



### Writing the Story of Your Life – Module 3

“Movement Creates Momentum”

Pick some or all of the following action steps. Add any of your own as well. Once you identify some actions you want to accomplish.....BY ALL MEANS GO DO THEM!

#### Applying the ideas:

One of the most important ingredients for a successful life of purpose is action. **Starting is half the battle...the other half is not stopping!** Success is often built on the tiniest of actions. These actions are necessary and often must be repeated over and over until our lives begin to gain the traction of time and experience. The hardest part of any journey is beginning and the next most difficult aspect is not giving up. Movement creates an inertia in our lives that can help move us through dry and difficult seasons and into new seasons of breakthrough and discovery.

The greatest enemy of our journey is often ourselves. The critic in our minds is capable of devouring even the greatest passion. **Our mindset can be either our greatest asset or our greatest limitation.** As we move through our life experience we often encounter obstacles and setbacks. Often we see these barriers as "No Trespassing signs", evidence not to press on into the unknown places of our future, yet we often see evidence of the opposite in the lives of people who influence the world around them. Most often, obstacles were not only inescapable, but were essential to the process and responsible for what they were able to accomplish. **It is the very tension and barriers in our lives that act as catalysts for change and development.**

The process of our lives reveals hidden potential within us as we discover the depths of who we are through adversity. **Our greatest journey in life is personal transformation.** This inner journey comes with a great cost, yet is the path towards an authentic life free from fear and free from the avalanche of self doubt and the accumulation of "wounds" that enslave our lives. As we become our TRUE SELVES, we uncover the latent purpose in our souls. We must be brave and trust ourselves as well as the process itself, looking for the lessons in the hardships and the purpose through the pain. Our future depends on this!

## Action Step Ideas - Uncovering Your Purpose

- Do something this week/this month without planning or worrying.....or justifying. Take a leap. Do it. (Sign up for the class or workshop, jump on that plane, buy the paint supplies, take the drive, write the first page.....etc.)
- Once you have started something.....keep moving! Don't Stop! The greatest most impossible journeys are accomplished one day at a time, step by step. Keep up the momentum. Set time aside each day. Continue to move forward moment by moment. Keep a journal of accomplishments. Sometimes we can't see movement in our lives unless we look backwards and see just how far we have come. A journal is a tangible way to see how tiny daily movements can add up into amazing futures!
- Practice the Process.....Use what you have at hand. Ignore what you don't have and use what you do have. Allow the limitations you face to shape the outcome. Do not see these limitations as barriers, see them as new tools, mediums to write your future. Just as a painter explores new mediums and techniques, begin to explore your life with the tools you have been given. You are enough. You have enough. Our action is dependent on our creativity and capacity to shape your future from our present.
- Spend time on self development. You must be able to change yourself before you can change the world. Identify 3 things you need to learn or restructure in your life. Now invest in those things. Spend time and resources growing in those areas. Take classes, read books, watch videos, meet with a mentor, journal, etc.....The greatest investment in your future is an investment in yourself today!
- Take time away. Change your routine. Travel somewhere by yourself and allow quietness to speak to you. Find a place that is totally different than your normal environment. Sometimes changing our environment can change our perspective and open our eyes to new possibilities hidden from our view.
- Try something totally new. If you are a writer.....paint. If you are a sculptor.....create computer code. If you live in the city.....go to the mountains. If you build houses.....bake a cake. Step outside your normal routine and comfort zone. New and dramatically diverse experiences can reveal important things. We can not only learn new skills but often learn to frame our "normal" lives differently. Often the perspective of something different invigorates what we already experience allowing us to see things with "new eyes" and from new perspectives.