

EXERCISE: VISUALIZE YOURSELF LIVING YOUR PURPOSE OUTLINE

- Sit or lie down in a relaxing spot.
- Take some deep breaths, and focus in turn on each part of your body from head to toe, allowing your muscles to loosen and relax as you concentrate on each part of your body.
- While continuing to breathe naturally, imagine yourself near the end of your life.
- Reflect on your life to this point in time. Throughout the years, what has given your life the most meaning and purpose?
- Allow yourself to feel a sense of contentment as you realize that you are fulfilling your purpose.
- After spending a few minutes in reflection, open your eyes and return to the present, while maintaining a sense of satisfaction about a life well-lived.

Based on an exercise discussed by Jim Loehr in his book *The Only Way to Win: How Building Character Drives Higher Achievement and Greater Fulfillment in Business and Life* (New York: Hyperion, 2012).