Let's

MAKE A LIFE

Together

COURSE WORKBOOK

BE WILLING TO BE REAL



Getting started is one of the hardest parts of a new adventure. Often when we talk about starting something new, we immediately recall the first time we went for it.

But what about the night before or the moment when it all started? The guts to even consider change is just as hard as the first day. We are fans of biblical principles at Make A Life. For example, the moment you are in right now is what we would call a 'mustard seed' moment. There is a parable in which Jesus told his followers about faith using a mustard seed as an example. If you haven't seen a mustard seed before, it's really small. Imagine if this tiny seed could develop into a massive tree and create something with hundreds of uses. That is where you are a mustard's seed moment with unlimited potential.

We've all been in that moment, staring at the small seed of an idea in our hands. Can it really yield a life of purpose and meaning? At this moment, it's important to get real and be honest about your dreams and desires.

So, let's write down a few things by reflecting on this moment, considering what we can accomplish with this tiny but strong mustard seed if we have the faith to believe.

What Are You Most Grateful for in Your Life Right Now?
What Makes You Most Excited About the Possibility of Making a Life?

DREAM

Draw, sketch, or write out your ideal future.
What would it look like if you had the ability to choose your career and how to spend your time?

DESIRE

Get specific! Give at least ten reasons why this life is so compelling to you.

What Is Holding You Back From Your Dream and Desires?

Use headlines, phrases, or words. Put everything on the table! Don't hold back!

Take some time and reflect on these fears. Number them, starting with the biggest thing holding you back to the final headline in the list. Write the top three below. This is the beginning of your challenges worth solving list.

CHALL 1.	ENGES WORTH SOLVING
2.	
3.	

The problem with taking a leap of faith is that people often assume you are doing it alone. However, the most successful people, in our opinion, use their network to motivate themselves to do courageous things in their lives. In Curt's book, he told stories about the people God sent into his life. They to helped him and Lori stay accountable to the lives they wanted.

Who Can You Invite Into This Moment for Accountability and Discernment?

NEXTSTEPS



Make a Commitment

When will you commit time to take the next step in this course? If you want to know what people value, look at their calendars. We make out time for the things that matter. Each lesson in this course should only take 30-60 minutes of your time. Is that investment worth it to create a plan for achieving your dreams?

Do Something With Your Challenges Worth Solving List

Take these challenges and make them visible. Goals that never see the light are rarely achieved. So, take your list and turn it into motivation. Create a small poster for your bathroom mirror, write your list on a notecard and place it on your desk, or put them on a bookmark for your daily planner. In order to achieve success, you must see these challenges daily as an inspiration to take action and create the life you desire. Share them with you spouse, mentor, or support team.

Generate a List of Champions

As we previously mentioned, you are not alone. There are people in your life who will support your efforts and be among the first to spread the ideas covered in this course. These people are the champions who were invited to join us in the game. Maybe they would be willing to take this course with you and be a friend to process with? Maybe they will be a partner in the work or vehicle you choose to pursue your dreams and desires. Start by creating a list of people who can help champion your progress in making a life, not just a living. Share them with you spouse, mentor, or support team.

TIMELESS PRINCIPLES



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?	

Do You Li Money?	ive a Life o	f Convicti	on and Int	ention Witl	n Your Tim	ne and
Do you know the most dist realize that t realize that v This is why p our time. Account for In our exper- live their life	w how to detecturbing aspectime is one of we only have orinciple num Your Time ience, most post it is time to a	ermine what puts of pursuin the most value a few hours ber two is im	g our purposituable resourd to spend on perative to me the whatever life our time. In the	the most? Loc e is that it affe ces for pursuir ourpose-makin aking a life. S	ects our lifesty ng our passic ng between s so, we have to ather than de ow, take four	leep and work o take control eciding how to
WEEK	Work	Sleep	Family	Recreation	Side-Gig	Quiet Start
1.						
2.						
3.						
4.						

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

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?

Work	Sleep	Family	Recreation	Side-Gig	Quiet Start
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

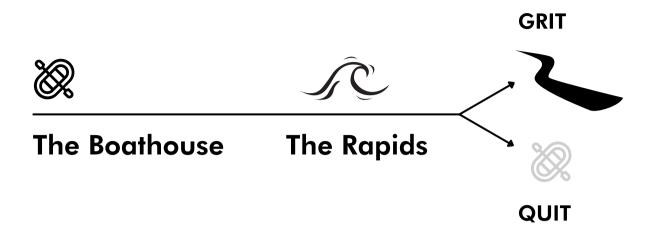
Principle 4: Commit to Grit

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 the 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	rotal
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?

SEIZE THE MOMENT



During this lesson, Curt spoke of two words during his time in ancient Greek: Chronos and Kairos. Chronos is the normal passage of time. It beats to its own rhythm. We have no control over its outcome because it is constant and unchangeable. Kairos refers to the moments full of opportunities in your life. While Chronos is passive, Kairos is active. We have a big part to play in the Kairos moments of our life. From how we act to how we react, Kairos moments are the most significant moments for our formation.

Taking a Look at Your Chronos

What we are about to do will take some time, but it's going to work! You will need to print out the Discovering Kairos Moments page in the course downloads for this lesson. We want you to think about your life and list 30 of the most significant moments on this page. Underline them or just give them a word. Then, identify these moments with the following prompts:

Bright Spots

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

Heroes

We are made 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 shaped who you are?

When you are finished, re-write your Chronos moments in order of time.

* Pro Tip! Brainstorm by category to make it easier! And don't judge if the moment is 'good enough' to make the list.

Identifying Kairos Moments

In the second video in this lesson, Curt walks through various kinds of Kairos moments. Look back at your 30 Chronos moments; which of these were truly Kairos moments? These moments are the ones that dramatically change your life. They open doors while closing others. You can even think of these moments as so significant that they completely disrupt your Chronos and affect how your life unfolds. Identify and categorize your Kairos in these categories:

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 events in your life force you to completely change your perspective on the world, your morals, or how you live your life?

Keyhole Moment | Exponential Opportunity

What turning points in your life gave you access to new networks, expansive ideas, and limitless potential? These are the moments when we experience new frontiers.

Mega Moments | Colliding Kairos Moments

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

Future Moments

Identify future moments! Generate your bucket list! The only way to picture the tomorrow you want to create is to know what life entails. Who will be traveling with you on that journey? Curt's mom said, "you will never find peace until you find all the pieces." Your life is a byproduct of the pieces that are important to you and your purpose.

This Kairos Moment

As Curt finished the video, we believe you are in a Kairos moment now. In the next lesson, we are going to walk through this moment. It's time to assess the present.



DISCOVERINGKAIROS 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 Karios 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 lifechanging experiences. Age Range Age Range Age Range



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.

	6	
2	7	
3	8	
4	9	
5	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.

ASSESS THE PRESENT



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.

ls 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.

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 A	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.

	Your Income Now	Your Ideal Income
Income Try to come up with a number that would enable you to pursue your purpose or passion.		
Flexibility How does time for you need to look at a thrivi	ng life?	
Work How will work have to change when you are p	oursuing your purpose?	
Relationships		
What support or relationships do you need in	order to pursue a thriving life?	

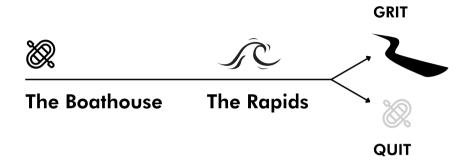
What Is Holding You Back? Take your reflection above and your challenges worth solving list from lesson one, and think about what is preventing you from choosing to live a thriving life. Is it a lack of purpose or debt? Is your job the real factor here? What about time or relationships? Or do you need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

CONFRONT YOUR



CONFIDENCE

Do still you remember the Confidence River?



Most of the time, when you start something new, you don't know much about it. This often happens in the rapids. However, if you can predict what the river might look like, you might be able to navigate the rapids in a way that will make this process easier. That is what we are doing in this lesson. We will help you confront your confidence now so that when you get the rapids, you will have something to look back on and be inspired and convinced that you can make it through.

Courage: Turn Fear Into Action

Finding courage is the first step to confronting your confidence. Courage isn't the absence of fear; It's taking action in the face of it. Don't get us wrong, the process of making a life can be daunting! You might find yourself working through fundamental questions and challenges that will impact almost every aspect of your life.

It's in these moments that people most often find themselves becoming paralyzed by the enormous weight of choosing to live differently. But take note of this! What you might fear most by choosing to live differently is what makes making a life so rewarding: The ability to live on your terms.

What do we mean by fear? Fear is the feeling of being scared or anxious. Take a moment to consider what makes you anxious and afraid right now and how that might be preventing you from living the life you want. Furthermore, think of ways that can prevent you from becoming overwhelmed or paralyzed by that fear.

FEAR

What are you afraid of right now? What might you fear in the future?



What can you do to prevent that fear from becoming overwhelming?

Lead With Your Values

When we talk about personal mission and values, we tell people to think about it this way. Your mission is your purpose, while your values are the mileposts that guide you along the way. We all live by values regardless of if we write them down, hang them on a wall, or haven't taken the time to consider them. For many of us, we can point to words like trust, friendship, love, or community as core values. Others might be able to summarize their values in a short mantra, like learning for life, giving second chances, or choosing multiple people over one person.

Have you ever considered your values? They may be great motivators to help you cross the rapids when your confidence is undermined.

What Are the Values That Guide You?
Commit to Grit
Do you still remember this principle from lesson two? There will be times when the process of making a life feels too much for you to handle, and you may want to give up. You have to remember the commitment you made to do this! Go back to lesson two and review the core principles and the reflection you did in the workbook.
When the Going Gets Tough, This Is Why I Am Committed to the Process

Community: You Are Not Alone	Commu	nity:	You	Are	Not	Alon	e
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We want you to remember that you are not alone. Who is part of your dream team? We want you to build that now.

Who Is Going to Encourage You the Most Along the Way?		
Who Is Going to Give You Advice and Wise Counsel?		
Who Has Done Something Like This Before?		

We believe that having a constellation of people around you makes it much easier to make a life. Did someone send this course to you? Maybe they need to be one of those people. Reach out to them! Let them know where you are in your make a life journey.

CHOOSING A VEHICLE



This is the moment you have to make an important choice. What vehicle will you choose to help you make a life, not just a living? What do we mean by vehicle? Looking back at our thriving matrix, we want to remind you of the goal.



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

A vehicle can easily become the barrier preventing someone from living in the thriving quadrant. Their job could be a dream job, but it requires too much time, or maybe the effort required doesn't yield a sufficient return on income. We have to determine the right vehicle for pursuing your passion in order to maximize your time and income. Maybe you already have that vehicle. Maybe you don't. Either way, we want to help you evaluate it. Start here with this guide and reconnect with the person who sent you this course.

How Do You Choose a Vehicle for Making a Life?

VEHICLE EVALUATION



Vehicle Name	
Margin —	
What is the minimum income to reach before jumping all in with this vehicle?	
How much time will you need to trade in order to get there?	
How much financial margin will it create when you go all in with this vehicle?	
What kind of time margin might this vehicle give you when you are all in?	
Business Profile ————————————————————————————————————	
Why Do You Think This Is the Right Vehicle	? What Make It So Compelling?
Describe the Product or Service. What Nee	d Does It Meet With People?

What Signals and Trends in the World Mak Positioned to Be a Timely Vehicle for Custon	
Your Reward	
What capital will you need to launch this business right away?	
What kind of monthly profit will it take for you to consider this a side business?	
What monthly return will it take for you to decide that investing in this is worthwhile?	
How Does This Vehicle Support You With R	esources and Community to Be Successful?

VEHICLE EVALUATION



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