

# FINDING YOUR PURPOSE



1. IDENTIFY **ROLES** IN EACH OF THE 7 **LIFE TIME VALUE ACCOUNTS**
2. CLARIFY **WANTS** AND **GOALS** IN EACH LIFE ACCOUNT
3. DETERMINE **PRIMARY GOAL** OR “**CORE WANT**” FOR EACH ACCOUNT
4. DEFINE THE **BEHAVIORS** OR **QUALITIES** THAT ARE IN **ALIGNMENT** WITH ACHIEVING CORE WANTS
5. COMPOSE AUTHENTIC **PURPOSE, MISSION** AND **VISION STATEMENTS**

MANIFESTATION FORMULA

# MANIFESTATION FORMULA



The Manifestation Formula was developed by Dr. John Demartini to help users “chunk down” a complex or overwhelming undertaking or subject.

Begin by filling in the **SUBJECT** on the far left of the formula and breakdown the main element into smaller more manageable steps, concepts or elements.

See example:

***“Chunk it down”***

Dr. John Demartini

# MANIFESTATION FORMULA



FAMILIAL  
SUBJECT

## ELEMENTS / STEPS

\_\_\_\_\_ Husband  
\_\_\_\_\_ Father  
\_\_\_\_\_ Brother  
\_\_\_\_\_ Uncle  
\_\_\_\_\_ Cousin  
\_\_\_\_\_ Son  
\_\_\_\_\_ Godfather

***“Chunk it down”***

Dr. John Demartini

# IDENTIFY ROLES



\_\_\_\_\_ VOCATIONAL

## ROLES

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Dr. John Demartini

# IDENTIFY ROLES



*ROLES*

\_\_\_\_\_  
**FAMILIAL**

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Dr. John Demartini

# IDENTIFY ROLES



*ROLES*

\_\_\_\_\_  
**SOCIAL**

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Dr. John Demartini

# IDENTIFY ROLES



*ROLES*

\_\_\_\_\_ **MENTAL**

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Dr. John Demartini

# IDENTIFY ROLES



*ROLES*

\_\_\_\_\_ **PHYSICAL**

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Dr. John Demartini

# IDENTIFY ROLES



*ROLES*

\_\_\_\_\_  
**FINANCIAL**

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Dr. John Demartini

# IDENTIFY ROLES



*ROLES*

\_\_\_\_\_  
**SPIRITUAL**

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Dr. John Demartini

# DEFINING YOUR WANTS / GOALS



**Write your WANTS and GOALS  
for each ROLE**

**(For each of your 7 Life Time Value  
Accounts)**

*“Your Love Lists”*

Kevin McCarthy

## YOUR “LOVE LISTS”

**WRITE YOUR WANTS and GOALS**

*(FOR EACH OF THE 7 LIFETIME VALUE ACCOUNTS)*

**BE:** “I WOULD LOVE TO BE....\_\_\_\_\_”

**DO:** “I WOULD LOVE TO ....\_\_\_\_\_”

**HAVE:** “I WOULD LOVE TO HAVE...\_\_\_\_\_”

**TOURNAMENTS : LIST TOP TO BOTTOM**

Kevin McCarthy  
On Purpose Person

## **FAMILY LIFE**

**Write your Love List:**

**"I WANT TO BE, DO or HAVE..."**

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

CORE WANT

**Use a bigger page of paper if necessary.**

## **PROFESSIONAL LIFE**

**Write your Love List:**

**"I WANT TO BE, DO or HAVE..."**

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

CORE WANT

**Use a bigger page of paper if necessary.**

## SOCIAL LIFE

Write your Love List:

"I WANT TO BE, DO or HAVE..."

_____			
_____	_____		
_____		_____	
_____	_____		
_____			_____
_____	_____		
_____		_____	
_____	_____		
_____			CORE WANT

Use a bigger page of paper if necessary.

## PHYSICAL LIFE

Write your Love List:

"I WANT TO BE, DO or HAVE..."

_____			
_____	_____		
_____		_____	
_____	_____		
_____			_____
_____	_____		
_____		_____	
_____	_____		
_____			CORE WANT

Use a bigger page of paper if necessary.



## **MENTAL LIFE**

Write your Love List:

“I WANT TO BE, DO or HAVE...”

_____	_____	_____	
_____	_____	_____	
_____	_____	_____	
_____	_____	_____	
_____	_____	_____	
_____	_____	_____	
_____	_____	_____	
_____	_____	_____	
_____	_____	_____	
			_____ CORE WANT

Use a bigger page of paper if necessary.

## **SPIRITUAL LIFE**

Write your Love List:

“I WANT TO BE, DO or HAVE...”

_____	_____	_____	
_____	_____	_____	
_____	_____	_____	
_____	_____	_____	
_____	_____	_____	
_____	_____	_____	
_____	_____	_____	
_____	_____	_____	
_____	_____	_____	
			_____ CORE WANT

Use a bigger page of paper if necessary.

## FINANCIAL LIFE

Write your Love List:

"I WANT TO BE, DO or HAVE..."

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

CORE WANT

Use a bigger page of paper if necessary.

## BEHAVIORS / QUALITIES



Now that you have identified your "Core Wants"  
for each of your 7 Life Time Value Accounts...

List the **Qualities and Behaviors**  
that are in the greatest **ALIGNMENT**  
with producing those Core Wants.

# BEHAVIORS / QUALITIES



## CONGRUENT BEHAVIORS OR QUALITIES:

\_\_\_\_\_  
CORE WANT

**SPIRITUAL LIFE**

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*"What would the person that I am trying to become do or say...?"*

# BEHAVIORS / QUALITIES



## CONGRUENT BEHAVIORS OR QUALITIES:

\_\_\_\_\_  
CORE WANT

**FAMILY LIFE**

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*"What would the person that I am trying to become do or say...?"*

# BEHAVIORS / QUALITIES



## CONGRUENT BEHAVIORS OR QUALITIES:

\_\_\_\_\_  
CORE WANT

**WORK LIFE**

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*"What would the person that I am trying to become do or say...?"*

# BEHAVIORS / QUALITIES



## CONGRUENT BEHAVIORS OR QUALITIES:

\_\_\_\_\_  
CORE WANT

**FINANCIAL LIFE**

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*"What would the person that I am trying to become do or say...?"*

# BEHAVIORS / QUALITIES



## CONGRUENT BEHAVIORS OR QUALITIES:

\_\_\_\_\_  
CORE WANT

PHYSICAL LIFE

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*"What would the person that I am trying to become do or say...?"*

# BEHAVIORS / QUALITIES



## CONGRUENT BEHAVIORS OR QUALITIES:

\_\_\_\_\_  
CORE WANT

THOUGHT LIFE

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*"What would the person that I am trying to become do or say...?"*

# BEHAVIORS / QUALITIES



## CONGRUENT BEHAVIORS OR QUALITIES:

\_\_\_\_\_

CORE WANT

REC/SOCIAL LIFE

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

*"What would the person that I am trying to become do or say,,?"*

# Virtual Board of Trustees

**Create a mental anchor for each of those categories. Identify the individual(s) that best represent those qualities or behaviors that align with your Core Values for each of your Life Time Value Accounts.**

*"What would the person that I am trying to become do or say,,?"*

# Virtual Board of Trustees



## Your Life Accounts

- Physical
- Spiritual
- Mental
- Vocational
- Financial
- Familial
- Social

### Life Account

### Advisor

- |          |          |
|----------|----------|
| 1. _____ | 1. _____ |
| 2. _____ | 2. _____ |
| 3. _____ | 3. _____ |
| 4. _____ | 4. _____ |
| 5. _____ | 5. _____ |
| 6. _____ | 6. _____ |
| 7. _____ | 7. _____ |

These advisors serve as role models for choices, responses and behavior patterns. Reference these people mentally when faced with daily challenges.

# PURPOSE STATEMENT

Using your core wants, roles and goals – reflect on your core purpose. Compose an authentic statement of purpose that sincerely reflects your core values.

“My PURPOSE IS TO BE... \_\_\_\_\_

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PROFESSIONAL LIFE



# PURPOSE STATEMENT

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FAMILIAL LIFE





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FINANCIAL LIFE



# PURPOSE STATEMENT

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SPIRITUAL LIFE



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SOCIAL / RECREATIONAL LIFE



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“My PURPOSE IS TO BE... \_\_\_\_\_

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MENTAL / THOUGHT LIFE



# PURPOSE STATEMENT

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“My PURPOSE IS TO BE... \_\_\_\_\_

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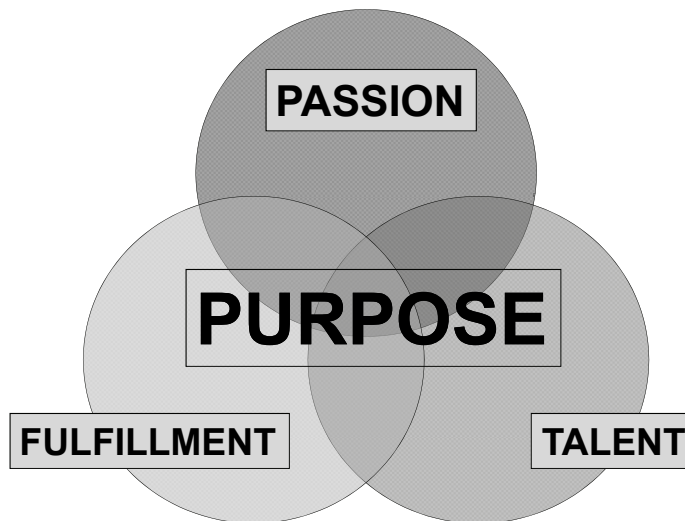
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PHYSICAL LIFE



Check Yourself



# MISSION STATEMENT

Using your core wants, roles and goals – reflect on your core **MISSION**. Compose an authentic mission statement that sincerely reflects your core values. Focus on what you would **LOVE** to dedicate your life to, a mission that is aligned with your dreams and aspirations.

“I will **SERVE MY PURPOSE** by...\_\_\_\_\_

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**PROFESSIONAL LIFE**



# MISSION STATEMENT

Using your core wants, roles and goals – reflect on your core **MISSION**. Compose an authentic mission statement that sincerely reflects your core values. Focus on what you would **LOVE** to dedicate your life to, a mission that is aligned with your dreams and aspirations.

“I will **SERVE MY PURPOSE** by...\_\_\_\_\_

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**FAMILIAL LIFE**



# MISSION STATEMENT

Using your core wants, roles and goals – reflect on your core **MISSION**. Compose an authentic mission statement that sincerely reflects your core values. Focus on what you would **LOVE** to dedicate your life to, a mission that is aligned with your dreams and aspirations.

“I will **SERVE MY PURPOSE** by...\_\_\_\_\_

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FINANCIAL LIFE



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“I will **SERVE MY PURPOSE** by...\_\_\_\_\_

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SPIRITUAL LIFE



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“I will **SERVE MY PURPOSE** by...\_\_\_\_\_

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**SOCIAL / RECREATIONAL LIFE**



# MISSION STATEMENT

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**MENTAL / THOUGHT LIFE**



# MISSION STATEMENT

Using your core wants, roles and goals – reflect on your core **MISSION**. Compose an authentic mission statement that sincerely reflects your core values. Focus on what you would **LOVE** to dedicate your life to, a mission that is aligned with your dreams and aspirations.

“I will **SERVE MY PURPOSE** by... \_\_\_\_\_

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PHYSICAL LIFE



## The Power of the GOAL SETTING BHAG and NHAG

- **BHAG: Big Hairy Audacious Goal**
- **NHAG: Next Happy Achievable Goal**
- **Compelling Rewards and Penalty**



# BHAG

## FAMILY LIFE

GOAL DATE:

BE: \_\_\_\_\_

DO: \_\_\_\_\_

HAVE: \_\_\_\_\_

REWARD: \_\_\_\_\_

PENALTY: \_\_\_\_\_



# NHAG

## FAMILY LIFE

GOAL DATE:

BE: \_\_\_\_\_

DO: \_\_\_\_\_

HAVE: \_\_\_\_\_

REWARD: \_\_\_\_\_

PENALTY: \_\_\_\_\_





# BHAG

## PHYSICAL LIFE

GOAL DATE:

BE: \_\_\_\_\_

DO: \_\_\_\_\_

HAVE: \_\_\_\_\_

REWARD: \_\_\_\_\_

PENALTY: \_\_\_\_\_



# NHAG

## PHYSICAL LIFE

GOAL DATE:

BE: \_\_\_\_\_

DO: \_\_\_\_\_

HAVE: \_\_\_\_\_

REWARD: \_\_\_\_\_

PENALTY: \_\_\_\_\_



# BHAG

## SOCIAL LIFE

GOAL DATE:

BE: \_\_\_\_\_

DO: \_\_\_\_\_

HAVE: \_\_\_\_\_

REWARD: \_\_\_\_\_

PENALTY: \_\_\_\_\_



# NHAG

## SOCIAL LIFE

GOAL DATE:

BE: \_\_\_\_\_

DO: \_\_\_\_\_

HAVE: \_\_\_\_\_

REWARD: \_\_\_\_\_

PENALTY: \_\_\_\_\_



# BHAG

## PROFESSIONAL LIFE

GOAL DATE:

BE: \_\_\_\_\_

DO: \_\_\_\_\_

HAVE: \_\_\_\_\_

REWARD: \_\_\_\_\_

PENALTY: \_\_\_\_\_



# NHAG

## PROFESSIONAL LIFE

GOAL DATE:

BE: \_\_\_\_\_

DO: \_\_\_\_\_

HAVE: \_\_\_\_\_

REWARD: \_\_\_\_\_

PENALTY: \_\_\_\_\_



# BHAG

## FINANCIAL LIFE

GOAL DATE:

BE: \_\_\_\_\_

DO: \_\_\_\_\_

HAVE: \_\_\_\_\_

REWARD: \_\_\_\_\_

PENALTY: \_\_\_\_\_



# NHAG

## FINANCIAL LIFE

GOAL DATE:

BE: \_\_\_\_\_

DO: \_\_\_\_\_

HAVE: \_\_\_\_\_

REWARD: \_\_\_\_\_

PENALTY: \_\_\_\_\_



# BHAG

## THOUGHT LIFE

GOAL DATE:

BE: \_\_\_\_\_

DO: \_\_\_\_\_

HAVE: \_\_\_\_\_

REWARD: \_\_\_\_\_

PENALTY: \_\_\_\_\_



# NHAG

## THOUGHT LIFE

GOAL DATE:

BE: \_\_\_\_\_

DO: \_\_\_\_\_

HAVE: \_\_\_\_\_

REWARD: \_\_\_\_\_

PENALTY: \_\_\_\_\_



# BHAG

## SPIRITUAL LIFE

GOAL DATE:

BE: \_\_\_\_\_

DO: \_\_\_\_\_

HAVE: \_\_\_\_\_

REWARD: \_\_\_\_\_

PENALTY: \_\_\_\_\_



# NHAG

## SPIRITUAL LIFE

GOAL DATE:

BE: \_\_\_\_\_

DO: \_\_\_\_\_

HAVE: \_\_\_\_\_

REWARD: \_\_\_\_\_

PENALTY: \_\_\_\_\_





## **VISION STATEMENT**

Using your core wants, roles and goals – reflect on your core purpose. Compose an authentic statement of **VISION** that sincerely reflects your core values.

**“I SEE my FUTURE SELF...”**

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**PROFESSIONAL LIFE**



# VISION STATEMENT

Using your core wants, roles and goals – reflect on your core purpose. Compose an authentic statement of VISION that sincerely reflects your core values.

**“I SEE my FUTURE SELF...”**

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FAMILIAL LIFE



# VISION STATEMENT

Using your core wants, roles and goals – reflect on your core purpose. Compose an authentic statement of VISION that sincerely reflects your core values.

**“I SEE my FUTURE SELF...”**

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FINANCIAL LIFE





# VISION STATEMENT

Using your core wants, roles and goals – reflect on your core purpose. Compose an authentic statement of VISION that sincerely reflects your core values.

**“I SEE my FUTURE SELF...”**

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SPIRITUAL LIFE



# VISION STATEMENT

Using your core wants, roles and goals – reflect on your core purpose. Compose an authentic statement of VISION that sincerely reflects your core values.

**“I SEE my FUTURE SELF...”**

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SOCIAL / RECREATIONAL LIFE



# VISION STATEMENT

Using your core wants, roles and goals – reflect on your core purpose. Compose an authentic statement of VISION that sincerely reflects your core values.

**“I SEE my FUTURE SELF...”**

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MENTAL / THOUGHT LIFE



# VISION STATEMENT

Using your core wants, roles and goals – reflect on your core purpose. Compose an authentic statement of VISION that sincerely reflects your core values.

**“I SEE my FUTURE SELF...”**

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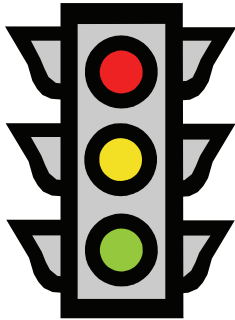
PHYSICAL LIFE



**You cannot change your life  
overnight.... It takes 21 days.**



**START DOING LIST**



\_\_\_\_\_ LTVA

BEHAVIOR

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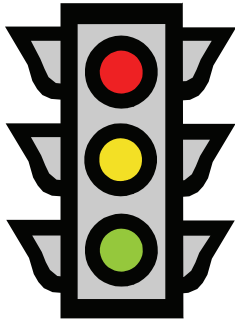
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PROFESSIONAL LIFE

**STOP DOING LIST**



\_\_\_\_\_ LTVA

BEHAVIOR

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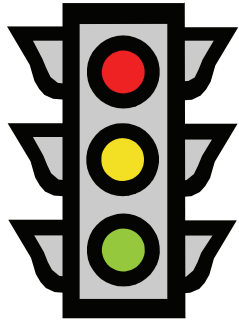
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PROFESSIONAL LIFE

## START DOING LIST



LTVA \_\_\_\_\_

BEHAVIOR

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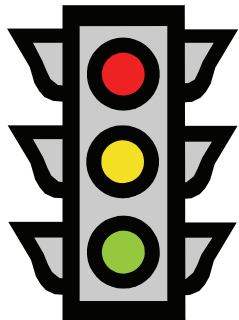
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FAMILIAL LIFE

## STOP DOING LIST



LTVA \_\_\_\_\_

BEHAVIOR

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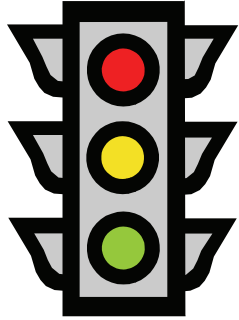
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FAMILIAL LIFE

## START DOING LIST



LTVA \_\_\_\_\_

BEHAVIOR

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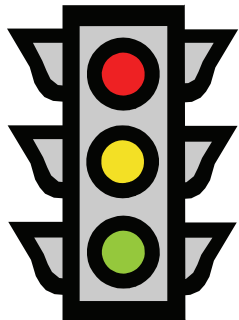
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FINANCIAL LIFE

## STOP DOING LIST



LTVA \_\_\_\_\_

BEHAVIOR

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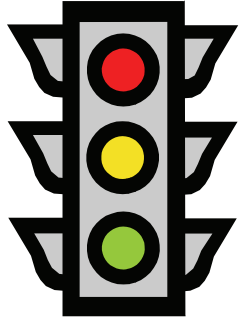
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FINANCIAL LIFE

## START DOING LIST



BEHAVIOR

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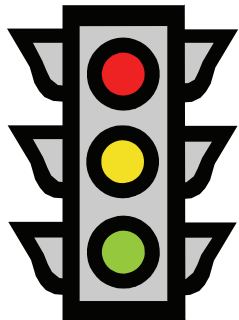
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LTVA

SPIRITUAL LIFE

## STOP DOING LIST



BEHAVIOR

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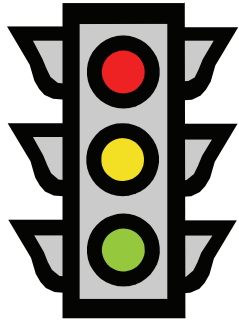
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LTVA

SPIRITUAL LIFE

## START DOING LIST



LTVA \_\_\_\_\_

BEHAVIOR

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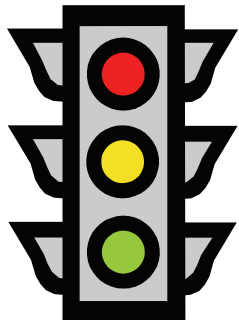
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SOCIAL / RECREATIONAL LIFE

## STOP DOING LIST



LTVA \_\_\_\_\_

BEHAVIOR

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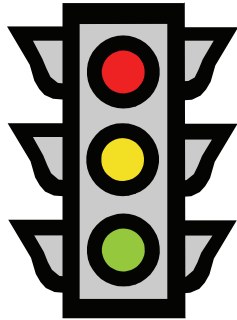
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SOCIAL / RECREATIONAL LIFE



## START DOING LIST



LTVA \_\_\_\_\_

BEHAVIOR

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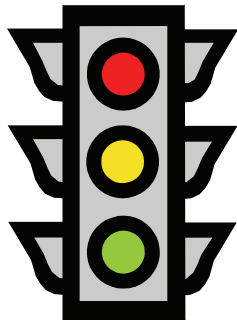
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MENTAL / THOUGHT LIFE

## STOP DOING LIST



LTVA \_\_\_\_\_

BEHAVIOR

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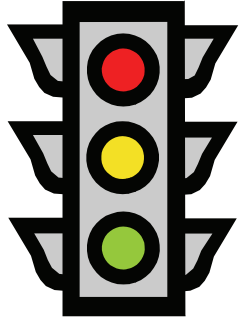
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MENTAL / THOUGHT LIFE

## START DOING LIST



LTVA \_\_\_\_\_

BEHAVIOR

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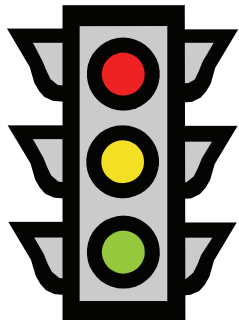
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PHYSICAL LIFE

## STOP DOING LIST



LTVA \_\_\_\_\_

BEHAVIOR

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PHYSICAL LIFE

## 10 THINGS TO START DOING TODAY



1. GET UP EARLIER
2. MORNING RITUALS
3. EAT BREAKFAST
4. MOVE, SWEAT AND PANT DAILY
5. JOURNAL
6. MASTER YOUR SCHEDULE
7. MASTER YOUR CALENDAR
8. BOOK A SEMINAR
9. READ MORE
10. SPEND TIME WITH PEOPLE WHO INSPIRE YOU

# ***Weekly Journaling Guide***

*Use the following pages to guide you through your daily journaling activity. Feel free to copy these pages and use them through out the year as a template for your journal.*

# Daily Log

## FUEL: How You Eat

	Meal	Time
Breakfast	_____	_____
Snack	_____	_____
Lunch	_____	_____
Snack	_____	_____
Dinner	_____	_____

Thoughts: \_\_\_\_\_  
\_\_\_\_\_

Bonfire Correct Day:  Yes  No

## AIR: How You Move

Today's Activity / Workout	Time
_____	_____
_____	_____
_____	_____
_____	_____

Thoughts: \_\_\_\_\_  
\_\_\_\_\_

Bonfire Correct Day:  Yes  No



Spiritual

Lined writing area for spiritual notes.

Other

Lined writing area for other notes.

# Daily Log

## FUEL: How You Eat

	Meal	Time
Breakfast	_____	_____
Snack	_____	_____
Lunch	_____	_____
Snack	_____	_____
Dinner	_____	_____

Thoughts: \_\_\_\_\_  
\_\_\_\_\_

Bonfire Correct Day:  Yes  No

## AIR: How You Move

Today's Activity / Workout	Time
_____	_____
_____	_____
_____	_____
_____	_____

Thoughts: \_\_\_\_\_  
\_\_\_\_\_

Bonfire Correct Day:  Yes  No



Vocational

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**bonfire**  
IGNITE YOUR HEALTH



# Daily Log

## FUEL: How You Eat

	Meal	Time
Breakfast	_____	_____
Snack	_____	_____
Lunch	_____	_____
Snack	_____	_____
Dinner	_____	_____

Thoughts: \_\_\_\_\_  
\_\_\_\_\_

Bonfire Correct Day:  Yes  No

## AIR: How You Move

Today's Activity / Workout	Time
_____	_____
_____	_____
_____	_____
_____	_____

Thoughts: \_\_\_\_\_  
\_\_\_\_\_

Bonfire Correct Day:  Yes  No



## Physical

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# Daily Log

## FUEL: How You Eat

	Meal	Time
Breakfast	_____	_____
Snack	_____	_____
Lunch	_____	_____
Snack	_____	_____
Dinner	_____	_____

Thoughts: \_\_\_\_\_  
\_\_\_\_\_

Bonfire Correct Day:  Yes  No

## AIR: How You Move

Today's Activity / Workout	Time
_____	_____
_____	_____
_____	_____
_____	_____

Thoughts: \_\_\_\_\_  
\_\_\_\_\_

Bonfire Correct Day:  Yes  No



# Mental

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# Other

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# Daily Log

## FUEL: How You Eat

	Meal	Time
Breakfast	_____	_____
Snack	_____	_____
Lunch	_____	_____
Snack	_____	_____
Dinner	_____	_____

Thoughts: \_\_\_\_\_  
\_\_\_\_\_

Bonfire Correct Day:  Yes  No

## AIR: How You Move

Today's Activity / Workout	Time
_____	_____
_____	_____
_____	_____
_____	_____

Thoughts: \_\_\_\_\_  
\_\_\_\_\_

Bonfire Correct Day:  Yes  No



Financial

Lined writing area for the 'Financial' category.

Other

Lined writing area for the 'Other' category.



# Daily Log

## FUEL: How You Eat

	Meal	Time
Breakfast	_____	_____
Snack	_____	_____
Lunch	_____	_____
Snack	_____	_____
Dinner	_____	_____

Thoughts: \_\_\_\_\_  
\_\_\_\_\_

Bonfire Correct Day:  Yes  No

## AIR: How You Move

Today's Activity / Workout	Time
_____	_____
_____	_____
_____	_____
_____	_____

Thoughts: \_\_\_\_\_  
\_\_\_\_\_

Bonfire Correct Day:  Yes  No



Familial

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# Daily Log

## FUEL: How You Eat

	Meal	Time
Breakfast	_____	_____
Snack	_____	_____
Lunch	_____	_____
Snack	_____	_____
Dinner	_____	_____

Thoughts: \_\_\_\_\_  
\_\_\_\_\_

Bonfire Correct Day:  Yes  No

## AIR: How You Move

Today's Activity / Workout	Time
_____	_____
_____	_____
_____	_____
_____	_____

Thoughts: \_\_\_\_\_  
\_\_\_\_\_

Bonfire Correct Day:  Yes  No



Social

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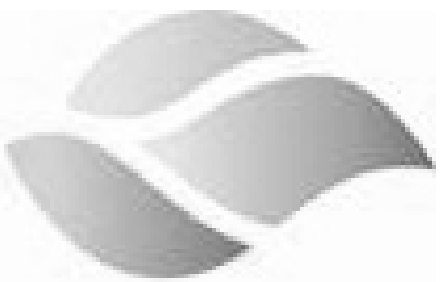
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[bonfirehealth.com](http://bonfirehealth.com)