



THE EIGHT LEVELS OF INTENTION

Write your Code

Your Code is your list of non-negotiables: the personal rules you live by, in your own words. It turns your guiding principles into rules that help you carry out your Core Values.

- 1 Start with what you were taught.** Reflect on the principles from parents or mentors that have stuck and become deeply rooted in you.
- 2 Write down anything that comes to mind.** Work through the five sources on the next pages. You can always revisit the list and evolve it.
- 3 Reflect on your Core Values.** Turn each one into a personal rule that helps you live it.
- 4 Gather your Code.** Copy the lines that ring true onto the My Code page.
- 5 Share and polish.** Share your Code with family and close friends and invite them to write theirs. Compare, then polish until you feel excited and satisfied that it reflects your intention well.

What a line of Code looks like

Each line has two parts. The rule is short and firm, something you could say out loud. The meaning is one sentence on what the rule asks of you.

RULE**Never quit****WHAT IT MEANS**

A miracle is right around the corner.

The five sources of your Code

- | | |
|---|--|
| 1 Home: sayings and rules from your family | 2 Mentors: coaches, teachers and leaders |
| 3 Hard-won lessons: times you held the line | 4 Faith and calling: what you feel called to do |
| 5 Your Core Values: your five, turned into rules | |



SOURCE 1 OF 5

Home

Start with what you were taught at home: the principles from your parents that have stuck and become deeply rooted in you.

Some rules come from what you chose never to repeat. Write the commitment you're making going forward. Skip anything you'd rather not revisit.

1 What's a saying or rule from your family that still lives in you?

2 Who in your family taught you more by what they did than by what they said?

3 What did your parents or grandparents never compromise on?

4 Is there something from home you've decided to do differently?

LINES FOR MY CODE

Turn what you wrote into a rule in your own words, then add what it means to you.

RULE

WHAT IT MEANS

RULE

WHAT IT MEANS



SOURCE 2 OF 5

Mentors

Think about the principles you've been taught by mentors that have stuck with you.

1 Who taught you something you've never forgotten?

2 Think of a coach, teacher or leader you'd follow anywhere. What standard did they hold?

3 What's the best piece of advice anyone has given you?

LINES FOR MY CODE

Turn what you wrote into a rule in your own words, then add what it means to you.

RULE

WHAT IT MEANS

RULE

WHAT IT MEANS



SOURCE 3 OF 5

Hard-won lessons

Some of your rules were learned the hard way. Look back at the moments that taught you what you will and won't do.

1 Tell about a time you held the line, even though it cost you something.

2 What's a moment that taught you something the hard way?

3 What have you seen break trust in a person or a team that you never want to repeat?

LINES FOR MY CODE

Turn what you wrote into a rule in your own words, then add what it means to you.

RULE

WHAT IT MEANS

RULE

WHAT IT MEANS



SOURCE 4 OF 5

Faith and calling

Consider the commitments that come from what you believe and what you feel called to do.

1 What do you feel called to do with your life, or called never to do?

2 When do you feel most like the person you're meant to be?

3 Is there a promise you've made, to God, to yourself or to someone you love, that you intend to keep?

LINES FOR MY CODE

Turn what you wrote into a rule in your own words, then add what it means to you.

RULE

WHAT IT MEANS

RULE

WHAT IT MEANS



SOURCE 5 OF 5

Your Core Values

Your Code is your guiding principles turned into personal rules that help you carry out your Core Values. Copy your five from the Core Values worksheet, then answer the questions.

1

2

3

4

5

1 Which of your Core Values do you most want people to see in how you live?

2 What does living that value look like for you on a hard day?

3 Is there a line you'd never cross because of one of your values?

LINES FOR MY CODE

Turn what you wrote into a rule in your own words, then add what it means to you.

RULE

WHAT IT MEANS

RULE

WHAT IT MEANS



ALL FIVE SOURCES TOGETHER

My Code

Copy the lines that ring true from each source. Keep it short enough to remember. Read it out loud: every line should sound like you.

TITLE OF MY CODE

#	RULE	WHAT IT MEANS
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		



MAKE IT YOURS

Share and polish

Share your Code with family and close friends, and invite them to write their own. Compare your Codes, then reevaluate and polish until you feel excited and satisfied that yours reflects your intention well.

- ☐ I read my Code out loud and every line sounds like me.
- ☐ Each line helps me carry out at least one of my Core Values.
- ☐ I shared my Code with someone I trust.

1 Who did I share my Code with?

2 What did I learn from their Codes?

3 What will I add, reword or let go of?



Prefer a guide?

The Point - Life Planner app walks you through each source, drafts lines from your own words and keeps your Code with you every day. On iPhone and on the web at app.thepointventure.com.