

Profits with Purpose: Your Days Filled with More Purpose, Profits & Fun!

Q: Profits with Purpose?

A: The emotional, spiritual and financial benefits of giving your energy and attention to something you find meaningful. You are thriving on every level. Yay!

Build your life & business around what you “want” to do!

It's Time for More Fulfillment!

1. Based on what you want to create and do, what are your high-value activities? (Think of your vision and mission.)
2. How often do you want to do them?
3. What time (s) of day, do you feel most energized and creative?
4. What activities would you like to do *before* you step into your business-related sandbox?
5. What do you do *first* when you enter your business-sandbox? (This is *important!* Stay your day on purpose!)



Designing an Ultra-Fulfilling Lifestyle

6. How do you want to powerfully and playfully end your business day? (Also important!)

7. What would you love to delegate?

*You can experience anything you want,
if you're willing to believe that you can have it!*

8. Your Fun & Fulfilling Weekly Schedule:

I Love:	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.

And I'm Delegating:

And Letting Go of:

9. Is there anything you want to do monthly or quarterly? Business or otherwise?

10. When do you want to step away from your business-related activities for more than a few days? When do you want to do that? *



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*Reserve that time on your calendar!

A routine that's lined up with your heartfelt dreams and desires will give you the freedom to be the fullest and most fulfilled expression of YOU! Start and end each day with an open heart and a well-focused mind. This is how to be in harmony with your *Divine Inner Artist*.

You'll be living a life of greater purpose, one in which your happiness and wellbeing are prized above all else. When you make your happiness a priority, you not only honor who you are, as a creator, you're also saying a hearty YES to YOUR BEST POSSIBLE LIFE. And you also gain access to the best possible guidance, off-the-charts leverage *and* ... you attract more of what you really do want!

Expect the best and let it come!

Here are some suggestions for starting and ending your day in a powerful way. Tune in to see what calls you. These are recommendations, and it's not my intention that you attempt to do all of them. **You'll receive the greatest benefit when you do small things, that feel good to you, on a consistent basis.** You can also combine different elements from different practices if you like. The key to consistently creating the results you want (profits with purpose) — is to incorporate these three elements into your daily routine:

1. **Some form of mindfulness or “Higher Perspective” practice** that gets you connected to — *who you really are, as a spiritual being, and the powerful creator of your life.* You might see this as connecting with your Soul or Highest Self, God, or Your Inner Business Expert, for example. Choose what feels best to you. There are many benefits of doing this, including: expanding your concept of what is possible, and getting connected to Higher Truth! This keeps you from getting sidetracked or drawn into disempowering stories.
2. Creating **Clear Intentions** that feel great and are **aligned with Your Mission.** This is called being “on purpose” with your mission and vision.
3. **Cultivating a Powerful Mindset that's in harmony with happiness, your definition of success, in other words, how your soul sees things!** This might look like talking yourself up, aligning with what you want to create, or imagining the absolute best for yourself and your life.

Some Powerful *Beginning of the Day* Routines

1. Take a **walk outside and connect with nature.** Breathe deeply and observe, set your intention for the day. Let it go knowing it's done. Be present and enjoy.

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2. **Meditate on one word from your Definition of Success** (for example, love, clarity or thriving). Feel that energy, breathe into it, seeing it growing. Then see yourself interacting from that way of being.
3. **Daily business scripting** that's aligned with your heartfelt goals, and sees the best possible outcomes already done!
4. Choose **three things** that you want to do in support of your goals, and **delegate the rest** to the spiritual laws, or your nonphysical friends, spirit guides or angels.
5. Draw one of my **"Just Believe" cards** to align with a powerful way of being, or to upgrade a perspective that feels off to you! This is something you can also do any time, and is especially helpful when you're starting a project, or creating or doing something new.
6. Do deep breathing or a "Sun Salutation" or other yoga pose, or a Tai Chi practice to move your body and **get your energy flowing**.
7. Have a delicious, good feeling **breakfast**.
8. Enjoy a cup of **coffee** or tea as you look over your calendar and **plan your day**.
9. **Pray affirmatively**, or recite an **empowering mantra** that is aligned with what you want to experience or create for the day. You can do this in a quiet spot in your home, or even pair it with a regular morning activity like brushing your teeth, or making your bed, for example. The key to getting the most benefit is rooted in being fully present as you do this practice.
10. **Smile for no reason, just because you can and love to!** There is a strong mind-body connection and it works both ways. For example, when you stand up straight, you automatically feel stronger, and when you smile, good-feeling endorphins are released into your body, creating *unconditional*, in other words, not dependent on outside conditions, happiness.

Some Powerful *End of the Day* Routines

1. **Reflect and journal on questions that allow you to grow in fulfilling ways.** The questions you choose will depend on what you most want to expand in your experience. Here are some examples: If you want to expand your sense of playful productivity, ask — What worked well? What do I want to refine? If you want to upgrade how you're seeing different aspects of your day, or assessing your activities; ask — What energized me? What drained me? What do I want to do about it, if anything? If you want to continue to align with greater levels of confidence and self-love; ask — What am I most proud of? What do I want to acknowledge and recognize? What do I love and appreciate about myself or my life? Pick an area, and journal as you reflect.
2. **Create a heartfelt connection with someone you love.** Connect with a friend or family member face-to-face or on the phone.
3. **Take a break from technology or television** and do something different.

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4. Connect with a **hobby** or something that has **no “in order to” attached** to it! In other words, you’re doing something that isn’t a means to an end. You’re doing it for the pure joy of getting to do it. This is a powerful way to look at your business activities as well.
5. **Meditate for 15 minutes**, breathing deeply. Just let your mind and body relax and go ahhhh!
6. **Take a walk outside and connect with nature**. Breathe deeply and observe, and **reflect** on your intention for the day. What are you enjoying most about your day? Be present and enjoy.
7. **Appreciate** — reflect on or write a list of things or experiences you love and appreciate!
8. Write down **three things you will do tomorrow that you “get to do” in support of your heartfelt goals**. Then give the rest to your nonphysical friends, the universe or God.
9. **Love something awesome into existence before going to bed at night**. For example, *I love the idea* of filling up my calendar with ideal clients, making a bigger difference, having an infinite bank account, living a fun and purposeful life, being a natural-born thriver.... you get the idea! Then let it go knowing it’s already done, as you gently drift off to a restful night’s sleep.
10. Take an **old, disempowering story** you’ve been telling yourself, write it down. Then tear it up, or burn it. **Let it go! Then write a powerful new story** that lights you up! “The most amazing thing has happened “

See how present and happy you can be as you go about

your day! Give yourself quiet, soul-nourishing pauses as you transition from one activity to the next. You wear many hats. So, as you pause and relax, and choose your intention for the next activity— imagine the hat you’re putting on or taking off. Are you putting on the *Spiritual CEO* hat, for example, when you do your weekly or monthly planning? Are you putting on your *Masterful Creative Artist* hat when you’re designing your packages or services? Gently expand your awareness and have FUN!



>> Does this lifestyle feel good to you? If not, what do you want to tweak or expand?