

T.E.A On Purpose - Instructions

Thought. Energy. Action

The measure I like to use for operating and progressing On Purpose is an estimate of - Thought, Energy and Action - (T.E.A.) sourced and thrust by my purpose.

Marcus Aurelius ruled Rome and is known as the last of the 5 Good Emperors. He is paraphrased as saying: "The people believe I rule Rome. They are wrong. I do my best to rule my thoughts, energy and action. From there it must look to them as though I rule Rome."

For a number of years, I have made the habit of estimating what percent of my T.E.A. has been On Purpose at the end of the day.

Marcus Aurelius also paraphrased as saying: "When a man nears his end, he wants to know his life was lived for a purpose", (in the movie Gladiator).

I respectfully ask, why wait till the end? **Let's live On Purpose Now!** That way when the end is near, we will know our life WAS lived for a Purpose.

That in mind, attached you will find the Play by Play On Purpose planner/tracker. As we go through our day there are plenty of things to distract from staying in our game and true to our purpose. I have found periods of being rigorous, accounting for and learning from where our Thought, Energy and Action wanders and goes off to can bring very helpful awareness and insight. I learn SO much with this simple habit of reviewing the day, trying to see and estimate where I was On Purpose with my T.E.A. and noticing what took me off purpose, into fear, doubt and worry, or complaining.

The attached Play by Play On Purpose planner/tracker is a simple tool segmented into 20 minute "Plays" ranging from 5:00AM - 6:20PM. Each day then has a total of 40 Plays.

The practice is simple.

Note: Some activities will take several plays. An hour activity, for example, adds up to 3 plays.

The recommendation is to use the tool and practice for 15 consecutive days. Go ahead and print all 15 copies. Use the first 3 days to get used to the tool. On the third day start to set a goal for how many plays you can succeed at running On Purpose. At the end of the day ask, "how many plays did I run On Purpose today"? (I think my high score is 32 of 40). Write the number on the paper. Tomorrow brings another day to Play in the sport of living On Purpose Now.

You may be astonished at how your attention, focus and productivity starts to increase naturally! Will you give this a shot and let me know how it goes, or what questions you have after you've given it a go!?

I'm in The Game with You! ...mike.

ON PURPOSE PLANNER/TRACKER – Play by play

At the start of your day:

1. date the paper
2. enter "Started Here" on the line with the time you are beginning
3. put in as many plays as you can that you'd like to run On Purpose at the time you want to run them
4. list also, what you are "Playing for" (results/outcomes).
5. At the end of the day, review and count how many plays you actually ran. Note what plays you ran instead and where you drifted into fear and doubt.
6. Finally, on the bottom line where it says, "I estimate that ____% of my Thought, Energy and Action was On Purpose today", do a mental review and write your estimate.