

Consciously Meditating

Purpose Statement

It is vitally important to act with purpose in life. Aimless action often turns out to be fruitless and discouraging. Inaction only guarantees that tomorrow you will be exactly where you are today... or maybe a step backwards. Having a clear understanding as to why you do anything will help you achieve those goals with passion and fervor.

This is where you get to make this program your own. As similar as two people's' journeys may be in life, they will inevitably walk a different path. We may use the same tools, but we will get different things out of them. Getting clear on what you want from meditation is the first step in using it as a tool to upgrade your life. Conscious awareness and happiness are not things to be gained off in the future, they are merely the aligning with your **self** and your **purpose** in life and living in it every day... they exist here and now.

Take the time to answer the following questions in as much detail as you can. The more indepth your answers are and the more clarity you get on them now, the higher likelihood that you will make them a reality.

 What is the result that you want from this prog 	ram?
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2. Why do you want that result? Dig as deep as you can!

3. What is your purpose in life? Do you currently know? If not, spend time to find out. (If you don't know where to start, try finding what sparks joy in your heart. What would you do every day for free if you could?)

4.	Does your purpose in this program align with your purpose in life? If not, which one needs to be reassessed?
5.	What is currently stopping you from having that result in your life right now? Ex. Time, money, etc.
6.	What is this costing you? What are the negative impacts that this has had in your life? Where will you be if you don't make a change in 5 years?
7.	What habits do you have that aren't serving your purpose anymore? Ex. I spend a few hours a day on Facebook mindlessly scrolling (which is only reinforcing scatter brain and restlessness!)

8.	What fears and limiting beliefs do you hold that aren't serving your purpose anymore?
	Ex. I am too restless I will never be able to do this.

Once you have answered each of these questions to the best of your ability, commit to living in alignment with them during this entire program and into the future. Commit to taking full responsibility for where you are in life right now and take the reins with full force. Don't be afraid to fail! There is truly no such thing as failure; there is only success and learning. Not reaching your goal is 10 steps above never having tried at all. Give this program your all and have some fun with it!