



Module Four - Lesson One

Creating a Mantra

Discovering your purpose is the beginning of a whole new future. You need to have courage and discipline in order to use it and refer to it within your life.

It takes practice in order to implement your purpose. However, once you master it you will always stay on track. It's like riding a bicycle. Once you learn how to ride, you will know how to ride for the rest of your life. If you fall off your bike, you get right back on it and keep trying until you master how to ride.

Using your purpose may feel awkward at first for most people. Over time it will be the filter that you use to discern most decisions that you make in your life.

For example, I am a healthy eater. I eat mostly organic foods and I love to cook from scratch. It's a big part of who I am. My friends who love to cook always recommend great ingredients for me to use. Some are healthy and others aren't. One friend recommends candy. Another recommends almond milk. Another friend recommends canned soup and yet another friend tells me to buy organic fruit. I go to the store and buy it all. I have used both my time and money however, you can't tell by my purchases what or who I am as a person.

If I were to go and buy only almond milk and organic fruit you can see what I believe in. I have also spent less time and less money doing so. People can see that I like to be healthy and must believe in a healthy lifestyle. I may even attract a friend or opportunity by showcasing who I am and what I believe in. It is part of my 'brand' identity.

The easier it is to articulate your purpose the more others will begin to understand you. It becomes scalable and others can help you make the right decisions. My friends know me well enough not to suggest I visit McDonald's for example. It wouldn't be authentic to who I am.

If you do things that aren't a right fit you, you will feel uncomfortable and people will be able to tell you are not being authentic.

If you always lead with your purpose, your natural strengths will shine and you will find that everything you do will have purpose because it will be in alignment with who you are.

If you start with your why your natural strengths will flourish and you will see that everything in your life will have purpose because it's in alignment with you.

One of the first practices you need to implement is being able to say your “why” or mission statement easily. It needs to become a big part of who you are and what you believe in. The fastest way to accomplish this is through the use of a mantra.

A mantra is a statement or slogan that is repeated over and over. Write your mission statement out and put it on your bed stand, your mirror, your car visor, your refrigerator, your computer, your phone, etc. It always starts with the word “I” and is in the first person. For example...“I am beautiful.” “I am on this earth to serve others”.

Put it where you can see it all day long and say it out loud every time you see it. Use it as a reminder and keep it front and center in your life until it is ingrained in your subconscious.

I encourage you to subscribe to our Life of Significance Changing Habits emails. These emails will be delivered once a day for the next 30 days in order to help you soak up your purpose.