



**ON.**

**PURPOSE**

It's a state of being.

**SESSION #4**

**POWER OF CHOICE**

# AGENDA.

:

- WHY CHOICES & HABITS MATTER (5min)
- PARADIGM OF CONTROL VS TRUST WHEN IT COMES TO CHANGE (5min)
- WHAT ARE YOUR ENERGY GAINERS & DRAINERS? (10min)
- HOW TO INFLUENCE OUR DAILY CHOICES (10min)
- SHARE & DISCUSS (15min)
- FULL MOON RITUAL: WHAT TO KEEP / STOP / START DOING? (10min)

# YOUR. QUESTIONS



**“ DO YOU THINK YOU CAN HAVE  
OR DO IT ALL? ”**

**ON.  
PURPOSE**







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

# POWER OF WORDS.

:

Our choice of words are an indicator of the likelihood of it actually going to happen.

I CHOOSE TO ..

I HAVE TO ...

I WANT TO ..

I SHOULD/WOULD/COULD ...

I THINK I WOULD LIKE TO FOR A BIT ...

WE SHOULD MAYBE TALK ABOUT DOING THAT ...

PERHAPS ONE DAY I WILL ..



ON  
PURPOSE

# PARADIGM SHIFT.

## CONTROL.

- mind
- rational reasons
- discipline
- punish or reward
- fear-driven
- will power

VS.

## TRUST.

- heart
- deeper intentions
- loving-kindness
- learn
- trust-driven
- heart's desire

“  
**WHAT IF YOU WOULD BE YOUR  
OWN BEST FRIEND ON THE  
JOURNEY OF BEING YOUR  
BEST SELF?**”

**ON.  
PURPOSE**





**GUARD  
YOUR  
ENERGY.**



**UNTIE  
THE  
KNOT.**



**ON.  
PURPOSE**

# GUARD YOUR ENERGY.

The way you respond to situations is influenced largely by your energy capacity. This capacity is scientifically proven to be dependent upon the elements below. A lack in one or more of these fields, will definitely lead to an increase in experiencing stress, and being more easily triggered. If all fields are red, a burn-out could be just around the corner.

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
SLEEP						
SOCIAL						
EAT HEALTHY						
MOVE/EXERCISE						
FINANCE						

# ENERGY DRAINERS.

Think of habits, thoughts, beliefs, people or situations that drain your energy. As many as you can think of.

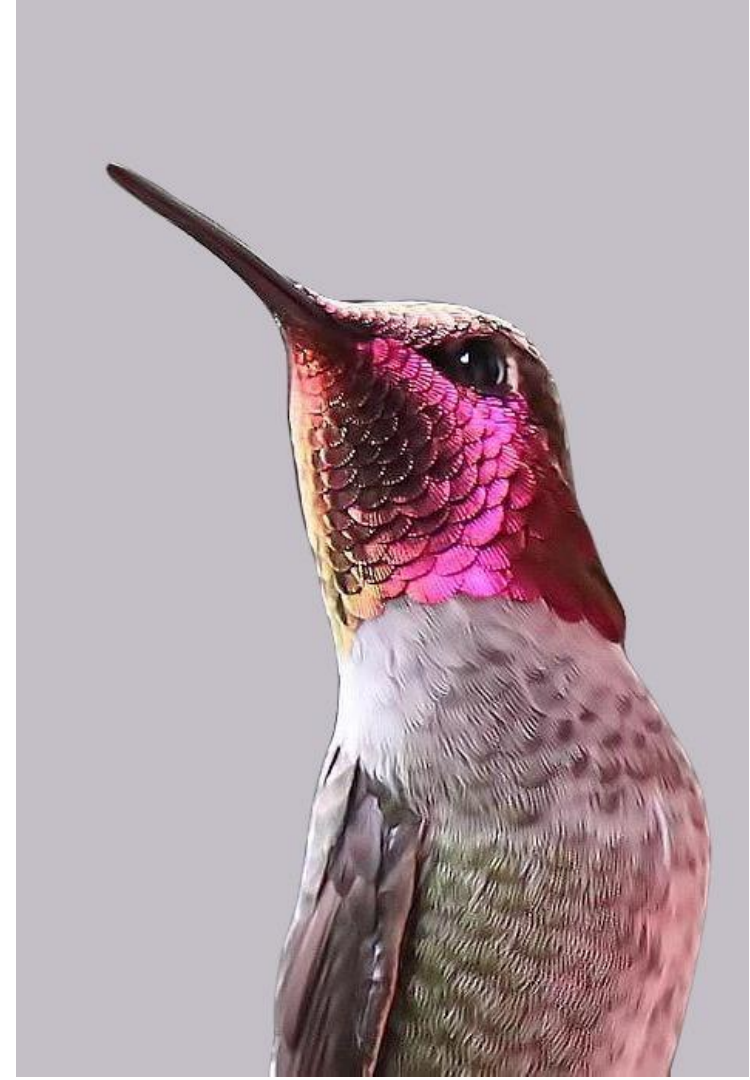
- **TIRING**
- **FRUSTRATING**
- **DAMAGE SLEEP**
- **BORING**
- **SELF SABOTAGE**
- **SELF-NEGLECT**
- **NEGATIVITY**



# ENERGY GAINERS.

Think of habits, thoughts, beliefs, people or situations that give you energy. As many as you can think of.

- **RELAXING/RESTING**
- **RECHARGE**
- **INSPIRATION**
- **FUEL YOUR SOUL**
- **SELF-LOVE**
- **SELF-CARE**
- **POSITIVITY**





“  
**WHAT YOU DO,  
AFFECTS YOUR ENERGY LEVEL.  
AND IN TURN, YOUR ENERGY  
DEFINES WHAT YOU CAN DO.**  
”

**ON.  
PURPOSE**



# THE TURNAROUND.

As a good friend to yourself, it is key to have a turn around. 1 ritual, habit, or chain of habits you do when you notice you are stuck in the loop again. For example:

- **EMPTY YOUR AGENDA FOR 1 DAY**
- **FINISH A TO-DO LIST UNTIL LATE**
- **NOT SET AN ALARM IN THE MORNING**
- **CLEAN UP THE HOUSE**
- **GO FOR A LONG WALK**
- **TAKE 10 DEEP BREATHERS**
- **PHONE ON FLIGHT MODE IN THE KITCHEN**
- **A LONG BATH OR SHOWER**
- **WRITING A GRATITUDE LIST**



**ON  
PURPOSE**





# SEAWEED METAPHOR.

It symbolises the impact of small actions done consistently. Kindly, again & again, wave by wave.

- **START SO SMALL YOU LAUGH ABOUT IT**
- **MAKE IT SUPER EASY TO DO**
- **MAKE IT UNAVOIDABLE**
- **TRACK YOUR SCORE**



**DESIGN. YOUR DAY**



# MOOD JOURNEY.

TIME OF DAY:

6AM

8AM

10AM

12PM

2PM

4PM

6PM

8PM

10PM

12AM

EMOTIONAL STATE:

PEACE OF MIND

LOVING

EXCITED

POWERFUL

ANGRY

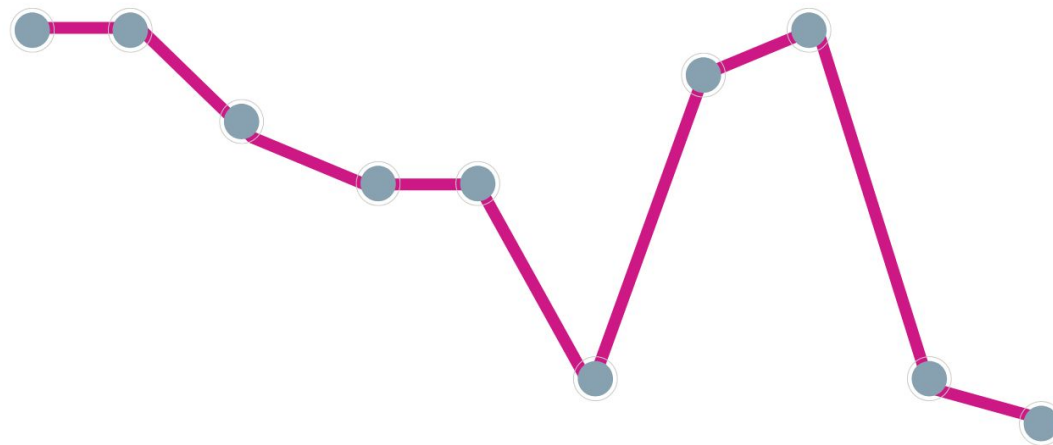
FRUSTRATED

DISAPPOINTED

TIRED

POWERLESS

HOPELESS



ON. PURPOSE STUDIO

# HOW MY DAYS WENT.

TIME OF DAY:

6AM

8AM

10AM

12PM

2PM

4PM

6PM

8PM

10PM

12AM

EMOTIONAL STATE:

PEACE OF MIND

LOVING

EXCITED

POWERFUL

ANGRY

FRUSTRATED

DISAPPOINTED

TIRED

POWERLESS

HOPELESS

ALARM

RUSH TO WORK

UNFOCUSED WORK

LUNCH

SLEEPY MEETINGS

RUSH HOME

FINISH TO-DO's

RESTLESS

SLEEP (6hrs)

ON. PURPOSE STUDIO

# MOOD JOURNEY.

TIME OF DAY:

6AM

8AM

10AM

12PM

2PM

4PM

6PM

8PM

10PM

12AM

EMOTIONAL STATE:

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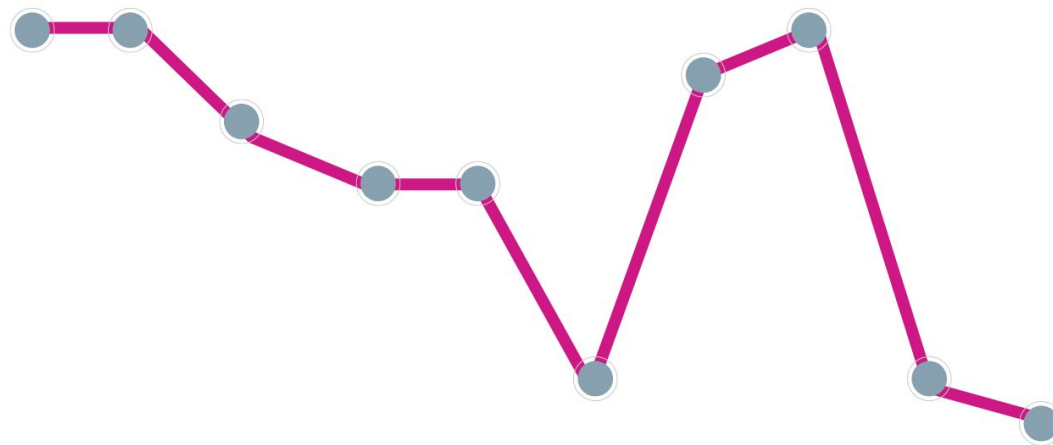
FRUSTRATED

DISAPPOINTED

TIRED

POWERLESS

HOPELESS



ON. PURPOSE STUDIO

# HOW I REDESIGNED IT.



# ENERGY PEAKS & LOWS.

## ASK YOURSELF

- How many hours of sleep do you need?
- When in the day do you prefer to eat?
- When are you most focused?
- When do you have a energy dip?
- What fuels you up or helps clear your head?
- How much alone vs. social time do you need?
- How can you design your day that flow occurs more often?





# THE NIGHT BEFORE.

Ensuring new habits happen, starts the night before. Being realistic, and preparing accordingly is key.

- **GET 8+ HRS OF SLEEP**
- **NO PHONE IN THE BEDROOM**
- **NOTE REMINDER ON NIGHT STAND**
- **POST-IT ON MIRROR**
- **THINGS READY TO START**
- **BE CLEAR ON YOUR PRIORITIES.**

# POSITIVE SELF-SABOTAGE.

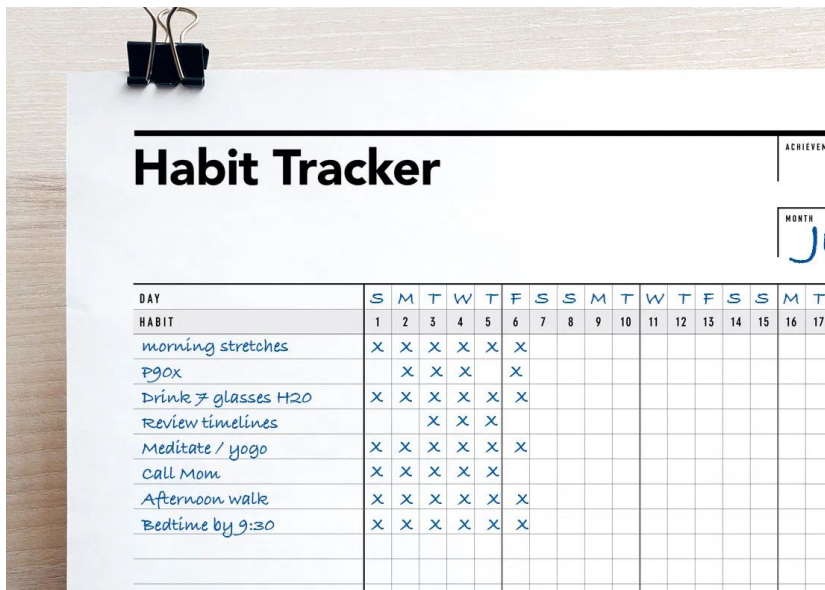
- Our mind remembers moments, not the duration of an event.
- Starting is the most difficult, make it undeniably easy to start.
- Create moments of your future self, and reflect at end of day.

## **KEY HABIT INSIGHTS SUMMARIZED:**

- 1. YOU CAN'T HAVE IT ALL: CHOOSE YOUR HABITS WISELY.**
- 2. TRUST-DRIVEN CHANGE: BE YOUR OWN BEST FRIEND"**
- 3. OBSERVE THE KNOT: WHERE ARE YOU LOSING MOST ENERGY?**
- 4. DESIGN A TURN AROUND TO BREAK A VICIOUS CYCLE.**
- 5. SEAWEED METAPHOR: START SMALL, BE CONSISTENT.**
- 6. DESIGN YOUR DAY ACCORDING TO YOUR ENERGY PEAKS & LOWS**
- 7. DON'T FORGET THE NIGHT BEFORE.**
- 8. USE POSITIVE SELF-SABOTAGE.**

# HABIT TRACKER.

Tracking habits can help you to stay motivated, and become aware and learn which situations lead you to not do your habit, or which situations enable you to easily do your habits. Goal setting & tracking are powerful methods to stick to your plan.



Habit Tracker		ACHIEVEMENT																
		MONTH																
DAY	HABIT	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T
	morning stretches	x	x	x	x	x	x											
	P90x		x	x	x		x											
	Drink 7 glasses H2O	x	x	x	x	x	x											
	Review timelines			x	x	x												
	Meditate / yogo	x	x	x	x	x	x											
	Call Mom	x	x	x	x	x												
	Afternoon walk	x	x	x	x	x	x											
	Bedtime by 9:30	x	x	x	x	x	x											



## WEEK#3

"Up at dawn, the dewy  
freshness of the hour,

We sometimes forget that we are  
nature. For example, we share 50% of  
DNA with plants, trees and fungi.

ON.  
PURPOSE





# FULL MOON RITUAL.

**KEEP DOING.**

**STOP DOING.**

**START DOING.**

**EXCHANGE.**

