

Purposeful Living Process

HARNESSING YOUR BRAIN: THE PURPOSEFUL LEADER PROCESS

Your power to build a life of purpose and fulfillment is unlimited. But you must harness your brain to help, rather than fight, your learning and leadership process. By applying the insights and recent breakthroughs of neuroscience and behavioral psychology, we now know far more about what the success process looks like and how to build it into your life and leadership every day.

The Wright Foundation's Purposeful Living Process (PLP) helps you move from wishful thinking to powerful, practical, inspirational planning, step-by-step. The PLP not only helps you achieve your personal and professional dreams, but also creates lasting, positive change in your entire life and in the lives of those you encounter.

No static plan or idea, the PLP technology provides a dynamic creation that will teach you how to harness the power of your brain for lasting change. The Purposeful Living Process leads you to find the opportunity, challenge, and responsibility each of us has every moment of every day to live fulfilled lives. By fulfilling your potential, you naturally accomplish your aims and goals with less effort and greater results.

Personal development is dynamic. It's an interplay of raising your proficiency to help you close current social and emotional skills gaps while discovering talents you did not know you have and desire to develop. The Purposeful Living Process is designed to help you make the transformational changes to build the competencies that drive both performance and satisfaction while identifying new areas of growth.

The success of the process centers largely on research done by Gollwitzer & Sheeran and popularized by Daniel Wiseman in his book, *59 Seconds*. Their research powerfully demonstrates the effectiveness of what they call "implementation intention," in which you anticipate a situation (i.e., a good opportunity to act, a critical moment) and then respond with a predetermined action that fits the situation.

The instructions you give yourself to perform behaviors or to achieve certain desired outcomes are essential but can be empty without the specific planning. In the Purposeful Living Process, we refer to these implementation intentions as "if-thens." As you shall see, "if-thens" provide a specific mechanism to pre-program your mind on how to act if it encounters certain situations that you know it will encounter.

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HOW THE PURPOSEFUL LIVING PROCESS WORKS

Before getting to the specifics of “if-thens,” however, go back to what gives the PLP the power to transform: your own desire to develop and become who you can be. It is your desire and intention to achieve your potential that provides the motivation for this process.

You are not just setting goals and specifying outcomes in the PLP. You will also identify limiting beliefs that shed light on how you see the world now and empowering beliefs that can enhance your life. By raising your awareness about the beliefs that underlie limiting behaviors, you can create a reality in which other beliefs can co-exist. You will make room for other viewpoints that you can then begin to test by engaging in different behaviors.

The Purposeful Living Process profiles a “growth mindset,” a quality articulated by researcher Carol Dweck (2008). People who exhibit a growth mindset don’t just want to learn new things; they want to use that learning to function at a higher level personally and professionally. They’re actively seeking opportunities to interact with the world in fresh ways. They see that no matter how good they already are, they can always become even more communicative, adventurous, and inventive.

The Purposeful Living Process helps you cultivate and support a growth mindset. In other words, through this technology, you are building behaviors that people who are highly successful in their lives tend to engage in and exhibit automatically.



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PURPOSEFUL LIVING PROCESS

Blueprint for Life

Visions & Principles Overview of elements of my Rematrixing Strategy									
	TOWARD	TOWARD	TOWARD	TOWARD	TOWARD	TOWARD	TOWARD	TOWARD	TOWARD
Dates									
Overall Developing Life Vision									
Redemptive Narrative									
BODY: Aliveness									
SELF: Engagement /Play									
FAMILY: Intention									
FRIEND, OTHERS & GROUPS: Truth of Your Experience to Your Highest Vision									
WORK: Commitment									
PRINCIPLES & SOCIETY: Responsibility									
LIFE PURPOSE/HIGHER POWER: Transcendental Principles (love, compassion, grace, etc)									



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Adlerian Beliefs, Emotions, and Behaviors | with family rules, myths, and beliefs

	FROM	TOWARD	FROM	TOWARD	FROM	TOWARD	
Dates	LIMITING BELIEFS: You and what you can expect; the world and what it expects from you	EMPOWERING BELIEFS: You and what you can expect; the world and what it expects from you	EMOTIONS REPRESSED OR FRAGMENTED: Identify positive intent or secondary gain	BEHAVIORS REPRESSED OR FRAGMENTED: Identify positive intent or secondary gain	Cognitive, emotional, and behavioral skills I want to develop	Thoughts I want to diminish	Thoughts I want to develop



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Assignment Generator | Assignments, Milestones, Rewards, Consequences, Costs

	TOWARD	TOWARD	TOWARD	FROM	FROM	TOWARD
Dates	Assignments leading to my unthinkable goals	Milestones: smaller goals along the way to my vision fulfillment	Self-determined Rewards	Self-determined Consequences	What will it cost me if I do not learn, grow, and change?	What will be the benefit if I do this work?

Coaching | Session Record

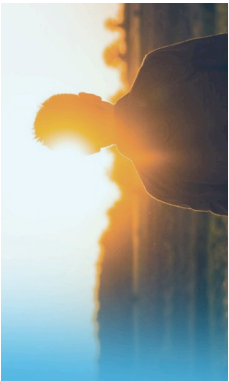
Dates	Likes/Dislikes	Assignments	Learns	Grows	Specific issues, life concerns & unfinished business (authority, opposite sex, etc)



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Name: _____

Week of: _____

Assignment(s): _____

Weekly Planner | *Hour-by-hour if-thens and assignments*

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WAKE							
6:00 AM							
7:00 AM							
8:00 AM							
9:00 AM							
10:00 AM							
11:00 AM							
12:00 PM							
1:00 PM							
2:00 PM							
3:00 PM							
4:00 PM							
5:00 PM							
6:00 PM							
7:00 PM							
8:00 PM							
9:00 PM							



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Assignment(s):

Daily Results Tracker | *Beliefs, Behaviors, Plans, and Influence*

	FROM	TOWARD	TOWARD	TOWARD	TOWARD	TOWARD
Dates	Thoughts & Beliefs Developed or Diminished	Behaviors Unleashed	What you can do tomorrow to be more successful	My influence: PEOPLE	My influence: PLACES	My influence: THINGS
DAY 1						
DAY 2						
DAY 3						
DAY 4						
DAY 5						
DAY 6						
DAY 7						

PURPOSEFUL LIVING PROCESS

Blueprint for Life

Purpose, Mission, and Related Assignments | Overview of elements of my Rematrixing Strategy

	TOWARD	TOWARD	TOWARD	TOWARD	TOWARD	TOWARD	TOWARD	TOWARD	TOWARD
Dates									
	LIFE PURPOSE	Mission: SELF	Mission: FAMILY	Mission: FRIENDS, OTHERS & GROUPS	Mission: WORK AND ENGAGEMENT/PLAY	Mission: PRINCIPLES & SOCIETY	Mission: PURPOSEFUL LIVING & SPIRITUAL DEVELOPMENT	Related Assignments (also add to assignments page)	

Assignment(s):

Daily Results Tracker | Beliefs, Behaviors, Plans, and Influence

	TOWARD	TOWARD	TOWARD	TOWARD	TOWARD	TOWARD	TOWARD	TOWARD	TOWARD	TOWARD
Dates	BODY: Aliveness (Learns, Grows, & Results)	SELF: Engagement /Play (Learns, Grows, & Results)	FAMILY: Intention (Learns, Grows, & Results)	FRIENDS & OTHERS: Truth (Learns, Grows, & Results)	WORK: Commitment (Learns, Grows, & Results)	PRINCIPLES & SOCIETY: Responsibility (Learns, Grows, & Results)	PURPOSEFUL LIVING & SPIRITUAL DEV: Transcendental (Learns, Grows, & Results)			
DAY 1										
DAY 2										
DAY 3										
DAY 4										
DAY 5										
DAY 6										
DAY 7										

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DAILY PURPOSEFUL LIVING PLANNER

tinyurl.com/dailyplp

My Name:

Name of Assignment(s):

What I did differently today (grows):

What I got from doing it (results, learns):

What I plan for tomorrow:

Other Insights (revelating):

Principles, Areas of Life, and Developmental Levels I worked on. Rate each 0 to 3 (0=not at all, 3= highly intent):

Principles

	0	1	2	3
Aliveness				
Engagement				
Intention				
Truth				
Commitment				
Responsibility				

Areas of Life

	0	1	2	3
Self				
Body				
Family of Origin				
Friends, Groups, Others				
Work/Play/Engagement				
Principles, Society				
Purposeful Living				

Levels

	0	1	2	3
Scarcity/Trust				
Hunger/Affirmation				
Reactivity/Assertion				
Conformity/Expression				
Striving/Purpose				
Superiority/Authority				