

3 steps to

L.O.P.

Living on Purpose

Nothing is more fulfilling
than living a life of purpose.
Discover and fulfill your
purpose for living.

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MOSAIC
COACHING SOLUTIONS

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I know I promised three steps, but as you'll see there are lots of mini steps built in. I couldn't resist giving you more information because I have found it useful and relevant and I think it will help you get to *Living on Purpose*. I hope you will agree, and for now, enjoy the ride.

Here's how to get the most of this program.

- Set aside time to consider the questions and reflect on your responses. If possible give yourself an hour - if pressed, it can be done in less time.
- Have pen and paper to take notes.
- Savor the learning - take it all in!

Step 1: Tune into your values

What are they? What matters to you? Take five minutes now to write a list of the values that are important to you. Set a timer and keep writing until the timer signals a stop. Take your time - it's not a race, just a chance for you to reflect. Take a couple of deep breaths before you begin.

Then circle seven (7) that matter the most. Is it harmony, loyalty, honesty, education, family, achievement, spending time in nature, spiritual grounding, relationship with a higher power, etc. The list could go on and on - these are a few examples.

Remember there are no right or wrong answers - this is personal - it's all about YOU!

Next, try this exercise. Close your eyes and imagine a billboard in your hometown. It's in a prime location and tens of people will see it every day. It's your billboard and on it you get to put any message you want. What would yours say? Is it all text, images, what colors are present? Is it lively, serious, playful, cartoon-like?

What comes up for you from these two exercises provides a glimpse into your value set.

Ask yourself - am I living in alignment with these values? Does my daily activity line up with this list? Are my aspirational values aligned with my practical values? (What I intend to do versus what I actually do).

Step 2: Identify Your Crew

Who's in the arena with you? Teddy Roosevelt delivered a speech in 1910 later referred to as the "Daring Greatly" speech. In it he described that the folks on the sidelines who are critics and cynics do not matter. It's the folks in the arena who earn the right to comment, contribute and thus are willing to get dirty with you. Who's your crew?

List 6 people whose role in your life is significant. What role do they play?

Appreciator
Listener
Curious One

Of course there are others... With these people and this list in mind, where does purpose fit in? Are conversations with these folks inspiring, challenging and offering opportunities for you to be purposeful in how you live life and navigate day to day?

What's unique about you? Not necessarily what you do for a living or your vocation, but instead at your core - what is the reason you are alive? What is your unique contribution to your community, family or to humanity? What kinds of things make you light up like a child? Or excite you from the inside out?

Step 3: Allow

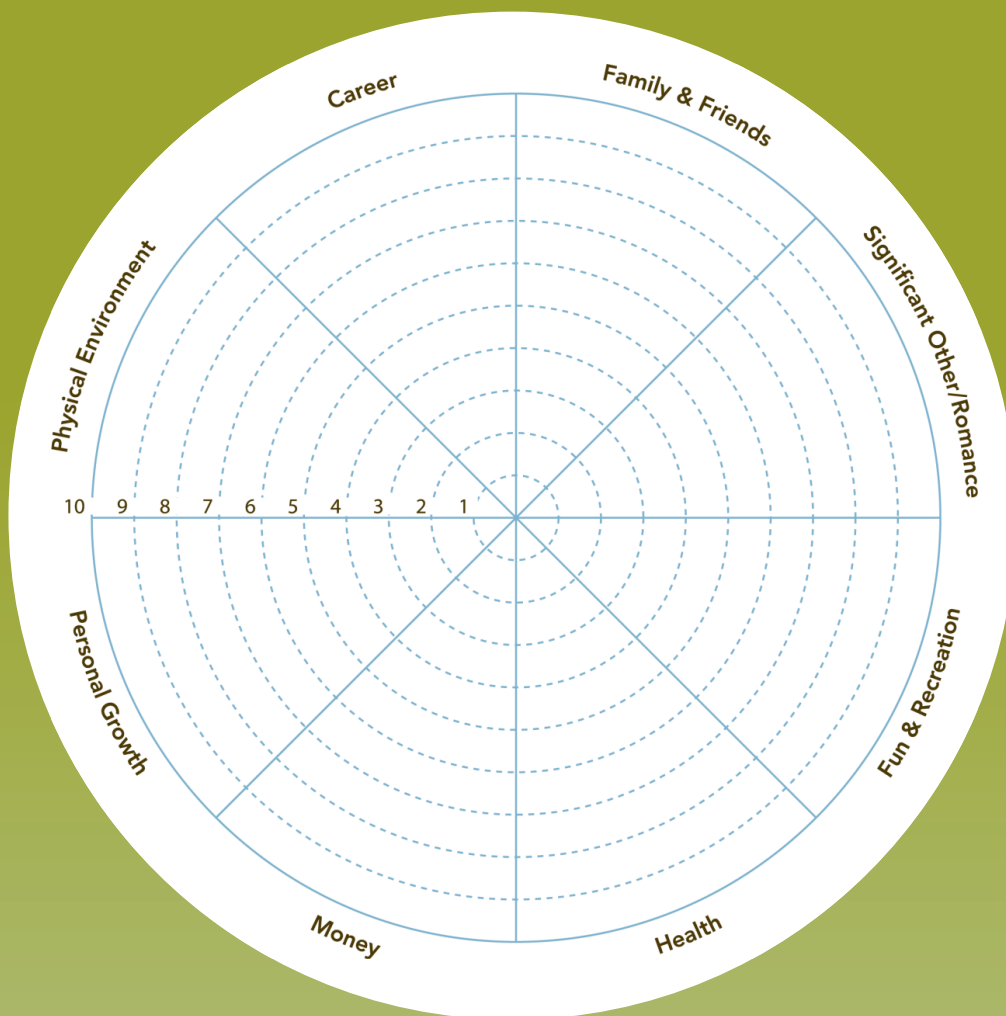
What you resist persists. It's universal and guaranteed. When you "allow" there's space to pay attention to important clues. This step is all about creating space to "allow" what naturally shows up for you. Resist the urge to "make lemonade with the lemons" that life may be serving you, and work towards finding your purpose. Allowing your emotions, thoughts, and intuition to play out promises to reveal hints about your purpose. Pause when you are angry, joyful, frustrated, grateful, fearful, etc. Ask yourself - what's here for me in this moment? Then listen... It'll be quite revealing and the best invitation you'll have to get to living on purpose.

These steps are part of a comprehensive program designed to identify "living on purpose."



The Wheel of Life (Form)

Directions: The eight sections in the Wheel of Life represent different aspects of your life. Seeing the center of the wheel as 1 and the outer edges as 10, rank your level of satisfaction with each life area by drawing a straight or curved line to create a new outer edge. The new perimeter represents the wheel of your life. If this were a real wheel, how bumpy would the ride be?



Values List

INSTRUCTIONS

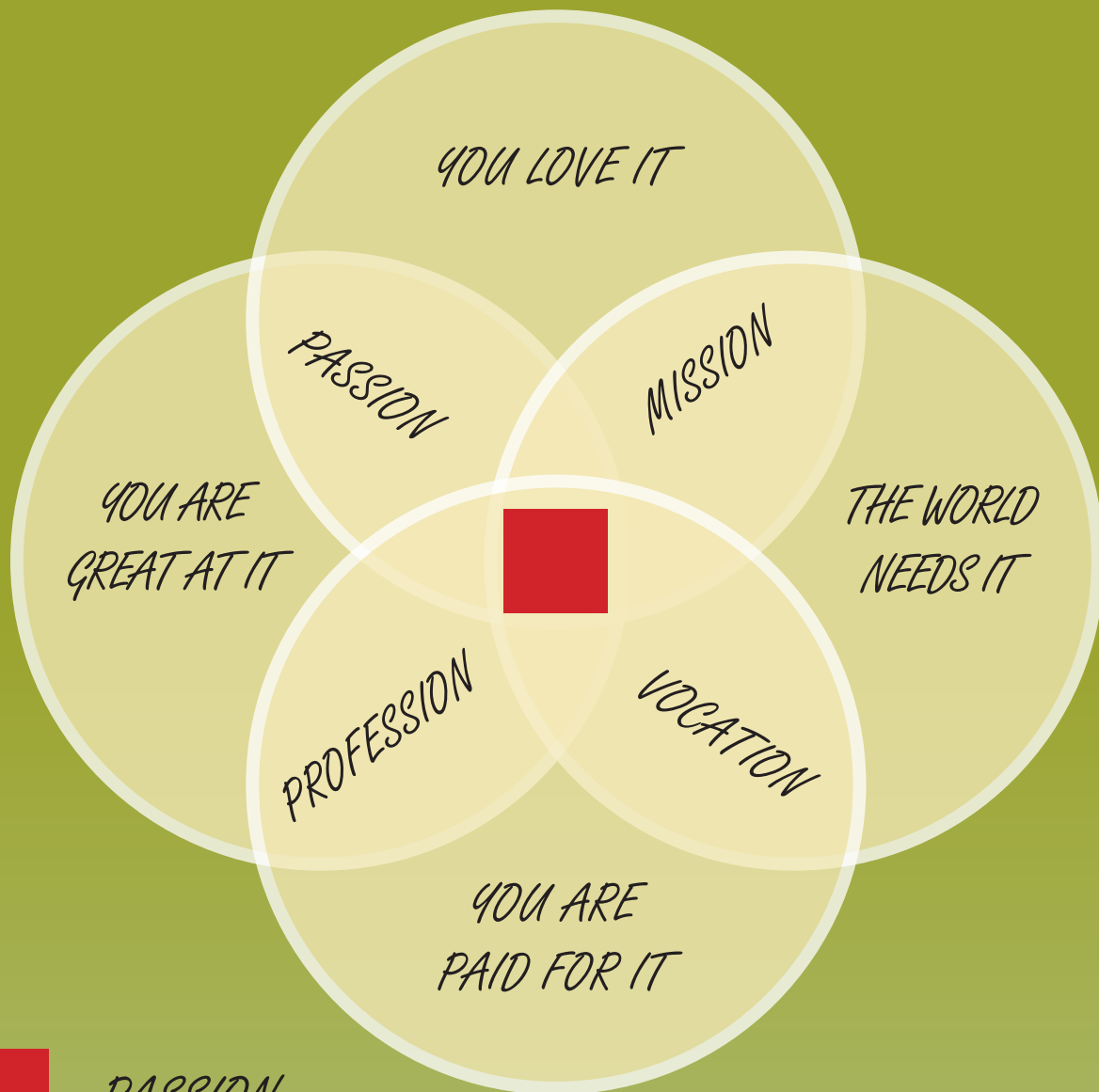
- Your Values are what is important to you in life. Knowing your Values helps you understand what drives you – what you enjoy, inspires you and would like more of. By **building a life and lifestyle around our values** we create a **life that is more satisfying** and meaningful to us.
- NB. Values change over time, and deepen as you understand yourself better – they are always moving. Your Values can also be situational – so what is true for you at work may not be true for you at home.
- Finally, the Values “List” below is ONLY to give you some ideas of example or sample values. We are each unique, so there will undoubtedly be words that are missing from this list, and different words that sum up your Value better. If so, feel free to add those words to the list below.

1. Accomplishment
2. Accuracy
3. Acknowledgment
4. Adventure
5. Authenticity
6. Balance
7. Beauty
8. Boldness
9. Calm
10. Challenge
11. Collaboration
12. Community
13. Compassion
14. Comradeship
15. Confidence
16. Connectedness
17. Contentment
18. Contribution
19. Cooperation
20. Courage
21. Creativity
22. Curiosity
23. Determination
24. Directness
25. Discovery
26. Ease
27. Effortlessness
28. Empowerment
29. Enthusiasm
30. Environment
31. Excellence
32. Fairness
33. Flexibility

1. Focus
2. Forgiveness
3. Freedom
4. Friendship
5. Fun
6. Generosity
7. Gentleness
8. Groundedness
9. Growth
10. Happiness
11. Harmony
12. Health
13. Helpfulness
14. Honesty
15. Honor
16. Humor
17. Idealism
18. Independence
19. Innovation
20. Integrity
21. Intuition
22. Joy
23. Kindness
24. Learning
25. Listening
26. Love
27. Loyalty
28. Optimism
29. Orderliness
30. Participation
31. Partnership
32. Passion
33. Patience

1. Peace
2. Presence
3. Productivity
4. Recognition
5. Respect
6. Resourcefulness
7. Romance
8. Safety
9. Self-Esteem
10. Service
11. Simplicity
12. Spirituality
13. Spontaneity
14. Strength
15. Tact
16. Thankfulness
17. Tolerance
18. Tradition
19. Trust
20. Understanding
21. Unity
22. Vitality
23. Wisdom
24. _____
25. _____
26. _____
27. _____
28. _____
29. _____
30. _____
31. _____
32. _____
33. _____

Remember: When it comes to Values, there is no right or wrong – only who WE are!



 - *PASSION*

If you'd like to take this L.O.P. program one step further try this...

- Continue to heighten your self awareness (that's what you've done here)
- Create a strategy
- Find an accountability partner and
- GET MOVING to . . .

L.O.P.

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Schedule a private or group coaching engagement today!

Call **415.579.1630**

or visit **mosaic-cs.com**

