

**MAKE  
A LIFE**

## **DISCOVERING KAIROS MOMENTS**

### **Step One**

Generate 30 critical moments in your life. Go for as many as you can think. Use the categories below to help you generate these moments:

#### Bright Spots

What are some highlights in your life? What are the moments that have brought you the greatest joy? Bright spots are places in our lives that we can point to as positive times when we lived life to its full.

#### Pain Points

What are times of struggle, instability, challenges, or setbacks in your life? Looking back at these now, they might appear to be fruitful, but at the time they were difficult to navigate.

#### Heroes

We are composed of people who build us up, encourage us, and guide us. Who are the people in your life that have been mentors, coaches, or friends that have made you who you are?

**BRAINSTORM HERE**

## Step Two

Rewrite these moments in chronological order. Don't worry about it being exactly correct. Some find it helpful to create age ranges to help identify life stages.

## Step Three

Identify Kairos moments by type. You can do this by color coding or by adding symbols!

*Catalysts | Growth Accelerators*

When are the moments that accelerated your growth? These could be bright spots or pain points that have provided clarity for your personal mission or focused your trajectory.

*Turning Point | Transformational Moments*

These moments leave you forever changed. When did moments in your life cause you to do a complete 180 in your worldview, values, or way you live life?

*Keyhole Moment | Exponential Opportunity*

What moments in your life opened doors to new networks, expansive ideas, and limitless potential? These are moments where we experience new frontiers.

*Mega Moments | Colliding Kairos Moments*

These are the biggest moments. These are the moments when all three categories converge, creating the ultimate life-changing experiences.

Age Range

Age Range

Age Range



# MY PURPOSE BUCKET LIST

## Step Four

Identify future moments! Generate your bucket list! The only way to picture the tomorrow you want to make is to know the things that life includes. Who will be on that journey with you? Curt's mom said, "You will never find PEACE until you find all the PIECES." Your life is a by product of the pieces that are important to you and your purpose.

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2 .....

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4 .....

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10 .....

## Step Five

Share your work! We would love to see the life you want to make. Take a picture of this page, post it on Instagram, and tag us at @makealifemovement.