

purpose

song: *I Had a Dream* – Joss Stone

week #5

purpose [noun: own it]

- The object toward which one strives or exists; an aim or goal
- A result that is intended or desired; an intention
- Determination; resolution

aim, ambition, aspiration, design, desire, determination, direction, dream, expectation, function, goal, hope, idea, intent, mission, object, plan, point, proposal, proposition, reason, resolve, scheme, target, view, will, wish

"It must be born in mind that the tragedy in life doesn't lie in not reaching your goal - the tragedy lies in having no goal to reach." - Benjamin Mays

Life may sometimes feel like whirlwind, or even a storm. You will be continuously confronted with challenges, variables and characters; some who are new acquaintances, some of the usual suspects, and some ghosts from the past who re-emerge.

You can deliberate vision, virtue and strength; all valuable tools to help you reach your goals, however, you will sacrifice your gift if you do not establish your purpose and begin taking the steps toward reaching it.

"The main purpose of life is to live rightly, think rightly, act rightly. The soul must languish when we give all our thought to the body." – Mohandas Gandhi

ACTION: This week, ask yourself... "Why?...Why am I performing this task? Why is this person standing before me – what is her purpose in my life? What do I need to learn, or act upon? What is the lesson here?"

With each situation, determine your purpose, and take the necessary steps for achieving the highest possible outcome.



The Functional Lunge is an exercise with purpose; this smart movement helps your body prepare for life's demands. Step with precision and move mindfully.

January Color: Caramel

Caramel hues will help you become more logical, driven and sure-footed.

- Practical
- Determined
- Grounded

January Chakra: Solar Plexus

Someone with a balanced Solar Plexus Chakra is decisive and has strong nerves. This person shows qualities of being outgoing, cheerful, spontaneous, and relaxed. When balanced, this chakra will guide you to clear thoughts and increased awareness. It stimulates interest and curiosity.