

You are here and you are committing to progress.

**Assess** - Evaluate current habits and think about how you would like things to be different.

**Purpose** - Find your why and your reason for wanting to make a healthy change.

**Prioritize** - What do you need to do to make this a priority in your life?

**Mindset** - Determine how you will choose to think about your change efforts.

**Game Plan** - Determine what is required and what strategies would yield the great return/reward. Set a specific, measurable, attainable, realistic, and time-oriented goal to reach for.

**Action** - Put the game plan into motion and implement strategies you came up with to help you achieve your goal.

**Reflect** - Think back on what you accomplished and what you learned from the experience.

**Improve** - Continue to progress and consider using this strategy to improve in another area of your life.

**Lead** - Lead by example and serve others. You are able to demonstrate to others what is possible and have a positive influence on them.

Finding your purpose in life is not always easy. In order to live a purposeful life, you need to discover your values, ambitions, and passions. Thus, you need to find meaning in what makes you happy.

1. Do not make choices against you own will.
2. Do not live life to please others.
3. Do not live life by people’s opinions.

***“Life always offers you a SECOND CHANCE. It’s called “TOMORROW.”***

* *Nicholas Sparks*

In order to live a purposeful life, you can start doing the followings:

1. **Know your “why’s!”**

What is the great purpose to what you’re doing or want to do? Why does what you do matter?

1. **Stay focused!**

Do not dwell in the past. Take baby steps forward that can be easily attained. Concentrate on one thing at a time and prioritize what is most important. Dedicate time and energy to commitments.

1. **Act today, not tomorrow!**

Don’t wait until tomorrow to start making small changes. Start today by setting goals and making progress.

***Don’t give up now. Find your “WHY,” and most importantly… Live your “WHY.”***

**Consider what positive changes you can make in the next 31 days!**



***Live Your “WHY”***