

THE EIGHT LEVELS OF INTENTION

Find your Purpose

Design a twelve-week program, or however many weeks you think you need, to find your mission or calling in life. Work through five pillars, document the entire process, and let your plan take shape.

- 1 Draft life-plan scenarios** based on your current state and your desired state across the Eight Levels of Intention.
- 2 Ponder these scenarios** and ask yourself what causes or pursuits align with your gifts and passions.
- 3 Meet with people** who do what you want to do, in cause or career, and advisors who have the characteristics and attributes you want to obtain. Run your ideas by them.
- 4 Do the math.** Get into the weeds on how each scenario will play out and evaluate the likelihood of achieving your desired outcomes.
- 5 Read relevant books** that broaden your perspective and expose you to worlds you've never thought of before.

As you go

- Keep a weekly journal. Thoughts and people will come into your path when you're constantly thinking about your mission.
- Get outside. Take walks and let your mind wander while you ponder.
- If you have a family or loved ones, remember this can be our plan, not just my plan. Listen to their dreams and desires.
- Be open-minded. Zoom out to make sure you haven't missed opportunities you never considered.
- Run your ideas by those closest to you and gather their feedback along the way.
- Don't let their dreams squash yours. Reflect from a neutral position on what helps you and your loved ones reach your greatest potential.

What's inside

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PILLAR 1

My program

Set your program, then take stock: where you are today at each level, and where you want to be.

START DATE _____ WEEKS _____ WEEKLY CHECK-IN DAY _____

WHAT I HOPE TO FIND Your mission or calling, in whatever words you have today.

LEVEL	CURRENT STATE	DESIRED STATE
Mental & Emotional		
Physical		
Familial & Social		
Career & Financial		
Intellectual		
Spiritual		
Recreational		
Philanthropical		

PILLARS 1 AND 2

Gifts, passions and scenarios

Write down your gifts and passions, then draft a few life-plan scenarios. Ponder each one and ask what causes or pursuits align with what you wrote.

MY GIFTS What comes naturally

MY PASSIONS What lights you up

CAUSES OR PURSUITS That align with my gifts and passions

SCENARIO 1

A life plan that moves you from your current state toward your desired state.

Fits my gifts and passions ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

SCENARIO 2

A life plan that moves you from your current state toward your desired state.

Fits my gifts and passions ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

SCENARIO 3

A life plan that moves you from your current state toward your desired state.

Fits my gifts and passions ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

PILLARS 3 AND 5

People and books

List the people you want to meet and the books you want to read. Plan roughly one conversation a week.

PEOPLE WHO DO WHAT I WANT TO DO In cause or career

NAME	WHY THEM	PLAN WEEK	MET

ADVISORS AND MENTORS With characteristics and attributes I want to obtain

NAME	WHY THEM	PLAN WEEK	MET

LOVED ONES Our plan, not just my plan

NAME	WHY THEM	PLAN WEEK	MET

BOOKS TO READ That broaden my perspective

TITLE	WHY THIS ONE	READ



WEEKLY JOURNAL

Week 1

DATES _____

WHO I MET Name, and what they do

WHAT I LEARNED Ideas I ran by them and what they said

PONDERING Thoughts that came to mind, and people who came into my path

DO THE MATH A scenario I tested and how it would play out

READING A line or idea that stood out

LOVED ONES What they hope for, and what that changes

MY LEARNING THIS WEEK

One thing to carry forward.



WEEKLY JOURNAL

Week 2

DATES _____

WHO I MET Name, and what they do

WHAT I LEARNED Ideas I ran by them and what they said

PONDERING Thoughts that came to mind, and people who came into my path

DO THE MATH A scenario I tested and how it would play out

READING A line or idea that stood out

LOVED ONES What they hope for, and what that changes

MY LEARNING THIS WEEK

One thing to carry forward.



WEEKLY JOURNAL

Week 3

DATES _____

WHO I MET Name, and what they do

WHAT I LEARNED Ideas I ran by them and what they said

PONDERING Thoughts that came to mind, and people who came into my path

DO THE MATH A scenario I tested and how it would play out

READING A line or idea that stood out

LOVED ONES What they hope for, and what that changes

MY LEARNING THIS WEEK

One thing to carry forward.



WEEKLY JOURNAL

Week 4

DATES _____

WHO I MET Name, and what they do

WHAT I LEARNED Ideas I ran by them and what they said

PONDERING Thoughts that came to mind, and people who came into my path

DO THE MATH A scenario I tested and how it would play out

READING A line or idea that stood out

LOVED ONES What they hope for, and what that changes

MY LEARNING THIS WEEK

One thing to carry forward.



WEEKLY JOURNAL

Week 5

DATES _____

WHO I MET Name, and what they do

WHAT I LEARNED Ideas I ran by them and what they said

PONDERING Thoughts that came to mind, and people who came into my path

DO THE MATH A scenario I tested and how it would play out

READING A line or idea that stood out

LOVED ONES What they hope for, and what that changes

MY LEARNING THIS WEEK

One thing to carry forward.



WEEKLY JOURNAL

Week 6

DATES _____

WHO I MET Name, and what they do

WHAT I LEARNED Ideas I ran by them and what they said

PONDERING Thoughts that came to mind, and people who came into my path

DO THE MATH A scenario I tested and how it would play out

READING A line or idea that stood out

LOVED ONES What they hope for, and what that changes

MY LEARNING THIS WEEK

One thing to carry forward.



WEEKLY JOURNAL

Week 7

DATES _____

WHO I MET Name, and what they do

WHAT I LEARNED Ideas I ran by them and what they said

PONDERING Thoughts that came to mind, and people who came into my path

DO THE MATH A scenario I tested and how it would play out

READING A line or idea that stood out

LOVED ONES What they hope for, and what that changes

MY LEARNING THIS WEEK

One thing to carry forward.



WEEKLY JOURNAL

Week 8

DATES _____

WHO I MET Name, and what they do

WHAT I LEARNED Ideas I ran by them and what they said

PONDERING Thoughts that came to mind, and people who came into my path

DO THE MATH A scenario I tested and how it would play out

READING A line or idea that stood out

LOVED ONES What they hope for, and what that changes

MY LEARNING THIS WEEK

One thing to carry forward.



WEEKLY JOURNAL

Week 9

DATES _____

WHO I MET Name, and what they do

WHAT I LEARNED Ideas I ran by them and what they said

PONDERING Thoughts that came to mind, and people who came into my path

DO THE MATH A scenario I tested and how it would play out

READING A line or idea that stood out

LOVED ONES What they hope for, and what that changes

MY LEARNING THIS WEEK

One thing to carry forward.



WEEKLY JOURNAL

Week 10

DATES _____

WHO I MET Name, and what they do

WHAT I LEARNED Ideas I ran by them and what they said

PONDERING Thoughts that came to mind, and people who came into my path

DO THE MATH A scenario I tested and how it would play out

READING A line or idea that stood out

LOVED ONES What they hope for, and what that changes

MY LEARNING THIS WEEK

One thing to carry forward.



WEEKLY JOURNAL

Week 11

DATES _____

WHO I MET Name, and what they do

WHAT I LEARNED Ideas I ran by them and what they said

PONDERING Thoughts that came to mind, and people who came into my path

DO THE MATH A scenario I tested and how it would play out

READING A line or idea that stood out

LOVED ONES What they hope for, and what that changes

MY LEARNING THIS WEEK

One thing to carry forward.



WEEKLY JOURNAL

Week 12

DATES _____

WHO I MET Name, and what they do

WHAT I LEARNED Ideas I ran by them and what they said

PONDERING Thoughts that came to mind, and people who came into my path

DO THE MATH A scenario I tested and how it would play out

READING A line or idea that stood out

LOVED ONES What they hope for, and what that changes

MY LEARNING THIS WEEK

One thing to carry forward.



ZOOM OUT

What keeps coming up

Read back through your journal. Underline the ideas, causes and people that keep returning. Group them into a few threads, then check them against your scenarios and the numbers.

THREAD 1

What keeps coming up, and the weeks it showed up in.

THREAD 2

What keeps coming up, and the weeks it showed up in.

THREAD 3

What keeps coming up, and the weeks it showed up in.

THREAD 4

What keeps coming up, and the weeks it showed up in.

WHAT I'VE LET GO OF Scenarios or ideas that didn't hold up

YOUR MISSION OR CALLING

The Point of My Life

 (My life mission or purpose)

Shape your threads into a few draft lines. Check each one, run it by those closest to you, then write your Purpose.

DRAFT LINE 1

☐ Specific
 ☐ Measurable
 ☐ Achievable
 ☐ Relevant
 ☐ Time-bound

DRAFT LINE 2

☐ Specific
 ☐ Measurable
 ☐ Achievable
 ☐ Relevant
 ☐ Time-bound

DRAFT LINE 3

☐ Specific
 ☐ Measurable
 ☐ Achievable
 ☐ Relevant
 ☐ Time-bound

THE POINT OF MY LIFE (My life mission or purpose)


Prefer a guide?

The Point - Life Planner app runs your weekly check-ins, keeps your people and learnings in one place, and finds the threads for you. On iPhone and on the web at app.thepointventure.com.