

ON.

PURPOSE STUDIO

It's a state of being.



AGENDA.

- **LOOKING BACK ON THE PROGRAM (5min)**
- **PRACTICAL INFO (5min)**
- **CLOSING RITUAL 'NEW MOON' (15min)**
- **EXCHANGE KEY TAKEAWAYS (15min)**
- **ROOM FOR DISCUSSION (15min)**
- **SHARING INTENTIONS (5min)**

**HOW. DO
YOU FEEL?**



ON. PURPOSE

What it means to BE ON. PURPOSE:

1. Intentional
2. Fueled
3. Meaningful

up



ON.
PURPOSE

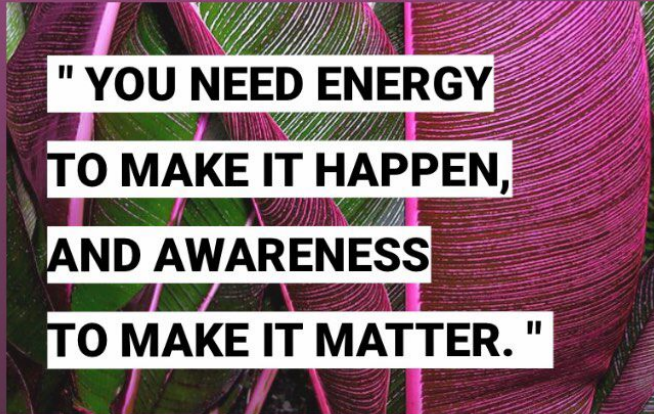
AT THE CORE.

:

The power of observation, is in seeing unconscious patterns more clearly. Seeing what happens, understanding better what causes what.

The first week we focused on **observations** because it's the start of changing your ripple effects at the core.

**What you believe, affects how & what you see.
What you see affects what you think about.
What you think, affects how you feel.
How you feel, drives your actions.
What you do, confirms your beliefs.
and.. again from the top.**



" YOU NEED ENERGY

TO MAKE IT HAPPEN,

AND AWARENESS

TO MAKE IT MATTER. "

THE ROLE OF AWARENESS.



“ **VIRTUALLY ALL THE WORLD'S ILLNESSES
BOIL DOWN TO MINDLESSNESS.** ”

*Ellen Langer,
Harvard psychologist &
mindfulness researcher.*

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THE ROLE OF OUR HABITS.

“ HABITS ARE A PHYSICAL REINFORCEMENT.
OF YOUR CORE VALUES. ”


RIPPLE. EFFECT

“ LEADERSHIP IS NOT ABOUT TITLES,
POSITIONS, OR FLOWCHARTS.

IT'S ABOUT ONE LIFE
INFLUENCING ANOTHER. ”

- John C. Maxwell

Best-selling leadership author & pastor



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PRACTICAL INFO.

:

- Access to the online environment until 24th of January 2022.
- Short Form to collect feedback & reviews, sent after this session.
- “Bring a Friend” to the next 28.DAYS program (25 January & receive 1-1 session gift
- Share your experience about the 28 days with people around you, either online or offline (ripple effects)



CONTINUE.

STARTS 03 of December 2021

BE. A MEMBER

Want to continue this down-to-earth spiritual journey?

Become a member of this empowering community to inspire & enlighten each other. Develop your own spirituality in a down-to-earth way. Weekly content to break free from day-2-day routines, habits & conversations.

- **Bi-weekly** 1hr live sessions to deep dive in 1 topic or tool
- **New** inspiring content to continue your journey
- **Access** to online global ON. PURPOSE tribe
- **Access** to guided meditations by Elena
- **Access** to all the ON. PURPOSE tools
- **Access** to inspiring curated content on spirituality

€ 19.50 p/month

ON. PURPOSE ROADMAP

PURPOSE	INNER CHILD	YOU TODAY	BETTER SELF	FUTURE SELF
<p>“what drives me forward”</p> <p><i>The sweet spot between your core values, talents & a world need you care deeply about.</i></p> <p>Outcome Clarified purpose.</p>	<p>“what holds me back”</p> <p>Your Limiting beliefs are (once successful) strategies to protect your ego and to handle fears & trauma's.</p> <p>Outcome: Top 3 limiting beliefs</p>	<p>“where I am today”</p> <p>5 tests to reflect on your energy level & awareness level, your life choices, routines, habits & leadership style.</p> <p>Outcome: Understand yourself.</p>	<p>“how I will grow”</p> <p>Set intention for a measurable & achievable goal for the next quarter. Practical habit plan to continue your journey.</p> <p>Outcome: Quarterly intention.</p>	<p>1.</p> <p>“what is my future vision?”</p> <p>Dare to dream. Visualise yourself 5 years from now. Make it tangible, describe your ideal day (work/day off)</p> <p>Outcome: Inspiring Life Vision.</p>



NEW MOON.
CLOSING RITUAL



LEAVE BEHIND.

TAKE WITH YOU.

CHOOSE.

YOUR ACTIONS

KEY TAKEAWAYS.

“SHARE & LISTEN”

TALKER. [1min]

1. SHARE YOUR INTENTION FOR THE NEXT 28.DAYS
2. SHARE 1 HABIT YOU WILL CHOOSE TO DO
- HOW WILL YOU MAKE SURE THIS WILL HAPPEN?

LISTENERS. [1min]

1. OBSERVE, LISTEN, TAKE NOTES
2. ASK A CLARIFYING QUESTION
3. REPEAT WHAT SOMEONE SAID (MIRROR IT BACK),
AND THANK HIM FOR HIS VULNERABILITY

ROOM. FOR DISCUSSION



**“ YOU BECOME WHAT YOU REPEATEDLY DO.
EVERYTHING IS THERE IN EACH MOMENT.
ALL WE NEED TO DO, IS MAKE ROOM TO BE
ABLE TO INTENTIONALLY CHOOSE
TO BE WHO WE TRULY ARE.
ONE MOMENT AT A TIME. ”**

**ON.
PURPOSE**



**KEY
TAKEAWAYS
OF THE 28.DAYS**

KEY TAKEAWAYS.

1. LIFE IS ONLY A REFLECTION OF OUR THOUGHTS, ACTIONS & BELIEFS & THUS WHAT WE ALLOW OURSELVES TO SEE
2. HOW YOU SEE THE WORLD, IS WHAT YOUR WORLD BECOMES.
3. SEEING YOURSELF AS A TOOL RATHER THAN "NAME" CREATES MORE OPENNESS, CURIOSITY & EAGERNESS TO LEARN.
4. OBSERVATION & REFLECTION ARE THE FIRST STEP TOWARDS BEING YOUR BEST SELF.
5. YOU DON'T HAVE TO CHANGE WHO YOU ARE, JUST BE YOU, PRACTICE ACCEPTANCE & SELF-LOVE, YOU ARE ENOUGH.
6. EVERYTHING YOU WILL EVER NEED IS ALREADY INSIDE OF YOU. YOU ARE COMPLETE.
7. YOU DON'T HAVE TO DIG IN THE PAST, YOU CAN CHOOSE TO HEAL IN THE NOW.
8. LISTEN TO YOUR HEART DAILY, WITH A BEGINNER'S MIND, TRUST & FOLLOW ITS GUIDANCE.
9. PAUSING, ZOOMING OUT & TAKING EAGLE-PERSPECTIVE ENABLE US TO ACT WITH MORE COMPASSION, EMPATHY & WISDOM.
10. SETTING BOUNDARIES, SPEAKING YOUR TRUTH, AND EXCLUDING THAT WHICH DRAINS YOU, ARE SELF-EMPOWERING ACTS.
11. EVERYTHING IS ENERGY; SO YOUR FREQUENCY MATTERS; THE HIGHEST FREQUENCY IS A PEACE OF MIND. GUARD IT.
12. THE KEY TO PEACE OF MIND IS TO BE GRATEFUL, AND ACCEPT & WORK WITH REALITY, RATHER THAN FIGHT AGAINST IT.

INTEGRATE INTO YOUR DAILY LIFE.

- 1. SETTING 1 DAILY INTENTION EVERY MORNING**
- 2. 5 MIN JOURNALING THOUGHTS**
- 3. 5 MIN BEFORE SLEEP BODY SCAN**
- 4. SET AN ALARM TO BREATHE CONSCIOUSLY**
- 5. OBSERVE YOURSELF IN CONVERSATIONS**
- 6. SET INTENTIONS FOR THINGS THAT YOU CAN'T CONTROL**
- 7. SET 1 BEHAVIOURAL GOAL FOR TODAY**
- 8. FOLLOW A PERSONAL ROADMAP TO KEEP FOCUS**

3 KEY BUILDING HABITS INSIGHTS:

- 1. “WILL POWER IS OVERRATED”**
- 2. “DON’T FORGET THE DAY BEFORE”**
- 3. “THE POWER OF SELF-SABOTAGE”**