



Now that you've worked on finding your purpose, it's time to create a connection between your health and fitness levels and leaving a legacy, living with purpose.

To live a life full of happiness, success and fulfillment, we must begin by working on our physical health and fitness. In order to do this, you have to get your mind right.

This is not a fad diet, a gimmick or a secret; living a fit and healthy life is old school wisdom for living an engaged life. It's time to take action. Eating right, being active, getting enough sleep and stress management, are key; your energy levels will rise, your mood will improve, your behaviors will transform, and your brain function will increase.

Our mission is to help you define your purpose, achieve the goals you want to achieve, and live the life you were born to live.

Use your responses from the "Finding Your Purpose" worksheet to form your answers to these questions:

1. Who else is affected by your health and fitness?
2. What are you fighting for (what are you passionate about)?
3. What do you want to be remembered for (your legacy)?
4. How can being fit & healthy help you fulfill your purpose?
5. Do you think that eating nutritious foods, being active and getting enough sleep will help you to become a high achiever and live with purpose?

Once you realize and clarify your PURPOSE, you begin to understand the small steps you need to take every day to live a fit and healthy life.