

# Live With Purpose 6 Steps

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## ✓ DO'S

Clarify Your Values (and Use Them to Make Better Decisions Now)

Simple Ways to Build Self-Awareness and Start Living With Purpose

Intentional Habits That Align Your Day With What Matters Most



## ✓ DO'S

Values-Based Decision Rules That Stop Overthinking

Your Weekly Purpose Reset: Realign, Review, and Refocus in 15 Minutes

The 10-Minute Daily Journaling Practice That Brings You Closer to Your Purpose



## Design Intentional Habits That Reflect Your Values And Align Your Day With What Matters Most

For more information on how to **LIVE WITH PURPOSE**, what it is and how it can support your life and the choices you make. Visit:

<https://www.inspirationalguidance.com/live-with-purpose>

## Introduction

There is a quiet kind of power in deciding how you want to live. Not in the sweeping, dramatic ways, but in the dozens of tiny choices you make every day.

The way you reach for your notebook before your phone.

The way you pause before saying yes. The way you choose how you speak or the company you keep.

These aren't random. They're habits, the invisible framework that shapes your days. And when you choose them with intention, they stop being default settings and start being proof of who you are becoming.

Designing intentional habits isn't about adding more to your already full plate. It's about making sure the things you already do line up with what matters most to you.

It's choosing practices that feel like an extension of your values, not a chore on a to-do list.

Because when your habits match your values, life feels less like a series of disconnected tasks and more like you're walking a path you actually chose.

- **Why Intentional Habits Work**

Direction over drift. Habits tied to values make your days feel chosen, not accidental.

- Less decision fatigue. When/then rules and tiny anchors replace constant willpower.
- Identity-level change. Each repetition says, “This is who I am,” which builds self-trust.
- Built for real life. Ten minutes is long enough to matter and short enough to happen.

### **What an Intentional Habit Is (and Isn’t)**

It is:

- A specific action, triggered by a cue, that reflects a value (e.g., After I make coffee, I’ll write one line about what matters today).

It isn’t:

- A vague intention (“be healthier”).
- A productivity stunt that collapses the moment life gets loud.
- A 27-step routine that requires three apps and perfect weather.

# Mini-Course: Build Your 10-Minute Anchors

## Step 1: Pick One Value for This Week

Choose one value you want to live more visibly right now (e.g., Health, Learning, Connection, Creativity, Calm, Integrity, Freedom, Service).

Exercise – Value Statement (2 minutes):

Complete: “For me, [value] looks like [concrete behavior].”

### Examples:

Health → “Moving my body daily, even if it’s brief.”

Connection → “Reaching out intentionally to people I care about.”

Creativity → “Making something from scratch without judging it.”

Keep it plain. If you can’t picture it, it’s not concrete enough.

## Step 2: Choose Your Anchor Slots (Morning / Midday / Evening)

Anchors stick best when they’re tied to existing moments.

- Morning (set direction): before screens, after coffee, right after getting dressed.
- Midday (re-center): after lunch, between meetings, when you change locations.
- Evening (integrate): when you close your laptop, after dishes, before bed.

Exercise — Slot Selection (2 minutes):

Circle one slot you can protect for the next seven days.

### **Step 3: Write a When/Then Rule**

Implementation intention = the difference between “nice idea” and “it happened.”

**Template:** When I [current routine/cue], then I will [10-minute action] to live my value of [value].

Examples:

- When I pour my first coffee, then I will write one sentence answering “What will make today meaningful?” (Value: Purpose)
- When I finish lunch, then I will take a 10-minute phone-free walk. (Value: Health)
- When I close my laptop, then I will send one “thinking of you” text. (Value: Connection)
- Write it on a sticky note. Put it where the cue happens.

### **Step 4: Design the Path of Least Resistance**

Habits fail from friction, not from lack of character.

Make it easy:

- Lay out shoes, book, journal the night before.
- Pre-load a timer for 10:00.
- Mute or move the first app you usually tap.

Make it obvious:

- Visual trigger in the environment (journal on the mug, walking shoes by the door).
- Calendar event titled with your value (“Health Anchor: 10-min walk”).

Make it satisfying:

- Check a box. Put a dot on a wall calendar. Track a simple streak.
- End with a micro-reward you already have (your next cup of tea, your favorite playlist).

### **Step 5: Start Ridiculously Small (and Scale Later)**

You’re allowed to do more, but you only have to do ten minutes. On chaotic days, two minutes still counts — because consistency beats intensity.

#### **Two-Minute Starters:**

- Read one page.
- Do five stretches.
- Write a single journal line: “What mattered today?”
- Step outside and breathe.

## Step 6: Build Your Habit Card (1 page, repeat per habit)

Create a simple card (paper or notes app):

<b>Value:</b>	
<b>When/Then rule:</b>	
<b>Location &amp; tools:</b>	
<b>10-minute action:</b>	
<b>2-minute fallback:</b>	
<b>Obvious first step:</b>	
<b>Satisfying finish</b>	
<b>Why it matters to me (one sentence):</b>	

This turns wishes into instructions your future tired self can actually follow.

### **Step 7: Track Lightly, Review Briefly**

You don't need a spreadsheet. You need proof.

Tracking: put a dot or ✓ each day you complete your anchor.

Rule: never miss twice. If you miss a day, your only job is to show up tomorrow.

### **Weekly review (5 minutes): Keep / Change / Try.**

Keep what worked.

Change friction (time, tools, location).

Try one tiny tweak next week.

### **The 10-Minute Anchor Menu (by Value)**

Steal these or adapt them to fit you.

#### ***Health***

- Phone-free walk after lunch.
- Prep fruit/veg for later.
- Stretch hips/shoulders while the kettle boils.

#### ***Learning***

- Read two pages and jot one takeaway.
- Watch one short lesson and write one sentence on how you'll use it.
- Practice a language app, then write a new phrase in your notebook.



## **Connection**

- Send one thoughtful message.
- Write a thank-you note.
- Share an article with a “this made me think of you.”

## **Creativity**

- 10 minutes of rough drafts: words, sketches, chords, collage.
- One photo walk around the block.
- “Bad first page” practice — fill it, no judgment.

## **Calm**

- Box breathing: 4-4-4-4 for ten cycles.
- Declutter one tiny surface.
- Guided body scan, then one line in your journal: “My nervous system needs...”

## **Integrity**

- Review your top values card.
- Choose one boundary script you’ll use today.
- Ask: “Where can I tell the truth kindly?” Take that action.

## **Freedom**

- Move one task to “Not Now.”
- Cancel one commitment that doesn’t align.

- Spend 10 minutes on the project that buys you future freedom (skill-building, systems, savings).

## **Service**

- Share something you learned to help one person.
- Leave a useful review/testimonial.
- Offer specific help to a friend (“I can drop off a meal Friday — yes/no?”).

## **Everyday Examples**

Value: Health. Your rule: “After lunch, 10-minute walk.” Wednesday rains. You do two minutes in the hallway and stretch. Still a win — the identity stays intact.

Value: Connection. You send one “thinking of you” message after closing your laptop. A friend replies, “I needed this.” Ten minutes, real impact.

Value: Creativity. You draft badly for ten minutes each morning. By Friday you have a decent paragraph. Momentum you can’t get from perfectionism.

Troubleshooting: Why Your Habit Might Be Slipping (and Fixes)

“I don’t remember.” Your cue is vague. Tie it to a strong anchor (coffee, door, laptop). Put the tool where the cue happens.

“I don’t have time.” You’re making it too big. Cut it to two minutes for this week. Protect the slot; lengthen later.

“I get interrupted.” Choose a different slot. Add a visible “Do Not Disturb — back in 10” sign. Tell your people what you’re doing and when you’ll be back.

"It feels pointless." You're missing the why. Add the final line: "This matters because..." Read it before you start.

"Travel/illness blew it up." Create a portable version of the habit (journal line, stretch, message). Keep identity, not intensity.

### **Protecting Your Anchors with Boundaries**

Write two scripts now and keep them near your workspace:

Soft boundary: "I have a commitment at that time. Can we do the 30-minutes later?"

Firm boundary: "Thanks for thinking of me. I'm not available for that this week."

Your values deserve calendar space. Scripts protect it.

### **Apply the Learning in Small Ways (7-Day Plan)**

Day 1: Pick your value + write the When/Then rule.

Day 2: Lay out tools, remove friction.

Day 3: Do the 10-minute action once. Mark it.

Day 4: Repeat. If the day derails, do the 2-minute version.

Day 5: Repeat. Add a tiny reward at the end.

Day 6: Teach someone what you're doing (accountability helps).

Day 7: 5-minute review: Keep / Change / Try.

Next week, keep the same anchor or add a second slot for the same value.

### **Capture the Takeaway**

Intentional habits are values made visible. Ten minutes is enough to shift your day — and stacked over weeks, enough to shift your life. You don't need to overhaul everything. You need one cue, one action, and one reason that matters to you.

### **Your Next Step**

Pick one value. Write one When/Then rule. Do it today. If all you manage is the two-minute version, that still counts — because you kept the promise, and that's how self-trust grows.

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