



## **Welcome!**

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The OnPurpose Movement is pleased to offer this guide to encourage meaningful reflection and purposeful intention setting.

# REFLECT ON YOUR YEAR

## • FIT •

Deepen your capacity to care for your mind, body, and soul in order to more effectively serve your purpose



## • LOVE •

Better develop the relationship you have with self, with others, and with your community



## • WORK •

Build skills that grow your confidence and capacity for impact



#FITONPURPOSE

Let's Do This!

## REFLECTION QUESTIONS

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- How have I honored my body?
- Do I have specific health or fitness goals? Why or why not?
- If I do, where have I meet my goals? Has there been any potential for continued growth?
- How can I celebrate my health this year? Who can I celebrate with?
- What does **WELLNESS** look, feel, and sound like in my life?
- How will I thank my body for how it has served me?
- Who has supported my wellness journey? How can I thank them?

**#WORKONPURPOSE**

Let's Do This!

## REFLECTION QUESTIONS

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- How am I finding a sense of purpose in my current work?
- What work contributions will you celebrate?
- How am I purposefully leveraging my skills, gifts and talents to have a positive impact at work? In the larger community?
- What professional relationships can I celebrate?
- What professional relationships need more care and attention?
- How do I honor my values through my work?
- What skills and new resources did I gain this year? What are my areas for development?
- Where do I need support?

**#LOVEONPURPOSE**

Let's Do This!

## REFLECTION QUESTIONS

- How have I shown myself love and care this year?
- What are my current self-care practices? What has worked? What practice needs to be updated?
- How have I shown my community love?
- What does a healthy, meaningful relationship look, feel and sound like to me?
- How have I edified the key relationships in my life? How have they edified me?
- What spiritual practices, if any, have I honored to show myself love and care? What should I continue?
- What relationships (or types of relationships) need more care and attention from me?

# ENCOURAGEMENT FOR YOUR JOURNEY AHEAD!

SET YOUR INTENTIONS FOR A POSITIVE IMPACT

# The Power of Intention Setting

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*“Intention is the starting point of every dream. It is the creative power that fulfills all of our needs, whether for money, relationships, spiritual awakening, or love.”*

- Deepak Chopra, M.D.





# INTRODUCING THE “CORE 4”

The “Core 4” was designed by Jovian Zayne to help individuals tap into their desired impact for positive change in their lives.

Learn more about it in the book, *Lessons in Leadership*.



#1

# WHO DO YOU WANT TO IMPACT?

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*Additional probing questions:*

- Who will be better because of your efforts?
- Who do you feel most compelled to serve?

# #2

## HOW DO YOU WANT TO IMPACT THEM?

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*Additional probing question:*

- What skills, resources, gifts, and tools can you leverage to positively serve others?

# #3

## WHO WILL IMPACT YOU?

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*Additional probing questions:*

- Who can hold you accountable to making your desired positive impact?
- What mentors, sponsors, friends etc., do you need to support your efforts?  
*(virtual or in-person)*

# #4

## WHAT ARE YOU COMMITTED TO SHIFT?

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*Additional probing question:*

- What habits/behaviors are you committed to shift that move you closer to your desired impact? *(i.e. job search, a courageous conversation, ending a toxic relationship, reallocation of resources etc)*

# WHAT ARE YOUR INTENTIONS?

Review your notes and set your intentions.

What are your new commitments?

Who will hold you accountable?

# OnPurpose Resources for Intention Setting

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For more support email [info@dayofpurpose.org](mailto:info@dayofpurpose.org) or visit [jovianzayne.com](http://jovianzayne.com) to inquire about coaching or consulting engagements.



**THANK YOU!**

