

BTB# 6 1/3

All are welcome to post your thoughts here

**Living On Purpose (LOP)
Statement Workbook**

Adapted from D. Amen's M.D. One Page Miracle

Please show me the way, by example.

HAPPY NEW YEAR

In Cell Assignment

Answer the following question to help you shed light on what you value, use another sheet of paper if needed.

Are you giving enough time and effort to those people or things that really matter to you? Or are you spending the bulk of your time on things of lesser personal value?

Lined writing area for the assignment response.

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What do I want? How am I going to make it happen?

Relationships:

Spouse/Boyfriend/Girlfriend: _____

Children: _____

Friends: _____

Family: _____
