

# Create Your Purpose<sup>®</sup>

CHALLENGE



DAY THREE :: DESIGN



## Day Three

# DESIGN

**“If you talk about it, it’s a dream, if you envision it, it’s possible,  
but if you schedule it, it’s real.”**

**- Tony Robbins**

Today is the most important day of the Challenge because it’s when you’ll marry your sense of purpose with a PLAN. After all, you can know your destination and even know the general direction to head, but if you never set out on the path, you’ll stay exactly where you are.

**That is why you must design your own map and take your first step forward.**

This might be where things get tricky. You’re likely thinking: “But, I don’t know what to do first!” Here’s the secret: there is no right or wrong first step, just different actions that lead to different results. So, instead of trying to figure out the perfect prioritized action plan, I encourage you to pick something to do. Anything! Play a little. Experiment!

You know why this is so important? Because clarity is built through action. Not through doing mental summersaults, but by getting out of your head and DOING something.

**Today, I challenge you to design a plan with three actions that will take 15 minutes or less.**

To help you do that, I’ve provided a few reflection prompts on the following pages. Use what you uncover there to then create your **Action Pledge**. I encourage you to post this in the Challenge group using the template provided. You will be entered to win a prize if you do!

**A note before you begin:** Creating a plan can be daunting, and overwhelm can set in easily, causing you to hem and haw and get in your own way. Just remember that it’s time to take a step forward - that’s why you joined this Challenge in the first place - so keep it simple!



## 1. Touchstone

Write one inspiring, brief statement that reflects **one touchstone or objective** you want to achieve in the next three months that supports your dream. See the real examples below:

- *I want to build my physical fitness and endurance.*
- *I want to find and work with my dream client.*
- *I want to build clarity around my purpose.*
- *I want to consistently show up on Instagram.*

“I want to...”



## 2. Action Pledge

Using what you uncovered above, design your unique **Action Pledge**, a declaration of what you will do in the next month to make progress. Three simple things that will take less than 15 minutes each and that - if you could complete them - would help you begin to build momentum! Whether it's something you need to learn, do, or decide, your pledge is completely up to you. Below is a real example to inspire you. The prompt starts with **“In the next month, I pledge to...”**

**Touchstone: I want to consistently show up on Instagram.**

1. Decide between Later and Planoly and sign-up for a planning tool.
2. Find one Canva template that matches my branding.
3. Brain dump 5 content ideas.

“In the next month, I pledge to...”



## What to Do Next

You are done with Day Three's exercise! You have spent valuable time marrying your purpose with a plan that will help you gain momentum. Now, come share your Action Pledge with the group by commenting [on this thread](#). Do it today and you'll be entered to win one of Day Three's prizes! Want extra credit? Use this template and post your daydream to Instagram Stories. Make sure to tag me so I can see and you'll get another entry to win a prize! Then, join me LIVE at 12 pm PT / 3 pm ET where I'll be leading a training on today's theme and will answer any questions you have! A recording will be posted afterwards.

[Download image](#)



## I'm done! What now?

You did it - you completed the Create Your Purpose Challenge! I hope you feel refreshed and inspired, have gained clarity around what you want to build, and are ready to take steps forward to create your purpose!

**Now, I want you to CELEBRATE!!** Have a glass of bubbly or your favorite cup of tea, binge that Netflix show on your watchlist, or just sit and breathe and SMILE. You showed up to the Challenge and you showed up to yourself. That's reason enough to be proud and celebrate!

**Next, I encourage you to check off one of your Action Pledge items stat!** The quicker you can notch a little win, the more momentum and confidence you will build as you move to the next, and the next, til inevitably, you get a BIG WIN.

If you want to review anything from the Challenge, I've created a [recap page here](#) where I'm putting all of the videos and workbooks as they go out, so bookmark it!

**Finally, join me live today to find out my big announcement that I think you will LOVE!**