

Module Five, Lesson One, Tune Up Your Brain

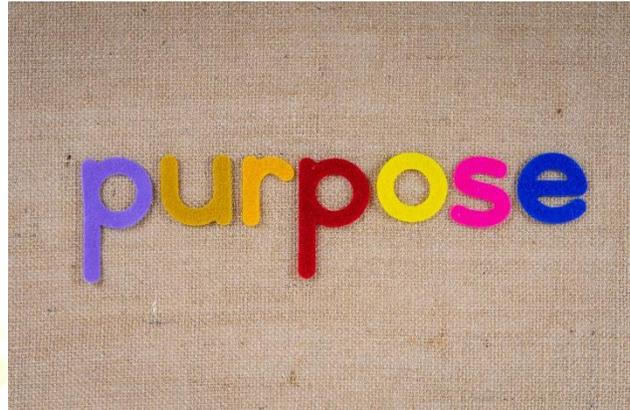
Purpose

Finding your purpose inspires many incredible benefits to your brain.

But how do you figure that out?

Purpose is not so much about *doing* something. It is about *being* someone – it's "Who am I?"

What is *myself* all about? And what do I value the most? You put those two things together and you start developing your purpose in life.



Here is the exercise I mentioned in the video for this lesson.

It will help you reveal YOUR purpose in life. Take some time to write the answers to these questions in your journal:

- What matters most to you?
- Who relies on you?
- Who inspires you?
- What causes do you care about?
- What are you grateful for?
- What gets you out of bed in the morning?

The final question to help you determine your purpose will be found below. But first, I'd like you to consider time. More specifically, its value.

The Value of Time

Consider the value of a five-dollar bill. If you only have one five-dollar bill, each one of those dollars is much more valuable than if you have \$10,000.

If you needed to purchase something, say, a cup of coffee, for two dollars and you only had five dollars, that's an expensive cup of coffee. But if you have 10,000 dollars, it's not such a big deal.

Now think about that in terms of life. What if there was no death, and we lived forever? How valuable would each of our days be?

Would we live our lives differently if we lived forever than if we lived a finite period of time?

If we lived forever, we probably wouldn't worry about every day, and it would be easy to put things off, because each day, each moment, wouldn't be so important, so precious.

But if you know you have a finite period of time to do what you feel you are here to do, every day, every minute, would be important.



So this may sound like a weird exercise, but I'd like you to start thinking about what might happen if you were to die today or tomorrow.

I know, that's not something that you necessarily want to think about, but it is an exercise that will give you a perspective that may not only inspire you to really think about your purpose, but also to take the steps that you might have been postponing because you think, "There's plenty of time for that."

If you think that each day might be your last, maybe, just maybe, you'll live each day bigger and put everything you have into that day.

That is purposeful living. And purpose feeds your brain.

So here is the exercise that will answer your final question: "How do I want to be remembered?"

The Headstone Test

If you were to die today or tomorrow, what would you want on your headstone?

What kind of epitaph would you want? What would you want people saying about you, about the mark that you left in this world, your legacy, the mission that you had for other people?

Would you want people to say, "Wow, she made tons of money and had the nicest car!"

Or would you want people to say, "She was so kind, she changed my life."?

When you're thinking about The Headstone Test, think about the fact that you're here for this brief period of time, and contemplate –

"What kind of legacy do I want to leave?"

Therein you will find your purpose.