

TIMELESS PRINCIPLES

**MAKE
A LIFE**

Rules come and go, but principles never get old. Most of my life is based on those quiet moments I get every morning to focus on God and less on myself. It's during these times when I am engaging with scripture that I uncover principles that changed who I am. One of those we don't mention in the video is, "faith carries a shovel." There are people out there who randomly encounter life-changing purposes, but it's not the norm. Most people have to seek the wisdom of God, others, and their own story to understand their purpose and passion. This is the task ahead of you.

We all navigate life by principles, whether they are written down or lived out. Before diving deeper into the timeless principles that guide us to make a life, consider what principles you live by answering the following questions.

What Principles Have Your Parents or Family Instilled in You?

What Principles Have You Learned From Mentors or Friends?

What Spiritual Principles Guide Your Life?

Principle 1: Pursuing Your Purpose

""What is my purpose?" That is the fundamental question of make a life. It's also one of the most consistent questions we ask ourselves throughout our lives. Purpose is about learning how to live a life with meaning. We could teach an entire course just on the practice of uncovering, discovering, and defining our purpose. Here are a couple of tips to get you started.

Seek Quiet and Solitude

Life is often too loud and fast-paced to allow for our pursuit of discovering purpose. However, making a regular time for morning focus and devotion is an excellent way to establish a regular schedule, maybe even a special room or chair, that will enable you to begin your search for purpose. We call this process "the quiet start" due to the fact that it's always peaceful in the morning. During this time, try to write down your thoughts or read books about discovering your purpose. Consistent pursuit will yield incredible fruit in the stillness of the morning.

Find a Mentor Worthy of the Discussion

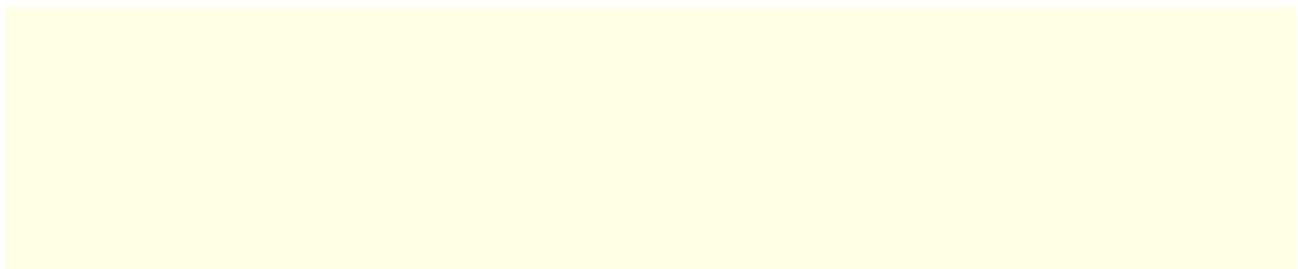
Gary O'Malley was one of Curt's greatest mentors and helped him discover how to find his purpose. Whom do you know that is worthy of the discussion of purpose? Who in your life seems to live with conviction and intention? These people often live in ways that give back to others or are more than willing to share how they got there. Gain an audience with them by being bold enough to ask.

Sticky Note Timeline

You will have an opportunity to do this in lesson three. Dive deep into your past, searching for purpose patterns. List the 30 most significant moments that have changed your life. Put them in order and write a mantra from the lessons you have learned. We believe there has never been a time when God hasn't been at work in your life. These patterns give us an idea of what you are living for.

Whichever way you choose to start your quest for purpose, we know that it will be different from whatever the world defines as our purpose.

How Would You Define Your Purpose?



Is Your Job Only a Means to a Paycheck, or Does It Fund Your Purpose?

Do You Live a Life of Conviction and Intention With Your Time and Money?

Principle 2: Stop Trading Hours for Dollars

Do you know how to determine what people value the most? Look at their calendar! One of the most disturbing aspects of pursuing our purpose is that it affects our lifestyle. We start to realize that time is one of the most valuable resources for pursuing our passions. We also realize that we only have a few hours to spend on purpose-making between sleep and work. This is why principle number two is imperative to making a life. So, we have to take control of our time.

Account for Your Time

In our experience, most people accept whatever life gives them rather than deciding how to live their life. It's time to account for your time. In the spaces below, take four weeks and examine your calendar. Fill in the hours you spent on the categories listed.

WEEK	Work	Sleep	Family	Recreation	Side-Gig	Quiet Start
1.						
2.						
3.						
4.						

Find Five Hours

If you are like most people, you can only sleep when you account for your time, followed by work and family. After accounting for all these things, we find out that we often have little time remaining for recreation, quiet, or pursuing a side gig. But what would happen if you could find five hours a week to build your side gig? We believe that this bold, courageous step to finding time is one of the biggest hurdles to making a life. This is because it requires us to forfeit our time, which we already stated through our calendars that we value. If you had to reimagine your last month, what would your ideal expenditure of hours look like?

Week	Work	Sleep	Family	Recreation	Side-Gig	Quiet Start
1.						
2.						
3.						
4.						

Hours Saved Hours Saved Hours Saved Hours Saved Hours Added Hours Added

PRO TIP! Total your hours for each week and we bet that it doesn't equal 168 hours. Do you know how you spent that time? Sometimes we don't have to steal from the four other areas because we could be more diligent with the unbudgeted time we already have!

Principle 3: Act on Opportunity

We will cover this section in the next lesson, but we believe that people frequently miss out on opportunities in life because they fail to act at the right moment. Maybe life was too busy, or the opportunity was too risky. Maybe they lacked the confidence to get started.

Know Where You Are

Failing to act on a moment of exponential opportunity is a symptom of a lack of personal vision. So, we are urging you to get real again.

Define the Opportunity and Write It Out

What if You Missed This Moment? What Would You Lose?

Revisit Your Challenges Worth Solving List

Go back to your work from lesson one. Think about these challenges and how they may affect your decision to take advantage of this opportunity. What quick actions can you take in the coming days to start overcoming these challenges and making them less daunting?

Record Your Small Steps

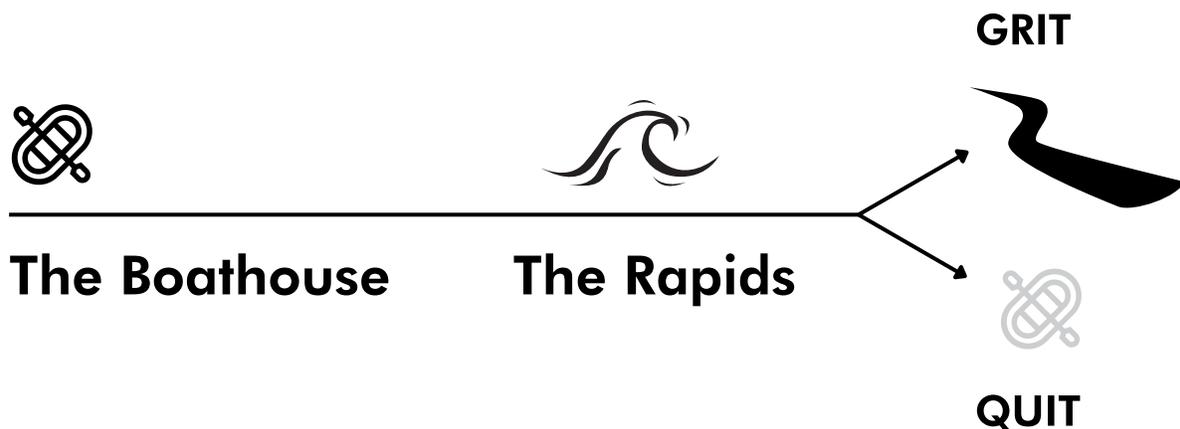
Principle 4: Commit to Grit

Have you ever been whitewater rafting? Most of these adventures start with getting geared up and listening to a safety speech. Unfortunately, many people don't pay close attention, just like during the safety briefing on an airplane. They are too excited or nervous to focus. So, they go along with it.

But what happens at the first set of rapids? There is no turning back. At this point, you are all in! The river only flows in one direction. At this point, the guide gives pointers and reminds the boat about water safety. Some people want to bail, while others take cover.

This lesson is demonstrated in an illustration we call Confidence River.

Confidence River



The Boathouse

When we act on opportunity, we give ourselves a pep talk, turn on a motivational playlist, and start our journey downriver. This is done by vision. When someone can point the way and set us off with the right support, life is simply putting one foot in front of the other, but we don't know.

The Rapids

Inevitably, the rapids are going to confront us. Think about the last new thing you tried. Have you ever had an experience where your incompetence was revealed for what it really was? Whether we are starting a new job, learning a new instrument, or parenting, there will be a point in our journey where we don't know what we are doing.

Grit or Quit

Here is the choice in front of every new endeavor. Will you commit to grit or decide to quit? Right now, you are in the boathouse. But you have to remember that the rapids are quickly approaching. Fortunately, we are here to be your guide. We won't sugarcoat it. Being intentional about making a life, not just a living, is challenging! However, like most people who end up gritting their way downriver, it gets easier with the right coach and the people in the boat with you.

What Is Going to Be Most Challenging for You to Remain Committed?

SAMPLE WORK WEEK

In case you need it, here is a sample on how someone might fill out their month.

Assuming that you are currently working a full-time job, we might fill in 40 hours for your work week. However, there were a couple of nights here and there you needed to work late so we added those into a couple of weeks. The CDC says the average adult gets only 7 hours of sleep. Looking at family time, let's say one weekend you went on vacation so you spent a good chunk of time with your family, but mostly its 2 hours of intentional time with you kids or spouse on week days, and 8 hours on the weekend. For recreation, you workout every most mornings and take some time for you 2 hours a week. Maybe you have a side-gig, or volunteer somewhere, and spend about 3 hours every two weeks working on this. Lastly, you spend only on average 2 hours a week starting your day off preparing for your personal growth spiritually or emotionally.

WEEK	Work	Sleep	Family	Recreation	Side-Gig	Quiet Start	Total
1.	40	49	18	7	3	2	119
2.	42	49	18	6	0	2	117
3.	40	49	26	5	3	2	125
4.	46	49	18	6	0	2	131

If there are a total of 168 hours in a week, where did the other time go? This is an important question. Was it spent scrolling social media? Was is spent doing yard work or household chores? Could these be areas that you could reallocate time and create margin?