



Mindful Living & Coaching

Week 3: Aparigraha – Non Attachment





Grounding

Nadi Shodhana – Alternative Nostril
Visualization & Heart Meditation
Chair yoga





Activity

Purpose Part 2



Purpose

- **Gifts Container:** You may have a new container.
- **Purpose is a Verb, Not a Destination:** Shift from being something you *achieve* to something you *practice*. It is the daily act of aligning your energy with your values.
- **"Obligation" versus "Intention":** Purpose is largely dictated by external obligations: raising families, paying mortgages, and meeting professional expectations. The beauty of the post-career gap is that the "shoulds" fade away. Purpose becomes an entirely internal and intentional.
- **The Biology of "Knowing Your Why":** Studies consistently show that individuals with a strong sense of purpose experience lower stress, better cognitive function, and increased longevity. Purpose is an active component of physical and mental health.
- **A Quiet Purpose:** There doesn't need to be a "Grand" purpose.

Change the
world by being
yourself.

— AMY POEHLER

BRIAN TRACY

Purpose

Wake up with
calmness in
your heart and
purpose in your
mind

- **It is a Compass, Not a Calendar** it simply points you toward your 'True North' so you know you are heading in the right direction."
- **The Ultimate Boundary-Setting Tool.** Your purpose statement is your new filter. If an opportunity does not align with your statement, it gives you the absolute freedom and permission to say a gracious 'no.'"
- **The Shift from 'Productivity' to 'Vitality'** It is a measure of your *vitality*. You use this statement to check in with yourself: 'Does doing this activity make me feel alive, or does it drain me?'"
- **It is a Living Draft, Not a Contract** Keep it on your mirror or the fridge, live with it for a few weeks, and see how it feels. If it needs tweaking next month, you have the power to edit it. You are the author now."





Integration





Today's Journal Prompt

"What expectation, past identity, or old way of doing things do I need to gently release in order to make space for the person I am becoming today?"

