

LIVE ON PURPOSE

*31 HABITS TO HELP YOU DITCH
DISTRACTION & LIVE INTENTIONALLY*

ALIFEINPROGRESS.CA



INTRODUCTION

Small step by step we build our lives. Let's build intentionally.

Welcome – I'm happy you're here. I originally created this Live on Purpose mini challenge for my closed Facebook group. Over the course of one month I offered 31 habits, one day at a time, to help participants ditch distraction and live more intentionally.

You might choose to walk through the challenge one new habit per day but you could also (and more comfortably) take your time and spread the process out. I recommend establishing a clear deadline, though, to increase the likelihood of follow-through. This challenge is about progress – and purposeful living – not perfection so take what serves you well in this season of life and leave the rest.

Each day I will present the new habit (fairly briefly) - certain habits will require a little work or thought to personalize and implement. Some days I offer optional, additional resource suggestions that speak to the habit in question. These include links to articles, podcasts, videos or book recommendations. And each habit ends with a prompt for journaling or reflection; for best results, please do not skip the journaling or reflection process.

To truly experience positive change, you will need to write down and track your new habits. I have included a printable 7-day tracking calendar you can use unless you want to track in your current bullet journal or agenda.

Even though you are walking through this Live on Purpose challenge independently, you are welcome to [join my Voice and Vision FB community for ongoing support and encouragement](#). It can get lonely on your own and my community is a kind and welcoming space.

If you want to share your progress or excitement on social media, use the hashtags #liveonpurpose and #alifeinprogress or go ahead and tag me so I can cheer you on! You can tag me on FB @alifeinprogressca and on Instagram @a_life_in_progress.

Let's get started and live each day *on purpose*.

Krista

P.S. Please do not share this document with anyone (it is copyrighted); it represents many hours of work. If you want to take the challenge with a friend, please invite them to [purchase their own copy](#). Thank you☺

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LIVE ON PURPOSE: DAY 1

If we want to ditch distraction and live with greater intention, we need to become more self-aware and mindful. While this is a journey, there are some simple practices we can integrate into our life to walk through our days more awake and aware. If we follow-through diligently to build these habits they can lead to powerfully positive change.

DAY ONE ■ This habit is about learning to pause and check-in. Self-awareness is essential to new habit formation and intentional living. I invite you to create 3 "stops" in your day (perhaps tie them to meal times) where you pause, take a couple slower, deeper breaths to shift back into a calm state and check-in. Ask yourself: how am I feeling? Is there tension in my body? Am I on track (ex. aligned with your goals)? What do I need?

Shake out the tension you find, notice if you are hungry or thirsty, notice if you have wandered into distraction or procrastination or are feeling overwhelmed/angry/excited (etc) and use this check-in to remind yourself of who and how you choose to be.

Get very clear and specific on when you will pause (tying this to an existing habit like meal times makes follow-through far easier) and set a reminder if necessary. This is simply about noticing - and redirecting.

PROMPT ■ Think about one area (or goal or struggle) in your life where you're hoping that this 31-day challenge will lead to a positive shift in your life. Let that be your primary focus as you walk through the next 30 days.

RESOURCE SUGGESTIONS ■ In my free [30 Days to Greater CALM course](#) I've offered more tips and practices for mindful living.

LIVE ON PURPOSE: DAY 2

Accomplishing our goals, staying focused and uber organized, being productive so that we have more time to be with family or play or sleep... all can be important IF we remember their higher purpose.

Here is a question that transformed my approach to homeschool and now to business, which has helped direct me through a very dark season of life, and which guides how I move through each day. It informs what I say yes and no to and helps me take personal responsibility for all my words, attitudes and behavior.

DAY TWO ■ Today I invite you to ask yourself "How do I want to feel?" (or how do I want these people I love to feel or how do I want our home to feel - you get the idea).

Craft A LIST OF 3-5 WORDS (not phrases) that accurately depict how you want to feel (or BE) in life this year. I call these "Mind-Body-Spirit Intentions." You should have a clear picture of what each of your words looks/sounds/feels like to you personally.

You are trying these words on for size and will likely tweak them over the next few weeks. But don't let that stop you - create a list and begin to practice this habit.

Write your list on a sticky note and place it on your mirror and get it into your phone's notes app. Check in with it AT LEAST ONCE A DAY. When you pause for your check-ins 3x/day (Day 1) you can remind yourself of how you choose to feel.

Before responding to a frustrating situation, before walking on stage or giving your presentation, before having a hard conversation, when deciding if you should say yes or no to an opportunity, prepare yourself by reminding yourself that you get to CHOOSE how you show up in life. Rehearse your short list of intentions, take a couple breaths, then respond.

PROMPT ■ Write out your list of 3-5 words and decide ahead of time when you'll check in with them. Some of my clients or women who took my classes grumbled about this at first - they thought it was stupid. But then they actually put it into play and felt the transformation. xo

LIVE ON PURPOSE: DAY 3

Today is all about crafting a purposeful morning routine. If you already have one in place, you can check-in and ask if it is working well and aligning with your highest priorities.

The more we automate or routinize healthy habits, the more we have left of our very limited reserve of will-power, self-discipline and overall mental energy with which to make other healthy, important decisions that we cannot plan ahead for.

A morning routine eliminates the arguing and deliberating, helps us be more productive, helps us live aligned to our higher goals vs what feels easiest in the moment, and sets the tone or provides clear direction for our days.

DAY THREE ■ I invite you to craft a morning routine comprised of about 5-10 (depending on how much time they take) habits that will help you start your day on purpose. While some people's routines take 90 minutes, I suggest you start with a routine that can be completed in about 30 minutes. Even on busier mornings or if you wake up late you are likely to follow your routine and build the habit or feeling of "success" that will encourage you to continue.

Each of our routines will look different and we will modify them as seasons shift - but here are some ideas to consider: I highly encourage you to add gratitude to your routine in some form; consider even a short stretch or burst of exercise; hydration is important - especially before any caffeine; getting clear on your priorities goes a long way (ex: what are my top 3 priorities today?); this can also be an excellent time to review your Mind Body Spirit Intentions (Day 2) or perhaps an inspiring verse or mantra.

(Some people also have a separate morning routine for work - the order and habits they follow to start their workday off in the most productive or purposeful manner so that email or other people's priorities don't derail them.)

PROMPT ■ Write out your morning routine and commit to trying it out for the next few weeks. You can tweak as you go. P.S. I encourage you to establish a regular sleep/wake schedule for optimized health.

RESOURCE SUGGESTIONS ■

[Morning routines and strategies](#)

[The Morning routines of countless people – interesting!](#)

[Michael Hyatt shares the importance of morning routines and scheduling and journaling](#)

[Routines, Golden Hours, & Makers Schedules](#)

LIVE ON PURPOSE: DAY 4

Instead of organizing your clutter, get rid of it. Before we go further, let's pause and consider the truth that if we are to ditch the distractions and live with intention then we cannot just ADD into our lives on a regular basis without also releasing/letting go/making space.

Clutter comes in many forms - it might look like an excess of toys, clothes or kitchen stuff; it might look like busyness - too many obligations and commitments; clutter could look like old worn out thought patterns, stories we tell ourselves, addictive behaviors or toxic relationships.

Anything that does not clearly serve a useful role and help us build a life that aligns with our highest values (or even your Mind Body Spirit Intentions - Day 2) needs to be questioned. This is a topic I'm quite passionate about because I care so deeply about the journey to freedom. This is a noisy world and many people and things vie for our attention. I am constantly doing the work to let go and I suspect that sharing some personal examples will help some of you:

DAY FOUR ■ I invite you to start with my [Just Let It Go Worksheet](#) and get clear on what it is that you need to let go of in order to live on purpose. Then decide exactly when and how you will do so.

This is a big topic, everyone's responses will be different, and walking this out can take time and hard work (ex. whether you're learning to ditch addiction or physical clutter or stop people pleasing) but get honest, create a plan of action, and use my [Voice and Vision community](#) for telling the truth and for extra encouragement.

PROMPT ■ After looking at the ideas on the Just Let it Go worksheet, what is your gut response to this question: what do I most need to let go of in this season?

RESOURCE SUGGESTIONS ■

[Use the "One In, One Out" Rule to Live Emotionally Unstuffed](#)

[Let Go of What Was to Make Space for What Will Be](#)

Essentialism: the disciplined pursuit of less, Greg McKeown

[Shift from Surviving to Thriving worksheet set](#)

[Just Let it Go printable](#)

LIVE ON PURPOSE: DAY 5

This is a really simple yet oh, so essential habit for boosting concentration, energy, overall wellbeing AND productivity - but which is often sorely neglected.

DAY FIVE ■ Today I invite you to increase your intake of filtered water! I believe in drinking the standard 8-10 cups of water for most of us (or half your body weight in ounces). More if you're sweating or drinking caffeine. Pay attention to what feels right for you but also know that if you are chronically dehydrated you won't know how much better you can feel until you practice this habit for a while (some clients notice an incredible difference within the first week - more energy, reduction in migraines, better BM's, etc.)

Use your urine as an indicator – if it has a strong smell or dark color this might be a sign that you need to hydrate more.

Track what you currently drink each day and then increase by 2c/day until you hit your goal. Slow and steady is better than gung-ho then falling off the wagon.

A few more ideas to consider:

- Drink at least 16 oz in the morning when you wake up, especially before any caffeine;
- Drink most of your liquid earlier in the day so it doesn't keep you up at night;
- If you don't like the taste of water add some lemon or mint flavored liquid chlorophyll or cold brew some herbs or herbal tea (unsweetened). Bone broth, soups, and smoothies can contribute to your water intake;
- Measure your water bottle or drinking cup/jar to know precisely how many ounces it holds (people seriously underestimate this all the time!) It can be easier to hydrate well and track intake if your bottle or jar is quite big (mine holds 1liter) - fewer refills;
- If you want to see the water filter I use (better taste and better health), [go here](#)
- Decide on a method for tracking your intake: use a tracking calendar like the one in my CALM course (or the one I uploaded to this page), or place a simple check in your agenda for each cup... we progress in what we track.

PROMPT ■ How many cups of water do you drink each day right now and is this working for you?

LIVE ON PURPOSE: DAY 6

We unlock our phones an average of 80 times per day, watch about 35 hours of TV a week (America) and spend about 4.5 hours on devices each day. We are a distracted or numbed out society and have a hard time focusing on one task for any amount of time. There is concern that this constant checking-in with technology might permanently destroy our ability to sustain concentration.

When we are at work (or work might be at home with kids or out of home at a workplace), research shows that the mere presence of our devices decreases productivity and attention on cognitively demanding tasks in particular (our phones need to be out of sight and sound some of the time - even the buzz of a phone on mute can cost us 15-20 minutes of attention loss).

And of course, some of us use technology for our work, for research and learning, for banking and necessary online shopping, and for social connection - all of which are important. Yet we need time away from our devices in order to be healthy and do our "deep work."

DAY SIX ■ Today I invite you to look ahead to next week's calendar and create time-blocks for your own deep work. I suggest 2 hours/day Mon-Fri where you get rid of all devices and engage deeply - but start where you are able (ex. even one time-block per week).

My deep work tends to look like writing or content creation. Yours might look like finally painting or sewing that quilt or being fully present with your children as you homeschool. We need this time to engage in what matters most to us and what will move us forward in our personal life vision or goals.

PROMPT ■ What will your deep work time-blocks be used for? How do you feel about this idea - excited or anxious?

RESOURCE SUGGESTIONS ■

Deep work, Cal Newport

The Future of Happiness, Amy Blankson

[Focus: Cal Newport on Distractions, Focus and Deep Work](#)

[Quit social media | Dr. Cal Newport | TEDx](#)

[5 Best Apps That Track Social Media Usage](#)

LIVE ON PURPOSE: DAY 7

Yay! We've almost made it a week into the Live on Purpose mini-challenge. I hope that to date this challenge feels life-giving and not stressful. Remember to go at your pace - this is not a race.

What makes you happy? Many (most) of the women I work with have a hard time answering this question. They know what is required of them at work, they know the preferences of their partner and kids, they see all their faults and failings and even the goals they are working toward. But they cannot identify what makes them happy.

DAY SEVEN ■ I invite you to create a simple happy list. Ponder all the things, experiences, people, or ways of being that light you up and get them on paper. Add to the list over the next week (keep it accessible). Just notice what makes you happy - big or small.

I love a good cup of med-roast organic coffee; a stack of library books waiting for me on my side-table; I love long walks holding hands with my husband and heart to heart talks with my big kids. An orderly home makes me happy for sure, and I love the light that comes into my living room around 4-5 pm. I need chunks of time for solitude to be happy and I also love learning (taking courses, reading books, listening to podcasts). I am happy eating simple, whole foods and going out to a new café or restaurant in the city once in a while. Using my gifts to serve and living on purpose makes me happy and I also love to travel (slow travel), debt free.

These are some ideas off the top of my head.... some cost money, others don't. The idea is to tune in to what I need and like and then to remember that I MATTER. YOU MATTER.

The habit involved in day 7 is to simply be aware of what makes you happy - to pause and soak it in when you're in a happy place. For instance, lean into that hug 3 seconds longer. Taste your favorite tea instead of rushing to the next activity. Watch your favorite TV show guilt-free. And then slowly, begin making more space in your life and budget for small happy things.

PROMPT ■ Can you name 3-5 things off the top of your head that you know make you happy?

LIVE ON PURPOSE: DAY 8

I think a fair amount of our stress and distraction comes from simply not looking ahead enough. For personalities like mine (ISFJ, Enneagram 1) planning ahead comes quite naturally yet I still put habits in place to ensure that I am focused and living on purpose most days.

Excluding holidays or days of rest, I don't believe we should ever show up to our deep work blocks (or to our days, in general) without knowing what it is we want or need to be working on (I do believe in "padding our time" to allow room for the unexpected). If we do show up unfocused or lacking clear direction, we fritter our time away and boost the likelihood of procrastinating and feeling anxious.

DAY EIGHT ■ Today I invite you to build the habit of checking in late afternoon or the evening before to ensure that you are clear on your top priorities for the following day and that you know what you will use your deep work time block(s) for.

In addition, I encourage you to have a check-in (even a family meeting to compare schedules) each Sunday to take a look at the week ahead and know what's coming.

Get super practical - if you know you're not getting home until 7pm one day, delegate supper or mark on your agenda that you need to double up the night before. Who is driving which kiddo to basketball or drama practice? When precisely are you going to move your body or start work on that project you dream of?

Whether or not you normally use an agenda/planner (digital or paper), I invite you to do so for the next few weeks and see if it makes a difference in how you show up each day. I prefer one with clear time blocks so things are precise - but there are many options that. This prevents us from writing an idealistic list of 20 to-do's that could never fit into one day. It forces us to see where we've double booked, where we might need to pad our time a little better, and so on.

PROMPT ■ Do you come by planning naturally (do you think your Myers Briggs type influence this) and do you currently have a system of "looking ahead" in place? Do you think you will find this simple habit useful?

RESOURCE SUGGESTIONS ■

[Discover your Myers Briggs type](#)

LIVE ON PURPOSE: DAY 9

Understanding how and why you respond to inner and outer expectations (or don't) the way that you do can significantly boost your ability to ditch distraction and live with intention. It can also make you happier!

DAY NINE ■ I invite you to take a quiz and then do a little extra learning about The Four Tendencies today. You can determine your tendency and then begin to understand how to use this knowledge to increase the likelihood of you successfully following through on new, meaningful habits.

[Take this short quiz](#) and [Listen to this podcast episode](#) to discover your tendency.

PROMPT ■ Are you an Obliger, an Upholder, a Questioner, or a Rebel? Think about one specific way that you will leverage your tendency to follow through on a new habit from this Live on Purpose challenge.

RESOURCE SUGGESTIONS ■

Better Than Before or the *Four Tendencies* by Gretchen Rubin.

[How the Four Tendencies Personality Profile Made Me a Better Parent](#)

[Gretchen Rubin: From Happiness To Goal Setting](#)

LIVE ON PURPOSE: DAY 10

Let's talk about perfectionism, shall we? Baby steps count. Slow and steady counts (I'm a fan!). Taking what serves you right now and ditching the rest – that's awesome. Trying something and deciding it isn't right for you or tweaking things to better fit your life or personality– amazing. This is about YOU growing, learning and enjoying the journey, not measuring up to anyone else's standard. As a recovering perfectionist this is a reminder I often need myself.

Some perfectionists struggle with serious procrastination. Others have an all-or-nothing mentality; they jump into new projects or ideas all gung-ho and intense but then fall off the wagon (and stay down) at the first upset. Still others of us hold ourselves and others to impossibly high standards and sacrifice sleep for productivity but end up anxious or depressed.

We have to learn to loosen our grip. We need to cut ourselves some slack and keep our eyes on the long view. Little by little, baby step by baby step, we become who and how we want to be. Little by little we shift our habits. Little by little we develop new skill and wisdom and understanding of how to leverage our personal strengths to build the life we want. The important thing is, we don't quit.

DAY TEN ■ I invite you to take a deep breath and celebrate the habits you've integrated into your life and all the ways you show up faithfully. Now, exhale all the comparison, perfectionism, and shame. The worry, feelings of "never enough" and stories about how you'll never change. This day is about celebrating who you are and the fact that you are choosing growth.

As much as I'm a fan of living with intention and learning about habit formation – I care FAR MORE about encouraging people to deepen self-awareness and self-compassion. Here is a habit you can integrate into your daily routine: at bedtime, use my 3/2/1 exercise before sleep. This simply means identify 3 things you're grateful for; 2 things YOU DID WELL TODAY; and 1 thing you'd do differently next time. Don't skip past number 2!

PROMPT ■ Do you struggle with perfectionism? How can you shake off the inner critic, loosen your grip, or practice more self-compassion today?

RESOURCE SUGGESTIONS ■

[3 Purposeful Questions I Ask Myself Each Night](#)

[Life is Messy: Stop Looking For Perfect and Embrace What Is](#)

[To the perfectionist mom feeling like a failure—you are more amazing than you think](#)

LIVE ON PURPOSE: DAY 11

On day 3 we chatted a bit about automation when we crafted our morning routines and hopefully some other habits like drinking 16 oz of water when you wake up (Day 5) will also become automatic. Automating regular tasks saves us time, energy, and emotional bandwidth. Automating or creating systems can help us be more productive. As long as we're automating worthwhile tasks (don't automate something that should be eliminated), this can help us live on purpose.

Automation might look like deciding to auto-ship certain food or body care items you buy over and over, auto-paying bills, or automating savings. But I'd like to use the term more loosely and think of it as anything that reduces "decision fatigue."

Examples of this could include choosing a work "uniform" or capsule wardrobe, creating a master weekly rhythm with designated time blocks for certain activities or a chore chart for kids, rotating through a master menu plan (maybe just varying seasonal produce) so you're not recreating the wheel each night (or it might include using a food service like Hello Fresh), setting up an auto-responder on email at work to answer FAQ's, or perhaps creating some simple food "rules" that automate or provide a regularity to when or what you eat.

The goal is simplification not restriction – this is important to keep in mind. I aim to move through life with ease and joy – a sense of direction and purpose but also a fluidity where I ebb and flow with the seasons and listen to my intuition. Often when we simplify, we ADD a sense of freedom to our lives. I suppose it is like freedom within boundaries (in the case of a meal plan or spending plan) or reserving energy for the unexpected or most important tasks (ex. less time bill paying/more time for playing).

DAY ELEVEN ■ Today I invite you to consider at least ONE way that you can apply the idea of automation to help you live on purpose.

PROMPT ■ Think about what you've learned about your personality so far (Days 8 and 9); do you resist routine or automation? Do you struggle with follow through? How can you use your deepening self-awareness to simplify or streamline your life?

RESOURCE SUGGESTIONS ■

[The Science Of Simplicity: Why Successful People Wear The Same Thing Every Day](#)

[What is Decision Fatigue? \(And How to Avoid Bad Choices\)](#)

[How to Build a Capsule Wardrobe](#)

LIVE ON PURPOSE: DAY 12

I can be a big multi-tasker. I definitely get more done this way and enjoy tying pleasurable things (ex. podcasts) to more mundane tasks like kitchen prep work. Actually, I like tying podcasts to just about any other activity;) If I'm not careful, I can fill my days with the "noise" of other people's thoughts or needs and forget to leave space for my own pondering or noticing. I need space to just be in my body or with my thoughts.

DAY TWELVE ■ I invite you to choose one time in the day to single task, if you need this. Perhaps you put your clothes out on the line without music or chatting. Maybe you go for your run without headphones. What if I take my shower without also trying to listen to a podcast through the curtain and above the noise of the water ☺ (Um, yes, this is an actual goal of mine).

This could, alternatively, turn into a short practice of meditation. A time to breathe, be in your body, with your thoughts, noticing and feeling. Everything else can wait just a little bit longer. Can you already feel the magnetic pull to this short interlude of calm?

PROMPT ■ Do you need a pocket of calm in your life? Do you find rest hard? Sometimes this is because when our bodies still, our minds do not. If this is the case, you might prefer a form of "moving meditation."

RESOURCE SUGGESTIONS ■

[The Best Meditation Apps of 2017](#)

[Simplicity: Brooke McAlary on Rhythms, Rituals and Routines](#)

[Slow Your Home Podcast](#)

Destination Simple, Brooke McAlary

The Joy of doing nothing, Rachel Jonat

LIVE ON PURPOSE: DAY 13

Have you heard of the rule that suggests that the five people you spend the most time with shape who you are? The belief that the handful of folks we allow into our inner circle have the greatest impact on our way of thinking and our decisions? This belief is based on the law of averages, which is the theory that the result of any given situation will be the average of all outcomes.

Who are you permitting into your inner circle? As I was reminded yesterday listening to a research-filled audiobook on middle age, people have layers of friends where the number of friends in a layer increases as the emotional closeness decreases. It is believed that we can only have 5 people in our innermost circle, 15 in the next circle, 35 in the next to a max of 150 friendships total. So, do the people in your innermost circles deserve to be there?

DAY THIRTEEN ■ I invite you to diagram your own inner circles. Take out a blank sheet of paper or draw a little circle in the center of the page. Label that "me." Now draw a slightly larger circle around the first one. Who are the 5 people who hang out here? Your kids and partner and a couple girlfriends or sisters might make the cut. Now draw a third circle and consider the 15 people who either currently live here, or who you want to be part of this circle.

Keep drawing circles and consider who belongs in which area. Have you permitted people in close who drain you, drag you down, behave in a way that is not in alignment with your core values or Mind Body Spirit Intentions? Or are these growth-minded truth-tellers (that's what I want) who genuinely love and respect you? Have you been expending energy on the wrong crowd – maybe spending too much time with one group or one person out of obligation or a sense of guilt and neglecting those people in your innermost circle who you love most. What needs to change?

PROMPT ■ Name one person you have been neglecting and one person you need to bump from your innermost circles.

RESOURCE SUGGESTIONS ■

[Humans only able to maintain five relationships in their inner-circle, 150 in their outer-circle: study](#)
Life Reimagined: The Science, Art, and Opportunity of Midlife, Barbara Bradley Hagerty

LIVE ON PURPOSE: DAY 14

Life is miserable without time to rest and recharge. We need adequate sleep and time to lay on the couch reading or cuddling with little people watching a favourite movie. We need time to play or create or just putter (a life without puttering is not for me!).

This is going to be super short and sweet today.

DAY FOURTEN ■ I invite you today to rest and recharge. Whatever that means to you. And ideally, get honest about whether or not your life overall has enough space for rest.

PROMPT ■ Spend some time today or soon journaling or considering if your life has enough space for resting and recharging. What are 1-3 changes you can make to craft a healthier lifestyle?

LIVE ON PURPOSE: DAY 15

Nourishing our bodies well prevents distraction (cravings, fatigue or brain fog, for instance) and helps us live clearer, calmer and otherwise on purpose.

DAY FIFTEEN ■ These are not food rules for you but ideas that have worked well with countless clients and in my own life for maintaining better mood and energy balance:

- Hydrate well as mentioned (see Day 5); if you drink a lot of caffeine, slowly add in a Matcha or herbal tea to replace a mug or two. If you crave pop, try sparkling water with 1/3 c pomegranate or blueberry juice or kombucha if you tolerate it.
- Mostly avoid refined grains and grains in general before supper (ex. pasta, rice, crackers, baking, bread). Starches like sweet potatoes, beans, quinoa, rice can be super calming but pushing them toward the end of the day keeps energy up for many people. Focusing on healthy fats, protein and veggies during the day provides the steady energy and mood balance we desire.
- Eat regularly – if you're pregnant or chasing toddlers you may need snacks. But many of us do not actually need snacks – or not often – and would do better focusing on nourishing ourselves well at regular meal times instead. Aim for PFF meals: protein, fat, and plant fiber (esp veggies and some fruit if you handle it well).
- Some people do well with longer fasts while others need to eat within the first hour of waking – this is very individual. But in general aim for regularity. Decide upon an eating rhythm (and an eating window) and test it out for yourself. Track your symptoms if you wish.
- If you do notice an energy crash (ex. 3 pm), be prepared. Have a list of ideas to turn to; stock your office or even your car with some easy option (I always have dark chocolate and cashews in my car just in case). Be sure to drink water and take a 5-minute stretch break for an instant boost.
- Eat lots of produce in the daytime– ex. leftover stew, chia pudding with berries and cinnamon, or a veggie omelet for breakfast; maybe a big salad with fat and protein at lunch or a stir-fry, hold the noodles. Think vibrant color and leafy dark greens. By the time evening rolls around you may be tired and craving those calming carbs; loading up earlier in the day on produce is simply more effective for most people I know.

PROMPT ■ Do you nourish yourself optimally already? Are there one or two shifts you believe would be beneficial to you?

LIVE ON PURPOSE: DAY 16

Have you ever spent time considering what your “ideal day” would look, sound, feel like? I’m not talking about creating a fairy-tale picture of life, completely removed from reality. But I am suggesting there is value in thinking through what we would LIKE our days to look and feel like and why.

Often we drift through life on auto-pilot or feel scattered or dissatisfied because we are not clear on what it is that we even want in the first place. Sometimes we’re simply afraid to do this type of inner work because we know we are living so far removed from our real hopes and desires.

I’ve been shocked and delighted countless times in my life because when I get clear on what I want (and always the WHY) and write it down – I often don’t know HOW I’ll make it happen, yet it comes to fruition. I know where I am heading and make small shifts over time, even instinctually I think, to alter course and keep myself aligned with that bigger life vision. Knowing what we want helps us keep blinders on and stay the course. We can figure out the HOW as we step out and get our hands dirty.

DAY SIXTEEN ■ I invite you to dream about your ideal day. Maybe you don’t know how you’d make some elements come true but at least get clear on what you would love and why. Once we lay this critical foundation we can become more intentional about crafting and showing up for our purposeful life.

As you go through this exercise, consider if you are currently spending your days in a way that aligns with your bigger life vision. Do you have time to connect, rest, learn, nourish yourself well? What needs to shift? If you desire a radical life shift, you can choose to work backward to figure out what you would need to do, in incremental steps, to make this happen. Don’t forget: baby steps count! (Day 10)

PROMPT ■ This exercise feels scary and hard for some people. If you’re not ready, that’s ok, but I do believe that change begins with the willingness to dig in and get honest about what we truly want and need. Do you think talking this through with someone you trust would help?

RESOURCE SUGGESTIONS ■

[Describe Your Perfect Day](#)

[Anthony Ongaro and the essence of an ideal day](#)

LIVE ON PURPOSE: DAY 17

Wherever I go, there I am. I'm not fast enough to outrun me. There's no numbing that helps one truly escape; Instead, I'll fight to be free.

Are you trying to outrun your pain or disappointment – your grief or self-loathing, your anger or fear? Are you numbing out with food, alcohol, drugs, exercise, TV, shopping, sex, obsessive cleaning?

I started drinking in grade 6, doing drugs in grade 7, binge eating in grade 12 and things just spiraled from there. When I dumped my alcohol down the drain, my bingeing got worse. When I got my eating under control it turned into unhealthy restriction. I'd let go of one crutch only to find myself in bed with another because I had not yet addressed the roots of my pain.

I remember the day I finally realized I would take a stand. I turned and stared fear dead in the face and made the decision to love myself. I didn't quite know how but I took one step and then another. I've struggled and learned to ask for help and most of all – please hear me – I picked myself up each and every time I fell and treated like myself like I was worth fighting for. You are worth fighting for.

DAY SEVENTEEN ■ Today I invite you to do even a little inward-looking, a little digging, and truth-telling. Are you running or numbing in some way? It may not look like drugs or sugar binges. It may look like hiding in your home instead of socializing when you're lonely or not asking that cute guy on a date because you're afraid of rejection.

It might look like online shopping instead of writing your book or that nightly bottle of wine instead of telling the truth about how you feel. It might look like yelling at your kids instead of dealing with your grief, using exercise as a way to keep your demons at bay, hiding in your car with a bag of McDonald's.

We're not going to fix this today but we can get honest. And then maybe we can take just one tiny step toward freedom. This might look like telling the truth to a trusted friend, calling a help-line, or journaling out all that stuff you've been suppressing for far too long. Telling the truth is an essential part of ditching the distraction so we can live on purpose.

PROMPT ■ Just name it today. What are you using to numb – and what are you running from?

LIVE ON PURPOSE: DAY 18

Two people can walk through the same circumstances and experience them completely differently. We can train ourselves to pause, investigate, and purposefully choose our response.

I believe it is healthy to acknowledge the truth of life (it can be painful and messy and sometimes achingly beautiful); that for health we need to learn to be present for all of it (the joy and the struggle) without numbing or rushing it away; and that we get to choose to live awake and aware and take action to help build the life and world we want to live in.

I didn't say this is easy. But I know first hand it is possible.

What we used to interpret as fear can become excitement. A sense of failure or rejection can be framed as simply part of the learning journey. Despite a history of negative thinking or storytelling, we can become quick at challenging unhelpful thoughts and replacing them with kinder truth. We can learn to be the boss of our thoughts. We can grieve loss intensely but come through the valley whole; we can understand that someone's opinion of us does not determine our worth.

DAY EIGHTEEN ■ I Invite you to use your 3 check-ins (Day 1) to practice choosing your response. This might be a time to challenge a story you've been telling yourself, to notice how you've been showing up and decide a new course of action, or to remind yourself of who and how you choose to be (Day 2). Make a plan to check out some of the resources below to build a healthier (stress/growth) mindset.

PROMPT ■ Is there a habit or situation in your life that would be a perfect opportunity to practice shifting your mindset? Do you think that changing how you think about stress could help you live on purpose? What can you do today to move through your discomfort into purposeful action?

RESOURCE SUGGESTIONS ■

[7 TED Talks on Learning From Failure](#)

[The Power of Believing That You Can Improve](#)

[All or Something](#)

[Shift your thoughts worksheet](#) (inside the Surviving to Thriving PDF)

The Upside of Stress, Kelly McGonigal; <http://www.pivotmethod.com/podcast/upside-of-stress>

Loving What Is, Byron Katie

LIVE ON PURPOSE: DAY 19

Phew! The last few days have dealt with heavier topics and I need a breather – how about you? 😊

Sometimes we bite off more than we can chew, right? I know in my eagerness to learn and grow I accumulate stacks of books, buy courses, overestimate what I can accomplish with my time.

DAY NINETEEN ■ Today is all about taking a breath and evaluating how we're doing so far. I invite you to look back at your calendar from the past few weeks. Are you moving at a good pace – enough inspiration/activity/projects to keep you moving forward but not so much you feel overwhelmed?

Look back over the past 18 days of Live on Purpose habits. Which habits have you needed the most, which do you want to ignore? If you had to choose just ONE to focus on, the one that would have the biggest impact on your life and health right now, which would you choose and why?

Pay attention to your sleep and eating patterns, your hydration and movement (we'll chat about movement tomorrow). Notice your energy ebb and flow or stress levels, your need for more or less social connection. Just use today as a general check-in.

I like to set aside one day each month for "R&R&R" – rest, reflection, and reordering. I use this day to pause and breathe and ensure I am living aligned to my goals and highest values. If I'm not, I make a decision about how to shift course. Perhaps this is a habit you'd like to add to your agenda.

PROMPT ■ How are you feeling about this challenge and your progress so far?

LIVE ON PURPOSE: DAY 20

Let's move these beautiful bodies of ours! If we are to ditch the distraction and live on purpose, we must chat about interspersing our days with joyful movement. The benefits are many.

Exercise makes our brains work better. It enhances memory, concentration, creativity and mental wellbeing. Moving our bodies makes us feel more competent and confident in the skin we're in, regardless of size or fitness gains.

Bouts of longer movement are great but today let's consider breaking up our work time with bits of movement and changes of position. We can use standing desks, treadmill desks, or use the stairs at work. Sit at the table, sit on the floor, do squats while making supper.

Some people love the Pomodoro technique (a 25 minute on/5 min break cycle) to remind them to get up and move. I prefer to stay in flow for longer periods of work time and listen to my body. When I recognize the need to shift positions or take a break, I do so.

I make a cup of tea, change a load of laundry, change positions from the couch to floor or treadmill desk, or walk up and down my basement stairs 5 times, for instance (amazing how that gets my heart rate up!). Katy Bowman, Bio-mechanist and advocate for a movement-rich life, has been a huge encouragement to me in this department.

DAY TWENTY ■ I invite you make a decision about how you can add more movement to your day and what that might look like. Set a goal and think it through practically. Start low and go slow if you haven't moved your body much lately and remember – choose all or something; If you move 10 minutes more than usual, your body will likely thank you. 😊

PROMPT ■ What do you think? Are you up for a little more joyful movement in your day?

RESOURCE SUGGESTIONS ■

[How Physical Exercise Makes Your Brain Work Better](#)

[Is the Pomodoro Technique Right For You](#)

[What Is Nutritious Movement](#)

[10 Science-Based Self Care Tips for Fall & Winter](#)

LIVE ON PURPOSE: DAY 21

Sometimes when women come to work with me, I suggest they lay aside the other 2 coaches, the 3 courses, the 5 projects they had planned to undertake all at the same time. I ask them to focus for a little while and let this, our work together, be enough.

I ask them to go deeper, not wider.

Understanding WHY we feel compelled to take on too much, to have dozens of friends instead of loving the two that truly add to our lives, to pursue growth in too many areas at once or at all cost, or even to buy too much - is so very helpful.

I know, for instance, that I value learning and while this can be a healthy aspect of my personality it can tip into an attempt to satisfy the need in me to feel "good enough." But that old story can never be fed enough so when I recognize what's going on, I remind myself of the truth: I am already enough. I have time to learn and become. Today is enough (<https://www.alifeinprogress.ca/today-is-enough/>).

This discussion ties into Day 17 about running and numbing. Busyness, taking on too much at one time, scattering our energy, can be another form of running and numbing. We end up worn out, run down, and definitely distracted.

DAY TWENTY ONE ■ Today I invite you to consider an area of your life where you could choose to go deeper, not wider in order to live on purpose. Learn more about your personality type so you can clearly see why you operate the way you do.

PROMPT ■ Where do you know you'd like to go deeper, not wider? Can you see how your personality type feeds into your FOMO or scattered energy?

RESOURCE SUGGESTIONS ■

[Learn your Myers Briggs type or do more reading about it](#)

Reading People: How Seeing the World through the Lens of Personality Changes Everything by Anne Bogel

LIVE ON PURPOSE: DAY 22

How we spend our money is a BIG part of living a purposeful life and getting rid of distractions so we can live aligned to our higher goals and values.

There is so much freedom in telling our money where to go instead of feeling like it rules us.

Getting honest about our spending triggers, our money story, or even how our personality influences our spending can make a positive difference in our lives.

A close girlfriend undertakes regular spending freezes and one year she wore the same outfit for the entire year as an experiment! When we stop spending for a bit we create space to notice the emotions that come up around money, how many times we are influenced by others, by media or by boredom to shop. This can also be a great opportunity to simply take stock of how little we truly need or to use up all the food in the house before buying more.

I'm a big fan of creating a values-based spending plan (see post below) and some way to track our expenditures. This doesn't need to be complicated and remember, we progress in what we track. So if you have a dream of one day living debt free or going on a fabulous trip or retiring... tell your money where to go, track it, and check-in regularly to remind yourself of your bigger life vision.

If you struggle in this department, consider creating some manner of accountability (looking at you Obligers!).

DAY TWENTY TWO ■ I invite you to take action on building a healthier relationship with your money. For one this might mean checking out some of the resources in the post below, for another it might mean calling up a financial advisor. It could mean having an honest money conversation with your partner or sitting down for reflection about your compulsive over spending. This could look like working on a side-hustle to pay down debt quicker, making a plan to build up your emergency fund, or deciding to finally give yourself permission to joyfully use some of your hard-earned cash.

PROMPT ■ Are you already a purposeful spender or is this an area you need to work on? How will you take action to build a healthier relationship with money?

RESOURCE SUGGESTIONS ■

I share many resources in this post: [Can Money Buy Happiness? My Argument For Values Based Spending](#)
[The Boring But Effective Way to Make Dreams Come True](#)

LIVE ON PURPOSE: DAY 23

We live in a noisy world and it can feel overwhelming. Today I want to talk about quieting the noise.

Noise can be internal – pressure we put on ourselves to perform, mean self-talk, a monkey brain. But a lot of noise is external AND within our control (at least to some degree).

Maybe like me, you are a highly sensitive person and your son's loud music (can he wear earphones?) or the lights and sound of the TV in the main living space (can it be moved?) is stressing you out. Maybe your habit of watching the nightly news just before sleep keeps you tossing and turning at night. Your kids are little and naturally noisy but can you insist on a rest or read time each afternoon so you get a break?

You read magazines and watch TV shows that make you feel less-than and trigger you to overspend (cancel your subscriptions); you scroll through social media feeds that do nothing to lift you up (unfollow); you say yes to social engagements that leave you drained. You know what to do.

Turn off the alerts on your phone, set specific times to answer email, dim the lights and light a candle if that helps (it does for me!), learn to say no. Continue purging the clutter or excess (Day 4) so you can breathe easier, make your bedroom a quiet space (ex. no arguing or kids playing in there), enjoy some device-free time blocks (Day 6). Do what you can or need to create a calmer environment that helps you focus, feel good, and live intentionally.

DAY TWENTY THREE ■ I invite you to take an honest inventory of your environment (work and home) and decide how you can calm some of the noise you've been permitting into your life.

PROMPT ■ What do you think? Will quieting the noise serve you?

LIVE ON PURPOSE: DAY 24

On Day 3 we crafted a morning routine. Today, I'd love for us to craft and implement an evening routine.

An evening routine is useful to help us calm down and prepare for sleep. Many of us stay up too late and get a second-wind which messes with our sleep patterns. Preparing in advance and setting an alarm as a reminder to begin your evening routine can be important to developing this new habit which will have a cascade effect and help you live on purpose.

A couple hours before sleep, turning off devices and blue lights that disrupt melatonin production in particular is important. Some gentle movement or stretching can feel good. Perhaps, like me, you enjoy climbing into bed with a mug of tea and a good book before sleep. I like to quickly look ahead at my agenda and menu plan (is there anything I need to pull out of the freezer?) to avoid surprises.

And do you remember that 3/2/1 exercise from day 10? That is one of my favourite parts of my evening routine.

DAY TWENTY FOUR ■ I invite you to create your own purposeful evening routine comprised of about 5 habits. Write it down and keep it somewhere that is easy to check in with each evening until the habit becomes ingrained.

PROMPT ■ What time do you need to begin your evening routine to get to sleep on time? Would setting a timer help you build the habit?

LIVE ON PURPOSE: DAY 25

Several years ago I read a blog post that introduced to me the idea of tilting vs balance in life. I wish I could track down that original article! It helped me greatly because it made sense – I knew that despite my best-laid plans, perfect “life balance” on a day to day or weekly basis was hard to come by. Though I sure tried! However, taking a longer view I could see how even with tilting one way a while, coming back to centre, tilting off another direction for a bit, and back to centre, I was aligning over time with my highest goals and values.

It took the pressure off and gave me more room to breathe. I panicked less as I learned to take this longer view. So in the past, if a child got sick and we spent the week focused on cuddles and movies on the couch, no worries. Other weeks we’d dive deep into homeschooling and educational activities. Out of necessity I sometimes spend extra time on my business while neglecting other tasks but no worries because I come back to centre and then maybe tilt over into home management or connection or rest for a time.

There is a comfortable ebb and flow in this that feels less rigid than striving for perfect balance.

DAY TWENTY FIVE ■ Today I invite you to consider this idea of tilting – what would that look or feel like to take a longer view and apply this idea of tilting to your life?

PROMPT ■ Think about an experience from your life where, by necessity or choice, tilting rather than seeking perfect balance served you well?

RESOURCE SUGGESTIONS ■

[The un-ritual of tilting: The simple new way to a more balanced life](#)

LIVE ON PURPOSE: DAY 26

We can learn to coexist with discomfort and take action anyway.

A super important life lesson that drastically shifted my life (and which most of my clients also need practice with) is the idea that we can learn to coexist with discomfort and take (positive, purposeful) action anyway.

We can live with anxiety and still do hard things. We can feel intense grief or fear and not permit it to incapacitate us. We can feel ashamed or alone and tell someone the truth or ask for help. We can make a decision to love our bodies or our messy selves and practice this decision many times a day.

We can offer our small gifts knowing we may receive some criticism, we can take a risk on love after being burned before, we can choose to care for ourselves well instead of giving up when we live with chronic pain. We can pause and respond when everything in us wants to react in anger.

The goal can never be to eliminate all pain or stress or manner of discomfort from our lives. I spent many years doing my best to numb out and create a safe bubble of order and control...still pain and struggle persisted. A full, beautiful, purposeful life will involve some stress. It will be challenging and uncomfortable at times and we have what it takes. We can coexist with discomfort and take action anyway.

DAY TWENTY SIX ■ I invite you to consider how fear or discomfort have held you back and how you might practice taking action anyway in order to live on purpose. This is tangled up with Day 18 where we talked a bit about choosing our response and developing a healthy stress mindset. I've provided a few posts below that might serve you and maybe you'll want to hash this out with a friend or in your journal.

PROMPT ■ Is this something you need to practice? Do you need deeper support to help you move through fear or anxiety in your life?

RESOURCE SUGGESTIONS ■

[Just Show Up](#)

[Does Fear Hold You Captive](#)

[Fear is Not Your Enemy](#)

[What Does it Mean to Decide to Live Each Day](#)

LIVE ON PURPOSE: DAY 27

Behavioral Scientists suggest that we are most productive within the first two hours after waking or before noon in general. Paying attention (and even tracking) our energy ebb and flow throughout the day and the month for women in particular, can be extremely helpful for planning.

It makes sense to match your highest priority work to your most productive hours and save menial tasks for the times when we have lower energy. And, of course, this is individual. I write well in the morning but also after 7pm. I prefer doing client consults in the afternoon when I'm ready to sit and chat/listen. I have a hard time reading or sitting still earlier in the day but this feels welcome and natural in the evening.

In terms of our monthly cycle, for women, there is a natural going inward the week preceding menstruation with a surge of outward energy following it. Tracking your cycle, paying attention to your moods and energy, the movement that feels good to you at different times of the month, your need for a little more rest or a rise in aggressive or adventurous energy, may help you book projects, experiences, and appointments accordingly.

DAY TWENTY SEVEN ■ Today I invite you to begin to observe and listen to your own body and natural rhythms and consider how you might design your day (and month) around them, where appropriate (tie in to Day 16).

PROMPT ■ Are there any thoughts that came up immediately about how you are currently working with or against your natural rhythms?

RESOURCE SUGGESTIONS ■

[How to Find Your Most Productive Hours of the Day](#)

[The Most and Least Productive Hours of the Day](#)

[Ask the Entrepreneurs: The Most Productive Hours of the Day](#)

[Wisdom of the Menstrual Cycle](#)

LIVE ON PURPOSE: DAY 28

I am not afraid of the storm, for I am learning to sail my ship. Louisa May Alcott

We all have unproductive, or terrible, horrible, no good, very bad days on occasion;) Or at least days where all we want to do is climb into bed with Netflix and a big bowl of popcorn, non?

Maybe these days correspond to our natural dip in energy (Day 27), maybe we're going through a rough patch in life, or sometimes we simply need a good nap! And sometimes, even though we're learning to coexist with discomfort and take action anyway (Day 26), the fear or procrastination wins out.

Rather than beat ourselves up about not being uber productive and perfectly on the ball without fail, I think the healthiest, most compassionate thing we can do is just cut ourselves some slack and then pick ourselves up again tomorrow.

This is the critical thing... picking ourselves up again right away. We don't need to wait until Monday or the first day of the next month. We don't even officially need to wait until tomorrow. We just pick ourselves up again, dust ourselves off lovingly, and step right back in to our imperfect but oh, so beautiful and purposeful lives.

Ok – so let's be even a little more honest: sometimes the rough path extends a whole lot longer than 24 hours. A divorce, an illness, a dark patch of depression or anxiety – these times of struggle take their toll but if we can tilt into it a bit (Day 25) and remind ourselves that the pain will not last forever, that we are human, that we are allowed to feel vulnerable or tired or resistant to change, this might help. And then we pick ourselves back up again, in the way we know how, when we are ready and able.

DAY TWENTY EIGHT ■ I invite you to think about a time when you just needed permission to crawl under the covers or when you walked through a hard season. Would it have felt different if you surrendered to the need to lay low or reminded yourself kindly that you are only human? What if you also had reminded yourself to pick yourself right back up again instead of staying stuck in guilt or inaction for a prolonged period?

PROMPT ■ I think it can be valuable to rehearse what we could specifically do or say in situations like these to prepare for next time. So think ahead – how could you reframe or encourage yourself or even reach out for help in the moment but also challenge yourself to pick yourself right back up again?

LIVE ON PURPOSE: DAY 29

Way back on day 3, I mentioned sprinkling a little gratitude into our day. Everyone has heard by now the power of gratitude for optimizing health and well-being. Infusing our days with gratitude can shift us out of fear or worry, comparison or shame, unworthiness or anger (all potential powerful agents of distraction) and help us live on purpose and with a whole lot more joy!

In addition to making an expression of gratitude part of my morning and evening routines (Day 24), I like to scan for beauty throughout the day.

If I'm annoyed by someone, I scan for their gifting. If I feel a little discouraged, I scan for the simple gifts of my ordinary day. When I feel less-than or tired or overwhelmed I pause, take a couple slow, deep breaths, and acknowledge all the ways I've grown and healed and the ways I show up every day. I am determined to fully breathe in and receive the gifts of each and every miraculous day.

DAY TWENTY NINE ■ I invite you to either begin a practice of gratitude or to decide to scan for beauty every single day. This might just change your life.

PROMPT ■ Are you a sold-out believer in the power of gratitude or a stubborn cynic;) Is this a habit you're willing to pick up? Check-in to notice your pre-judgments and make a decision about whether or not you will give this practice a chance.

RESOURCE SUGGESTIONS ■

[Science Behind Expressing Gratitude](#)

[The Healing Power of Gratitude](#)

[5 books to teach you more about gratitude](#)

LIVE ON PURPOSE: DAY 30

Have you heard of the Pareto principle? Put simply it's an observable rule in nature of uneven distribution that states that roughly 80% of outcomes or results come from 20% of activity or input. This principle is widely used in the business realm but it has many practical applications to our daily lives and can help us live on purpose.

Here are some examples of how this plays out in life: 20% of patients account for 80% of health care spending; we wear 20% of our clothes about 80% of the time or eat the same 20% of foods 80% of the time; 80% of our frustrations come from 20% of our habits; 20% of my habits account for 80% of my personal or business growth; 80% of people drive on 20% of all roads; 80% of wealth lies in the hands of 20% of the world's population; 20% of the people in an organization do 80% of the volunteer work; 20% of my to-do list items drive 80% of my happiness.

The idea here is to try to use this principle to help identify inequalities or inefficiencies in our life and then to take positive action. For example, when you realize that you rarely wear 80% of your clothes, get rid of them. When you admit that only 20% of your relationships bring you joy, focus your energy on building these relationships; when you figure out that you're wasting a ton of time on activities or habits that contribute so little to a happy or healthy life, you can ditch some of these distractions and expend more energy on the big needle movers. What 20% of your to-do list items drive 80% of your outcomes/happiness?

Keep in mind that 80/20 is the general principle and sometimes looks more like 70/30 or 90/10 but the general rule applies.

DAY THIRTY ■ I invite you to explore the implications of the Pareto Principle and take some notes about how you might start applying this to your life in order to ditch distraction and live more intentionally.

PROMPT ■ What comes up for you right away when you think about the implications of this 80/20 principle?

RESOURCE SUGGESTIONS ■

[Understanding Pareto's Principle - The 80-20 Rule](#)

[How to 80/20 Your Life](#)

[Life Changing Magic Of The 80-20 Rule](#)

LIVE ON PURPOSE: DAY 31

On Day 6 I shared the idea of creating time blocks for your deep work and today I'd like to take the idea further. I love using time-blocking to batch like-tasks throughout my week; I find this helps me with productivity (I know there is a clear start and end to my work and I'm not constantly switching between tasks) and it helps me relax about my to-do list (I used to panic Monday mornings!), knowing there is a designated time block for each task at some point in the week.

My preference is to focus on a specific type of task for a good chunk of time and getting it out of the way. If I'm house cleaning, for instance, I'd rather just get a bunch done in 2-3 hours and then walk away. On Saturdays I like to do menu planning, budgeting/bill paying, and other planning/organizational type work because it all requires a similar type of energy. I'd rather spend 2-3 hours on Sunday doing some extra food prep all at once to simplify meal prep during the week.

When I'm cooking supper I also empty the dishwasher and pack lunches for the following day – all like-tasks. When writing I prefer to have longer chunks of time to get into flow and for rest, I do better taking an entire day here and there than trying to relax at appointed times during my work day. Hope that makes sense.

Another way this applies to my life is that as a strong introvert, engaging with people hypes up my energy and leaves me drained afterward. After a client call or meeting or even a coffee date, I feel a little wound up which means I cannot immediately shift gears into a calmer, more introspective type of work. After engaging with people then, I am more productive with my time by answering email, engaging on social media for my work, or attending to any other task that does not require deep focus.

DAY THIRTY ONE ■ To close out our 31 days of habits together, I invite you to consider how you might look at all your responsibilities and consider if batching tasks of like-energy would help you be more productive. We're all wired differently, of course, so the goal is to notice our individual energy patterns and personality (Day 27) and intentionally and thoughtfully plan ahead.

PROMPT ■ Do any ideas jump out at you immediately for how you could apply this idea to your day or week?

RESOURCE SUGGESTIONS ■

[The Definitive Guide to "Batching" Your Work](#)

[Why Batching Tasks May Be Your Next Productivity Secret Weapon](#)

[Batching Tasks: Your Best Work in Less Time](#)

PARTING WORDS

And we're done!

I hope you enjoyed the process of walking through this challenge and adopting many of the habits I suggested. Do you feel any different? Have you noticed that you're living with less distraction and more productivity than before? I encourage you to continue tracking your progress and reviewing this challenge on occasion for ongoing inspiration.

But where do you go from here?

If you enjoy learning about purpose, personality and productivity or how self-awareness spills over into self-compassion, I invite you to [come join my Facebook group](#) if you haven't already.

If you want to begin to living with greater CALM, clarity and confidence, you could take another 30 days to walk through my [CALM Mini-Course](#). It includes topics around purpose, mood balancing nutrition and supplements, mindfulness, self care, and ditching clutter.

And if you need [deeper support for getting unstuck](#) and living with purpose, health and JOY or with unearthing and walking out your voice and vision for this next season of life, send me an email to alifeinprogress@outlook.com and request a free 20-minute chat to discuss your needs.

You are also welcome to send me an email just to share your thoughts and progress as you move through this challenge!

I'd like to end our time together here with a personal thought: I believe you are gifted on purpose and that your life matters. And my life matters. I aim for a slow and simple life so I'm not interested in productivity so that I can simply hustle more.

What I do care about is receiving the gift of life I am handed each ordinary day and choosing wisely, intentionally, how I will spend it. I care about showing up fully to my imperfect but beautiful life.

I want to live well. I want to live on purpose. What do you want?

Krista xo