

ASSESS THE PRESENT

**MAKE
A LIFE**

Are you feeling stuck? Don't worry because we have all been there. We feel like we can't get out of our present moment. The difference at this moment is to remember that you are not alone. During this session, we will work through the three steps of navigating a Kairos moment: reflect, plan, and act. By the end of this lesson, you will have a clear understanding of this present moment, the obstacles in your way, and an action plan to take those next steps.

Defining Making a Life

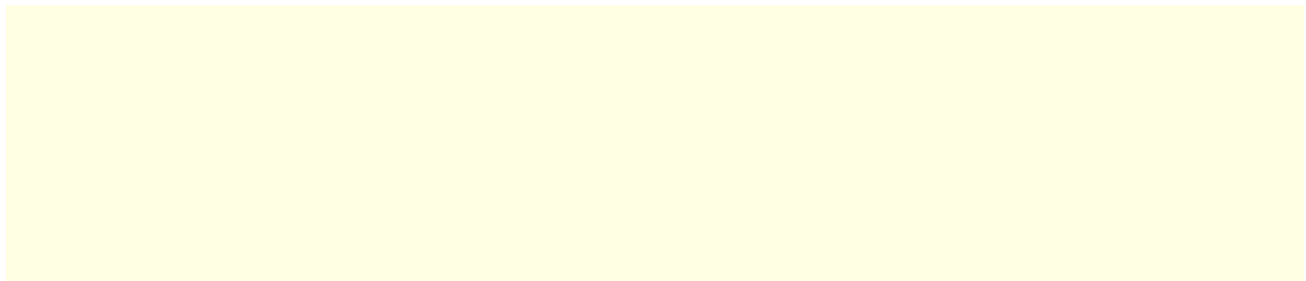
Up to this point, we haven't really defined what it means to make a life. That is why we included the section below.

The Act of Making a Life Is Aligning Your Time and Income to Fuel Your Unique Purpose and Passion

Once again, we believe that this is based on biblical principles. Have you ever thought that this world is so messed up? Have you ever wondered if it was right at some point in the past? At one point, we believe there was a time when things were as they should have been. For example, the story of Adam and Eve took place in a beautiful garden with everything in the right place, including Adam and Eve's purpose, passion, work, and impact. They were tasked with taking care of the garden and assigned to populate the world with their offspring.

However, their story had a tragic ending which saw them expelled from the garden and forced to wander the world in search of purpose and meaning in life. Fast forward to this modern generation, humans are still looking for a time when their purpose, passions, work, and impact align. This is the journey of making a life and finding that alignment.

Is Your Purpose, Passion, Work, and Impact Aligned Right Now?



Reflect: The Thriving Matrix

When we think about people's lives, we talk about them in four categories: surviving, striving, drifting, or thriving. Although life doesn't always fit neatly into one of these boxes, we have discovered that most of the time, people can articulate where they are through one of these four descriptions.



Surviving: Lost in the Sea of Life

We believe that everyone can relate to the feeling of surviving in life. Living like this feels hopeless, and nothing is going to change. However, it doesn't always feel bad to be in this place. Oddly enough, some people find security in survival. Just making it can feel productive, but we know the slightest wind can blow us off course.

To move from surviving life to a thriving life, you need to rediscover your purpose and reconsider what fuels you to pursue it. Moving from surviving to thriving feels daunting because it affects every aspect of life, including work and identity.

Does Life Feel Like Being Lost in the Sea? Why or Why Not?

Striving: Identity in the Grind

Have you heard of a work-a-holic? This is the perfect description of someone striving through life. They have traded their identity for their work. The hardest thing about living this way is that we find it too often celebrated in culture. Burnout is normal in many workplaces. People who are a slave to the job are often the most senior. It is no wonder that so many leaders fall because of character failures. People lose heart when they live life like this for too long.

To move from a striving life to a thriving life, you need to redefine your values in light of what drives you. Most people striving in life have a purpose, but often it's misplaced in their work rather than a purpose greater than their job. Therefore, the path from striving to thriving is about moving your effort from striving at work to pursuing your purpose.

How Might You Refocus Your Effort on Purpose?

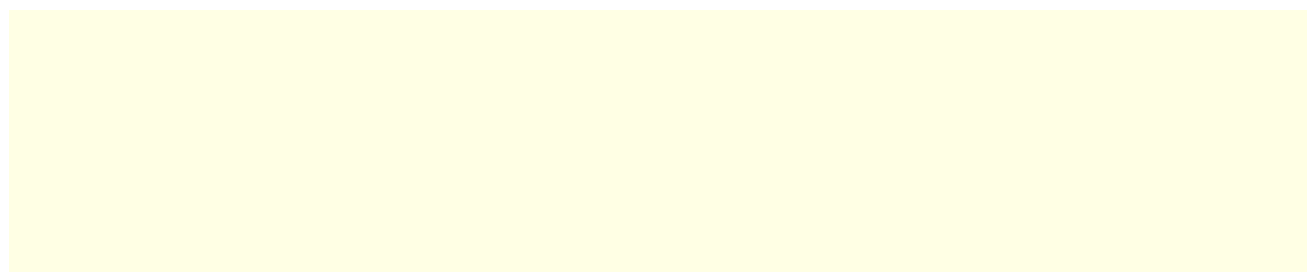


Drifting: A Dreamer's Life

Drifters move forward when things get tough! They live lives that are never settled. The grass is always greener, and conflict is almost always a reason to pack bags. Resilience, perseverance, and grit are not easily learned when drifting through life. They might look like they live exciting and full lives, but often they are shallow and self-serving.

To move from drifting in life to thriving in life, you have to find the work that fuels your purpose and passions. The choice of what you do every day should be fulfilling. Although living without obligations can be fun not being tied down, it won't be easy to have a firm foundation to make a life without a job to support your passion.

Are You Drifting? Is Your Job Enabling You to Pursue Your Purpose?



Getting Honest With the Present Moment

Write down your responses to the thriving matrix in each quadrant:

How Am I Drifting Right Now?

What Would it Take to Thrive?

How Am I Surviving Right Now?

How Am I Striving Right Now?

If You Had to Pick a Quadrant, What Life Are You Living Right Now?

Plan: How to Get to Thriving

You must have already thought through some methods that will take you towards a thriving life. As a reminder, when we talk about making a life, we mean aligning our mission (purpose and passion) and making (work and service) in a way that supports the life we desire. Utilize the planner below to begin considering what changes you might need to implement.

Income

Try to come up with a number that would enable you to pursue your purpose or passion.

Your Income Now

Your Ideal Income

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Flexibility

How does time for you need to look at a thriving life?

Work

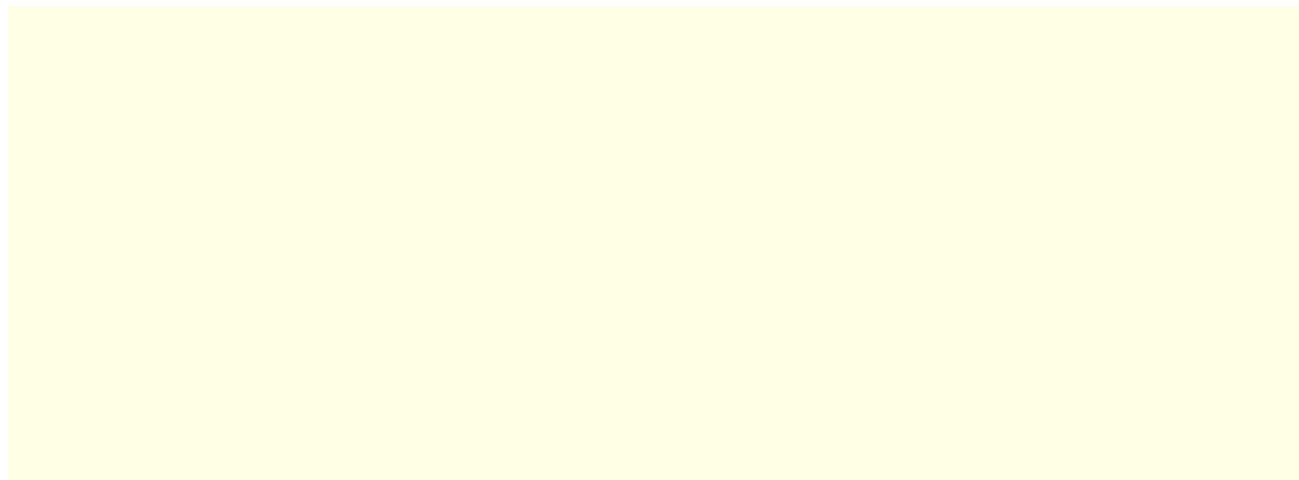
How will work have to change when you are pursuing your purpose?

Relationships

What support or relationships do you need in order to pursue a thriving life?

What Is Holding You Back?

Take your reflection above and your challenges worth solving list from lesson one, and think about what is preventing you from choosing to live a thriving life. Is it a lack of purpose or debt? Is your job the real factor here? What about time or relationships? Or do you need a new source of income and a new vehicle to get you there?




ACTION PLAN

MAKE
A LIFE

Tomorrow Changes Today

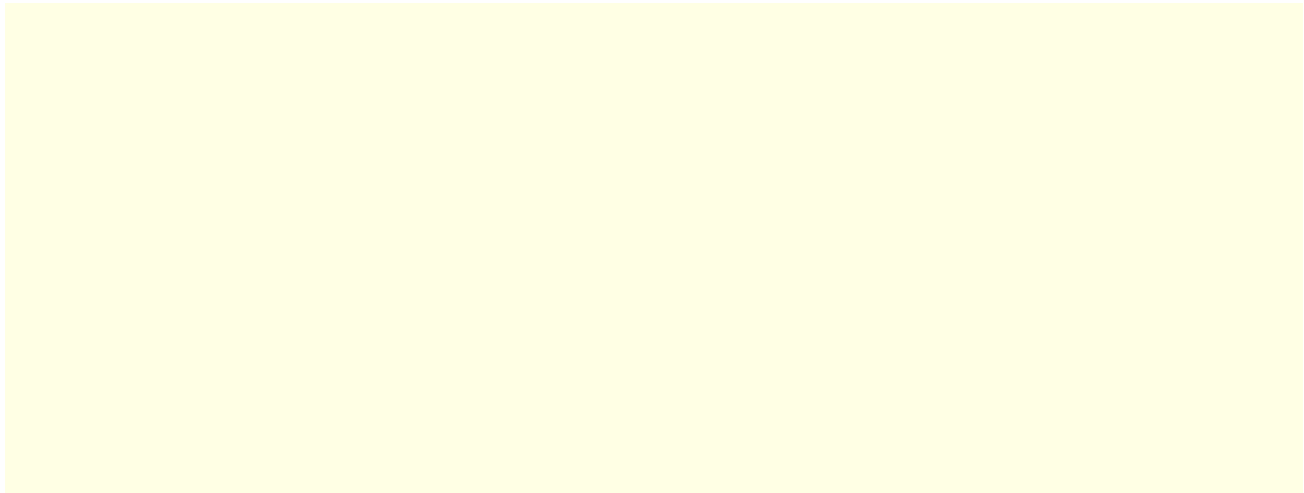
Vision Statement

Let's start by writing a vision statement for a thriving life. If you had to describe or paint a picture of a thriving life that we will talk about tomorrow, what would that look like?



Scale It Back

Let's zoom into that vision. How will life look like one year from now? What victories and accomplishments have you made? Which opportunities have you seized?



Short-Term Action: The Next 90 Days

What must you start doing in the next 90 days in order to start making the decisions that will help you thrive in life?

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Mid-Term Action: 3-6 Months

What are the things that need to change or goals you need to achieve in the next 3-6 months to create a sustainable, thriving life?

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Long-Term Action: 6-12 Month

Big dreams are achieved by bite-size vision. What three things must happen this year if you are going to have a thriving life?

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