

EXERCISE: Finding Daily Direction

(Chapter 6)

This short exercise will help you to connect your daily actions to a deeper sense of direction without needing to define your entire life purpose. There are no perfect answers here. What matters is clarity, not completeness. Take a few quiet minutes and answer the following questions. Note, you can revisit and refine it as your energy, priorities, and life circumstances evolve.

Question	Notes
What kind of presence do you want to bring into the world? This is not about a job title or an achievement; it rather captures how you want to show up	
Complete the sentence: When I'm at my best, I help create. . . . Instead of asking for a grand life purpose, focus on the effect you have on others and on your environment when your energy is well spent	
What principles guide you? These are not ideals you aspire to someday. They are decision filters or principles that help you choose what to say yes to, and just as importantly, what to say no to. Choose three to five principles that matter most right now. These could be your core values from Chapter 3	
What is one small, repeatable action that reflects this direction? Instead of setting big goals, choose one simple action you can repeat regularly. Think small enough that it feels doable even on a low-energy day. Ask yourself: If I did this consistently, would it reinforce the kind of person I want to become?	

Read your answers once more. Notice how they connect. When your actions reflect your values, and your values reflect who you want to be, change requires less effort. You spend less energy negotiating with yourself and more energy moving forward. You don't need to commit to everything at once. Simply let this direction guide your next small experiment.