

LIFE ON PURPOSE Action

Knowing and doing are two very different things. In Matthew 28:16-20, Jesus gives the Great Commission to the disciples... “go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to obey everything that I’ve commanded you.” Jesus calls us to “go” and act on the knowledge we have as Christians. Living a life on purpose is about taking the daily actions that help us love God with our whole being and love others in the same way Christ loves us...unconditionally. Now is the time to act!

Use the following tools to help you take action and live with purpose:

1. The 5 Second Rule
2. 7 Levels Deep
3. Strategic Action

THE 5 SECOND RULE

The 5 Second rule is from Mel Robbins book, *The 5 Second Rule: The Fastest Way to Change Your Life*.

In a nutshell, here's the 5 second rule (in Robbins' own words): "If you have an instinct to act on a goal, you must physically move within 5 seconds or your brain will kill it."

Robbins explains that when you feel an urge to work on a goal, your heart is trying to tell you that there's something you need to do. You then have a 5 second window to get started on that goal before your brain talks you out of it.

Use that 5 second window to do the following:

- **Start counting backwards to yourself from 5 to 1: 5-4-3-2-1.**
- **As soon as you hit "1", push yourself to move. You have to take physical action!**

As you count down from 5 to 1 you'll be distracting your brain from coming up with reasons why you should do something else instead –like watch cat videos or reorganize your book shelves.

In addition, you'll be placing all your focus on the goal that you're trying to get yourself to work on. Finally, counting down from 5 to 1 is a starting ritual. It will interrupt old behavior patterns and trigger new ones.

The 5 second rule is a brain hack. It's a form of metacognition which allows you to trick your brain so it can't sabotage your efforts. There's more on this in the next section.

7 LEVELS DEEP

The 7 Levels Deep exercise will help determine what really drives you to accomplish anything in life. Digging deep will help you reach the next level. First, determine the area of life you want to focus on and begin with an appropriate question. Answer the question and then ask “Why is it important...” about your answer. Repeat the “Why is it important...” question until you get to the root of what is driving you forward (usually takes about 7 levels of questioning).

NAME _____

DATE _____

LEVEL 1: (Question) _____

ANSWER: _____

LEVEL 2: Why is it important to me to _____

ANSWER: _____

LEVEL 3: Why is it important to me to _____

ANSWER: _____

LEVEL 4: Why is it important to me to _____

ANSWER: _____

LEVEL 5: Why is it important to me to _____

ANSWER: _____

LEVEL 6: Why is it important to me to _____

ANSWER: _____

LEVEL 7: Why is it important to me to _____

ANSWER: _____

STRATEGIC ACTION FOR SUCCESS

In crystal clear language, define exactly what the priorities are and what strategic actions need to be taken.

MY TOP PURPOSE

1. _____

MY TOP 3 PRIORITIES THAT WILL HELP ACCOMPLISH MY PURPOSE

1. _____

2. _____

3. _____

MY TOP 3 STRATEGIC ACTIONS THAT MOVE THE NEEDLE FORWARD

1. _____

2. _____

3. _____

SECONDARY ACTIONS THAT MOVE THE NEEDLE FORWARD

1. _____

2. _____

3. _____

4. _____

5. _____

Daily questions:

- What is the best way to _____?
- What is my best next action to accomplish my priorities?
- What's blocking me from making progress?
- If this were the second time I were living this day, what would I do differently?