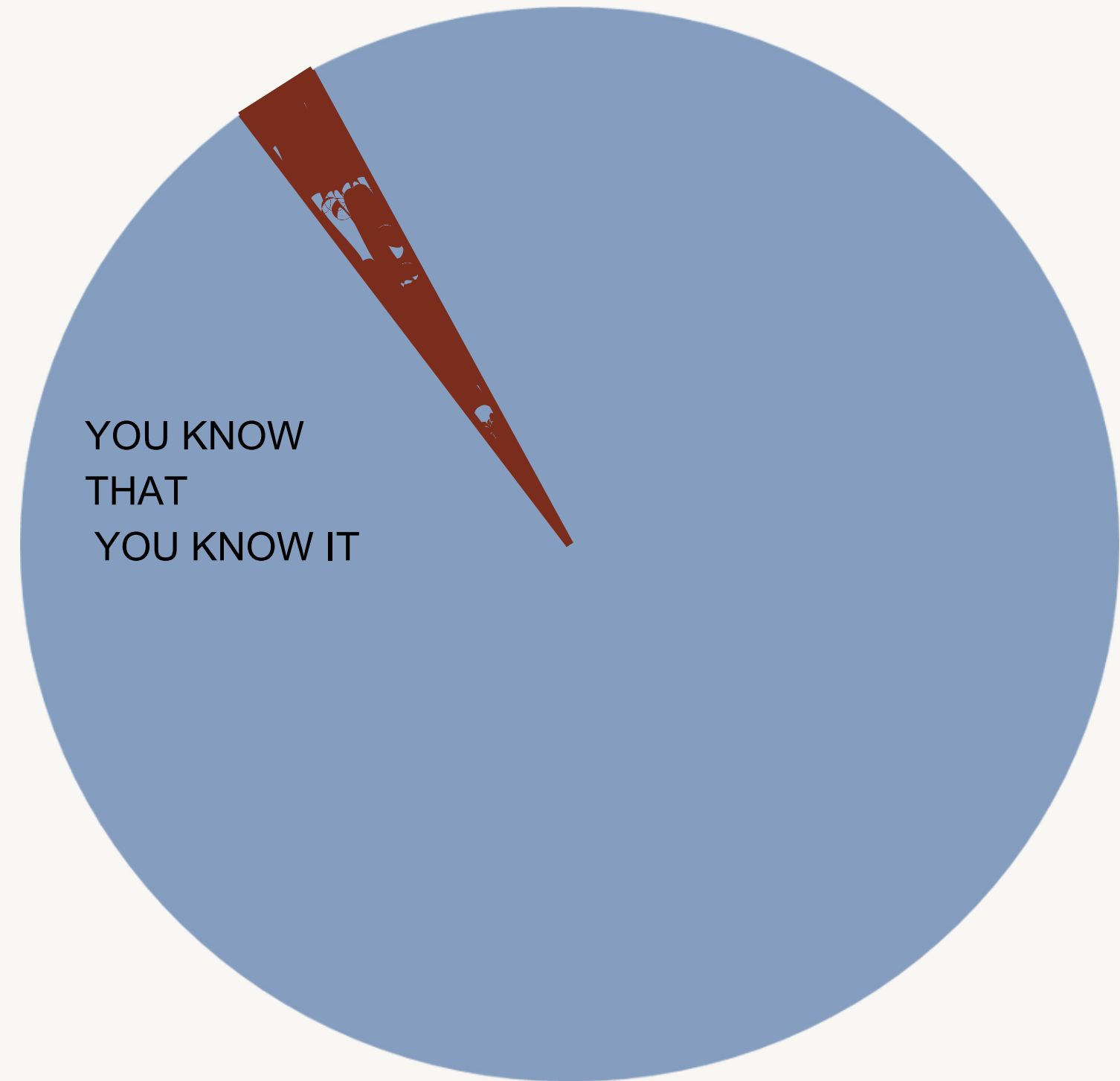
# PERSONAL INVENTORY

INTERNAL & EXTERNAL



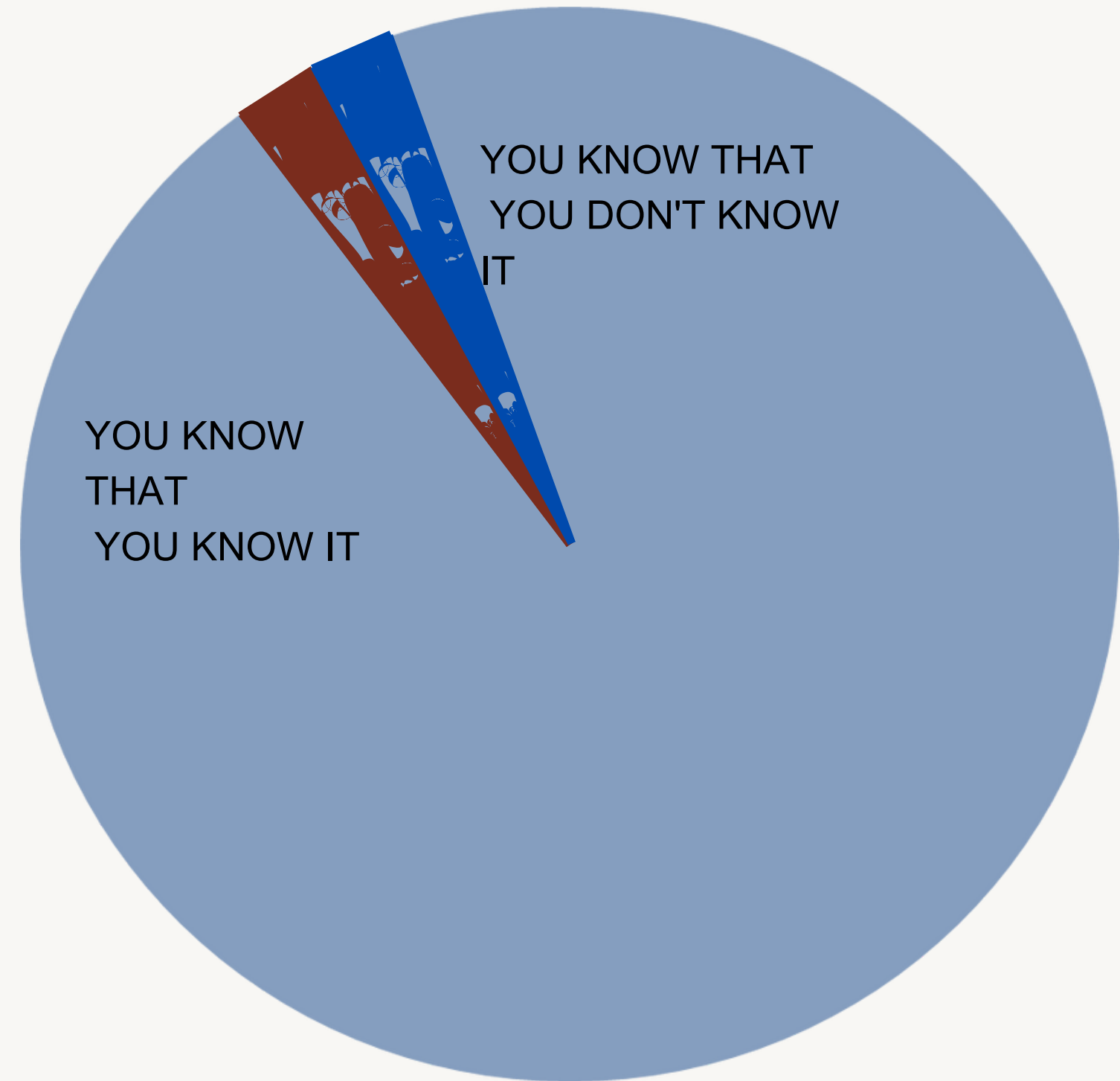


# MASTER WHEEL



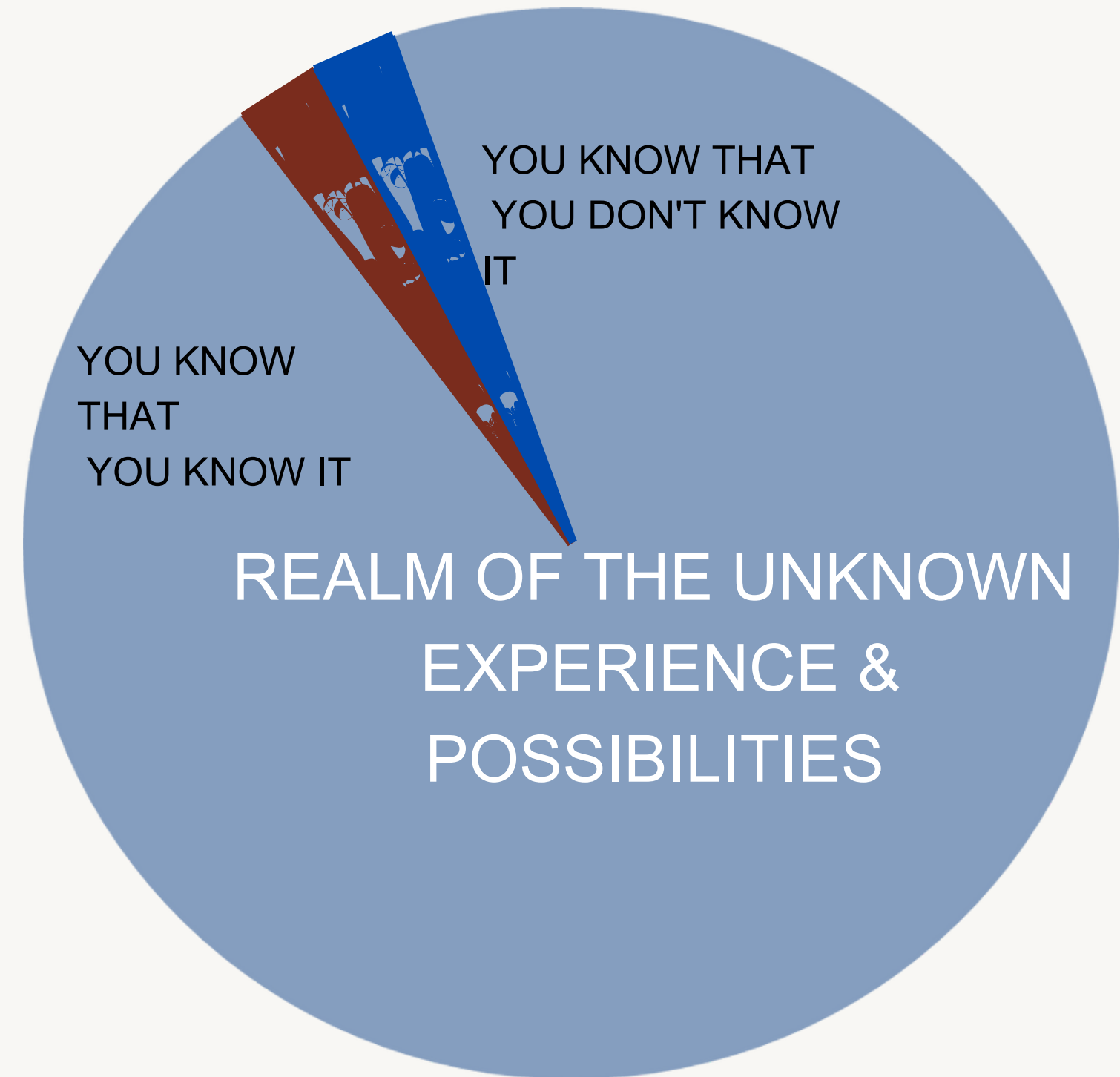


# MASTER WHEEL





# MASTER WHEEL





# THE REALM OF THE UNKNOWN

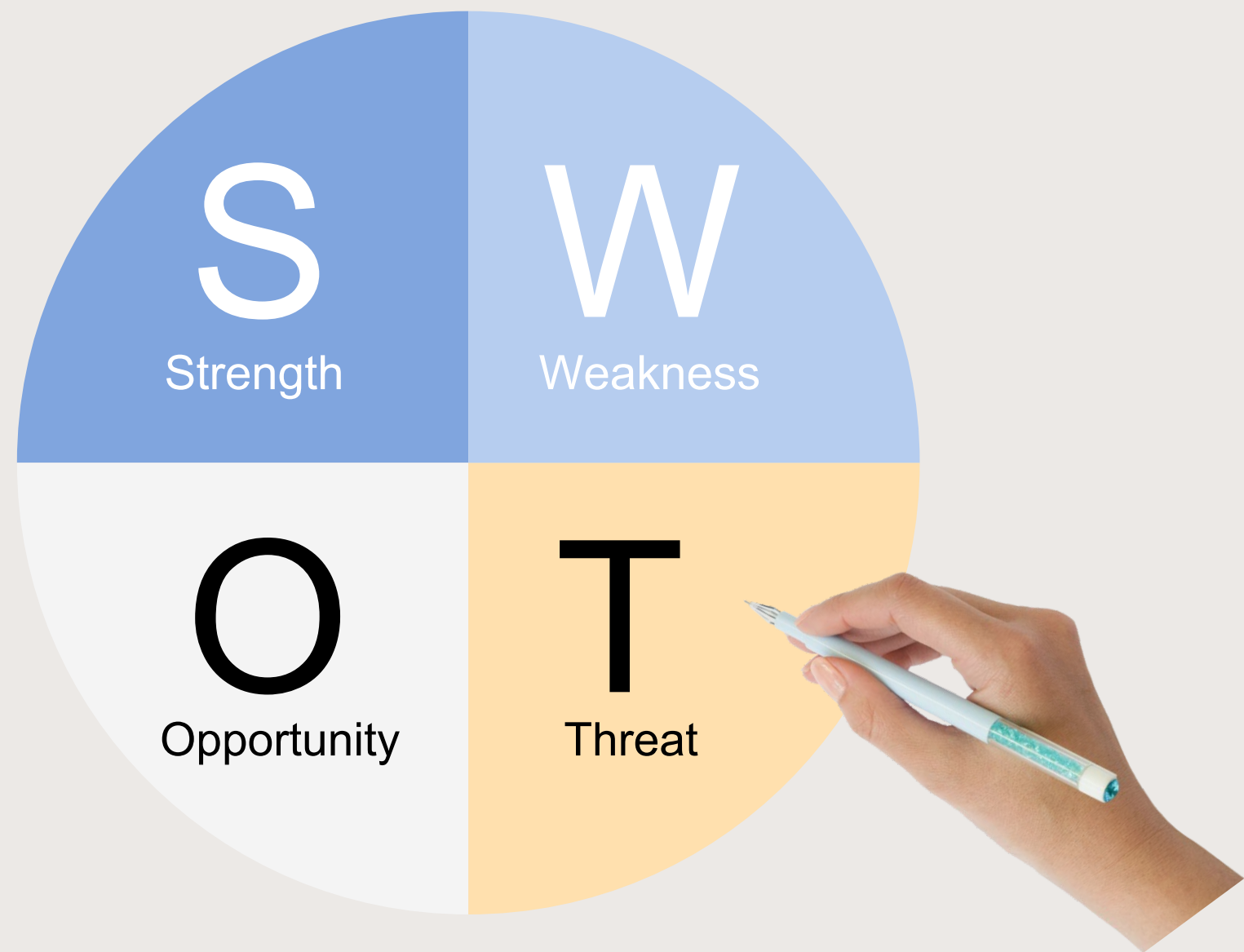
I DON'T KNOW THAT I KNOW IT.

&

I DON'T KNOW THAT I DON'T KNOW IT



# IDENTIFY YOUR TRUTH



- Know your Strengths
- Know your Weakness
- Identify opportunities
- Be clear on the threats
  
- **BE HONEST WITH YOURSELF**

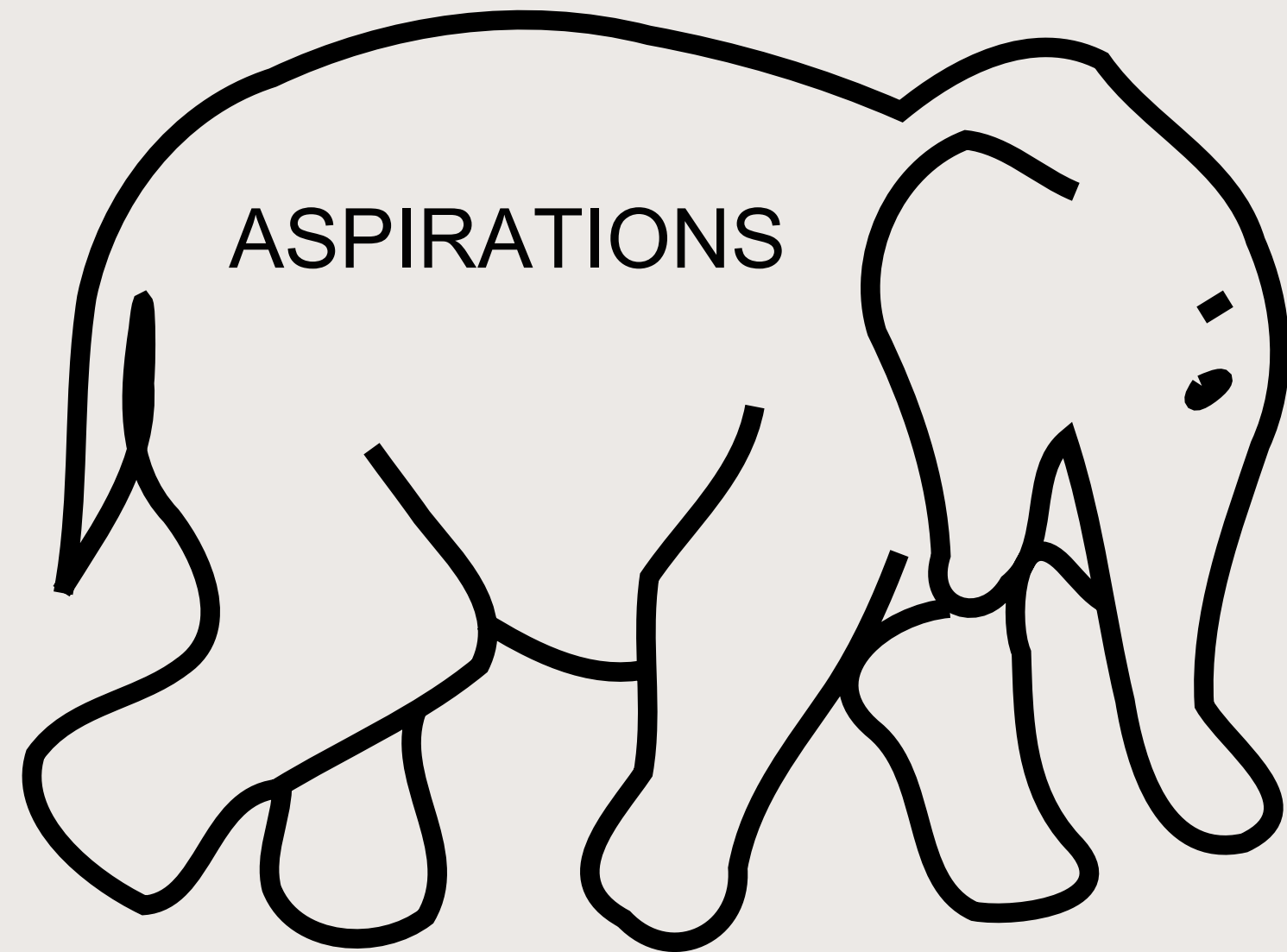


# (RE)DEFINE PRIORITIES

A CONSTANT PROCESS

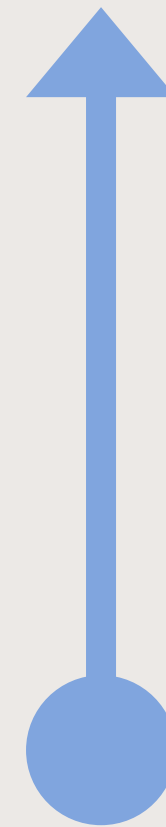


# HOW DO YOU EAT AN ELEPHANT?





# WHAT IS YOUR Z



ASPIRATIONS

RIGHT- NOW GOALS

ACTION STEPS

STARTING POINT





# (RE)ARRANGE HABITS

HABITS BUILD THE PATHWAYS TO SUCCESS



# FOCUS ON QUALITY LIFE



- 1 - Prioritize self-care:
- 2 - Eat a balanced diet:
- 3 - Get enough sleep:
- 4 - Practice mindfulness:
- 5 - Stay connected:
- 6 - Set goals:



# INTENTIONAL WITH

# YOUR TIME



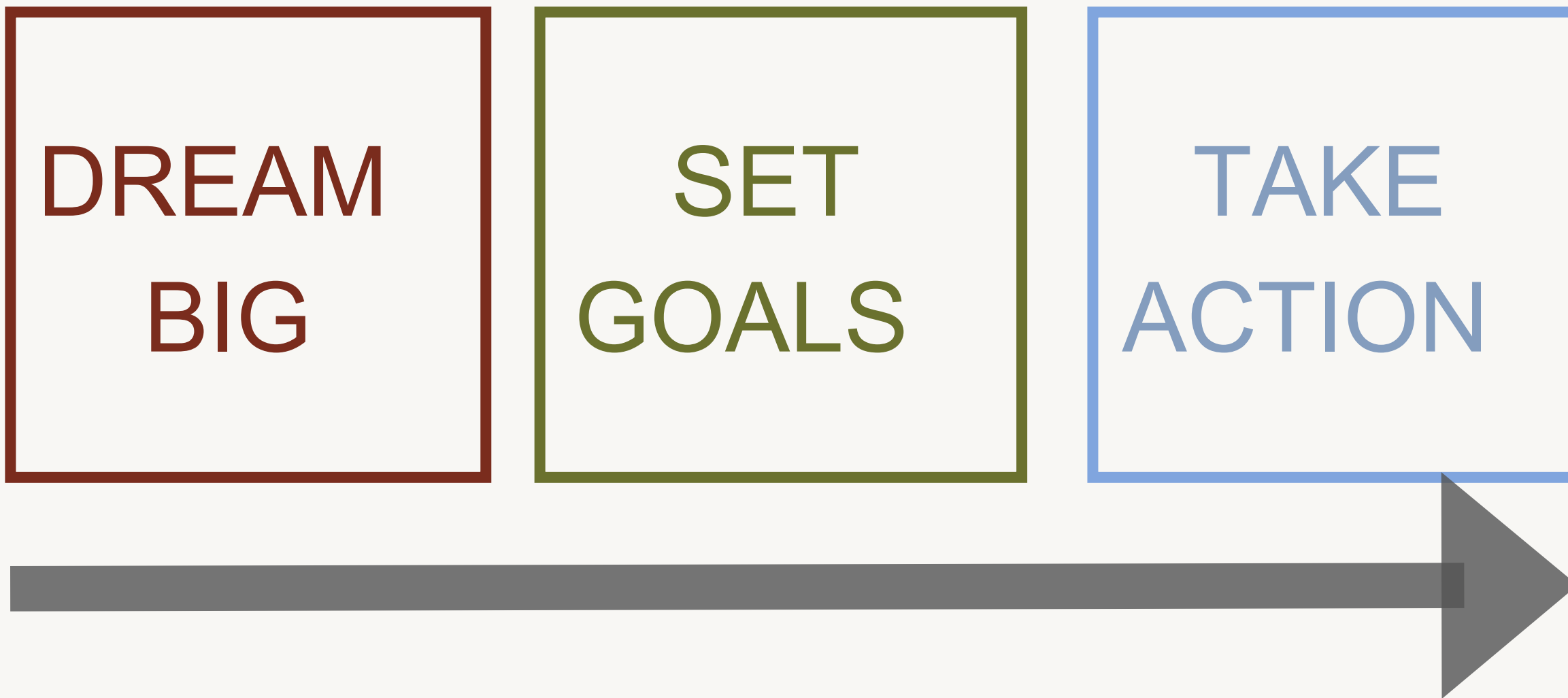
Intentional time management allows you to prioritize what matters most and create more time for the people and activities you love.



# RECLAIM YOUR DREAMS & (Re)ALIGN WITH YOUR PURPOSE



# WHAT IS YOUR DREAM?





# STOP WASTING TIME!!



VIP 3 in 3 Sessions



[Web Site](#)