



EVERY DAY *with* PURPOSE
FIND IT. LIVE IT. BE SIGNIFICANT.

LESSON TWO

LIVE YOUR PURPOSE, PART ONE

LESSON 2

LIVE YOUR PURPOSE, PART 1

WHAT YOU'LL LEARN:

TURNING DOWNHILL HABITS INTO UPHILL HABITS.

REMEMBER: EVERYTHING WORTHWHILE IS UPHILL.

We have _____ hopes and _____ habits.



It's impossible to go uphill with downhill habits.

| | Uphill Climbing | Downhill Sliding |
|--|-----------------|------------------|
| POINT 1 | | |
| POINT 2 | | |
| POINT 3 | | |
| POINT 4 | | |
| POINT 5 | | |
| POINT 6 | | |
| POINT 7 | | |
| POINT 8 | | |
| <i>Uphill climbing - intentional action / Downhill sliding - good intentions</i> | | |



**Nothing is more deceiving in life than good intentions
unless they're backed up with good actions.**

People want a downhill _____ with uphill _____.



**Hope is not a strategy.
How do we climb uphill? By intentional living.**

Three words that describe intentional living:

1. _____
2. _____
3. _____

I am a habit. I'm your constant companion. I'm your greatest helper or your heaviest burden.
I will push you onward or drag you down to failure. I'm completely at your command.
Half the things you do, you might as well just turn it over to me. I will be able to do them quickly and correctly. I'm easily managed. You must merely be firm with me. Show me exactly how you want something done, and after a few lessons, I would do it automatically.
I'm the servant of all great people and, alas, of all failures as well.
Those who are great, I have made great. Those who are failures, I have made failures.
I'm not a machine, though I work with the precision of a machine plus the intelligence of a human.
You may run me for profit, or you may run me for ruin. It makes no difference to me.
Take me, train me, be firm with me, and I will place the world at your feet.
Be easy with me, and I will destroy you. I am a habit.

How do you change your downhill habits?

You change your habits by changing your _____.

What we think determines _____.

Who we are determines _____.



**You are today what your thoughts have brought you.
You will be tomorrow where your thoughts take you.**

5 TYPES OF DOWNHILL HABITS

1. NEGATIVE THINKING

If you are negative in your thinking, the habit you'll develop is _____.

Turn your uphill thinking into _____ thinking.

When you believe there's always an answer, you take action. You can hardly wait to take action because you know as soon as you take action, you're going to get the answer.

2. "I'M NOT RESPONSIBLE."

If you think, "I'm not responsible," the habit you'll incur is _____.



The earlier you make the decision to taking responsibility and consistently practice the discipline, the greater the compounding effect on your life.

In the areas that are tough ones in which we're not disciplined, you don't make decisions for a week or for a month. You make decisions for _____.

Just for today, I will choose and display the right attitude.
Just for today, I will determine and act on important priorities.
Just for today, I will follow healthy guidelines.
Just for today, I will communicate and care for my family.
Just for today, I will practice and develop good thinking.
Just for today, I will make and keep proper commitments.
Just for today, I will earn and properly manage finances.
Just for today, I will deepen and live out my faith.
Just for today, I will initiate and invest in solid relationships.
Just for today, I will model generosity.
Just for today, I will embrace and practice good values.
Just for today, I will seek and experience improvement.
I will act on these decisions and practice these disciplines today.
One day, I will see the compounding results of many days lived well.

**If you want to
be an everyday
purpose
person, you've
got to be a
today purpose
person.**