

# Live with purpose and intention

Discover the key to living a life of significance

*A 7-day challenge*



SEEDS OF WISDOM  
COACHING SERVICE



Welcome high-achieving leaders!

Thank you for downloading this 7-day challenge. With the exception of Day 1, the intentional actions in this challenge will only take a few minutes of your time each day. If you do the activities you will (very quickly) start moving towards a life that truly matters. So let's be **intentional** for the next seven days.

I'm not sure where you currently are in your life... however, if you are feeling trapped in a job that pleases your parents, you are in a role that gives you status but is draining your energy, your relationships are suffering and you are constantly asking yourself '*what is all this for?*', I want you to know - you are not alone!

Many of my clients were in this position... I was in your shoes not too long ago. You're probably being told 'you have to be available 24/7, you can't set boundaries, you can't let the team down, everyone works long hours...' Yes! I've heard it all too and I'm here to say you CAN create a unique pathway for yourself and live authentically, in the same way I did.

I am a former banker (economist) who converted her hobbies into a career and became an award-winning creative director. From the outside, I appeared to be living an enviable life. However, despite living a life aligned with my values, strengths and passions, I was craving more - something was missing...

I took action, asked for help and dug deeper - I soon realised I was missing my BIG WHY... It's been 15 years of living with purpose and intention now and life could not be better. Having done the hard yards and discovered my Roadmap to Significance, I am now on a quest to help others discover their BIG WHY so they can use their time, talents and treasures to Live A Life Of Significance.

The Roadmap To Significance starts by living intentionally. This is why I am super excited you are embarking on this 7-day challenge.

Please feel free to share your successes with me - I delight in hearing stories of success, impact and transformation.



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# 1

## Day #1 Serve your family first

The quality of your life is influenced by your family more than anything else, so to become intentional, start there and serve there.



*The key to significance*

### THE BIG QUESTION

How can your intentional journey improve your family culture in just one day?

### THINK

Every family has its own culture. And just about every family has room to improve its dynamic. A great way to do that is to put others first and serve them.

Think about someone in your family or extended family—a parent, child or significant other—whom you can help to feel special. Plan to make that person the focus of your attention and put him or her first.

### DO

Most intentional actions in the 7-day challenge will take only a few minutes. Today's action will take longer, but it has the potential to have the greatest impact.

Once you've chosen the family member, offer to take that person to do something he or she would love to do. You can go to a movie, visit a museum, go for a walk—anything as long as it's something your family member loves to do.

Then, before you go out together, write a short note expressing your gratitude and appreciation for that person. At the end of your time together, give the note and tell the person how much you love him or her.

### TELL

After you've completed Day 1, tell someone about it. You may also want to encourage them to join you on this 7-day challenge.

### SHARE

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# 2

## Day #2 Be the first person to help

**The first to help often makes a great impact,  
and is long remembered afterwards.**



### **THE BIG QUESTION**

How can you be the first to help someone in your world?

### **THINK**

Think about the people you see regularly in your circle of influence: friends, co-workers, neighbors and hobby-mates.

You are probably aware of a goal, difficulty, or need of one of these people. Think about what you could do today to help that person. If you can be the first to help, it's even better.

### **DO**

Take action to do something for the person you've chosen.

It doesn't need to be big, elaborate or expensive. It just needs to be intentional.

### **TELL**

After you've taken action to complete Day 2, tell others about it. You may also want to encourage them to join you on this 7-day challenge.

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# 3

## Day #3

# Intentional acts of kindness

When you go into your day planning to do an intentional act of kindness, you begin focusing on others, which is a key to significance.



*The key to significance*

### THE BIG QUESTION

Before you start your day, be intentional, think on the front end and ask yourself, “Who am I going to add value to, today.”

### THINK

You’ve probably heard of random acts of kindness. Maybe you’ve even done them. Most people who do are prompted by emotion in the moment. The problem with serving based on emotion is that you tend to add value to people only when you’re in the mood to do it.

To change the world, you must be intentional every day. Take some time out now and think about taking intentional action that serves one person today.

### DO

Do a specific act of kindness today. Some ideas include:

- Pay for the meal of the person behind you in the drivethrough.
- Stop to buy coffees or donuts for your coworkers.
- Carry cash in your pocket and give it to someone who would be helped by it.

Don’t go home and don’t go to bed until you’ve done your intentional act of kindness.

### TELL

After you’ve completed Day 3, tell a friend how doing today’s activity made you feel. Encourage them to join you on this 7-day challenge.

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# 4

## Day #4

# Partner with a friend to make a difference

**The Law of Significance: One is too small a number  
to achieve greatness. Partner up.**



*The key to significance*

### THE BIG QUESTION

What would I like to accomplish and who can I get to come alongside me?

### THINK

Think about needs you have noticed at work, in your neighborhood, or in your community. Choose one to address. Some ideas are:

- clean out the garage of an elderly neighbour, or
- offer to watch the children of a single mom, or
- clean a neighbourhood spot so kids can play, or
- help a co-worker to tackle an unpleasant task, or
- relieve a neighbour from looking after her elderly parents, or
- clear the trash in a neighbourhood park so the children can play there again.

Now think about someone you know who might be like-minded and want to join you in doing something about it.

### DO

Talk to your friend today about partnering up to address the need you have noticed. If you can follow through today, then do so. If not, schedule to take action together before the week is out.

### TELL

Take pictures of the before and after and encourage your friends to join you on this challenge.

### SHARE

Click on [Elevate You Café](#) and share your photos and your big win with other like-minded influencers and leaders.



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# 5

## Day #5 Intentional mealtime conversations

When you're intentional, you can add value  
to everything you do and to every person you meet.



### THE BIG QUESTION

How can you make a meal nourish more than just your body?

### THINK

Today's activity is very simple. Anyone can do it, but it requires a few minutes of forethought.

You simply need to decide on a question that will make people think and prompt great discussion. Here are some examples of questions you can ask at mealtime:

- What's the best advice you've ever given someone else?
- What single event in your life has had the greatest impact on you?
- If you could do one thing for every person in the world, what would it be?
- What is on your bucket list?

### DO

If you don't already have a breakfast, lunch or dinner scheduled with someone else, then invite someone for a meal today. Before you meet, come up with one or two great questions to ask. Turn your average conversation into an intentional conversation.

### TELL

After the meal, tell others about your intentional conversation.

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# 6

## Day #6

# Surprise people with how much they matter

You have the potential to change someone's day, their week, or even their life by letting them know how much they matter to you.



### THE BIG QUESTION

Who matters to you and hasn't even heard about it? Turn those intentions into actions, be intentional today.

### THINK

Think about the positive impact they have made in your life, and how much their actions still means to you. Brainstorm how you can play a similar role in the life of someone in your world.

### DO

Don't just think it, tell them. For the person in your life who had an impact on you, take time to connect today. Call or meet with them face-to-face today and tell how much and why he or she matters so much to you.

### TELL

After you've completed Day 6, encourage someone else to do what you did today.

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# 7

## Day #7

# Everything you want in life requires intentionality

**Decisions don't lose their value because the decision was bad, but because people don't follow through.**



*The key to significance*

### THE BIG QUESTION

Wow! We are at day 7 - it has gone so quick. So, how can you keep making a difference after this 7-day challenge?

### THINK

Most people have a strong desire to make a difference. Deep inside, we desire significance even more than success. That's especially true as we grow in maturity or gain success.

- How do you want to positively impact the world?
- How do you want to continue making a difference?

### DO

If you know the answers to those questions, write a declaration for living with purpose, and a plan for achieving significance.

- Identify your first tangible step and take that step tomorrow.

If you are not sure how to answer those questions or if you are but want our help taking the next steps, then join our 30-day challenge to discover your why, connect with like-minded people, add value to others in your sweet spot and continue living a compelling life that matters. Alternatively, you can sign up for our brilliant 90-day program, The Roadmap To Significance.

### TELL

If you use social media, announce you've completed the 7-day challenge and how this challenge has impacted you. Invite your friends and colleagues to take part in the challenge. Let's try and become more intentional and purposeful in how we spend our time, talents and treasures.

### SHARE

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## HAVE YOU ENJOYED THIS INTENTIONAL LIVING CHALLENGE?

*We would you like to offer you the opportunity to work with us  
so you can create Your Roadmap to Significance*

**Sign up for The Significant Life Audit,  
a complimentary 45-minute chat**

Click on the link below to schedule a  
suitable date and time to get

[The Significant Life Audit](#)



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We would love to keep in touch

