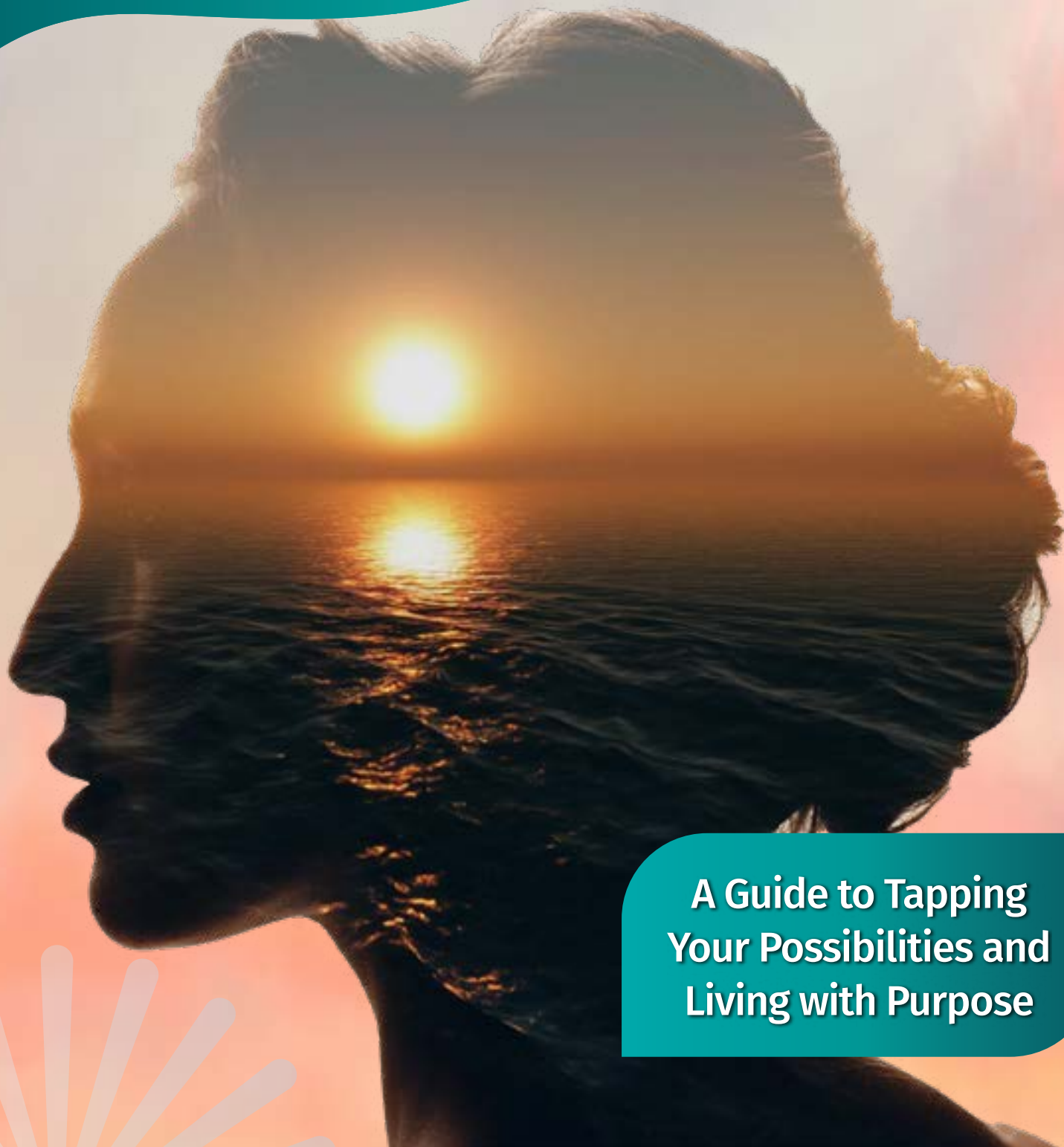


The Neuroscience of Purpose:
Workbook



**A Guide to Tapping
Your Possibilities and
Living with Purpose**

A Guide to Tapping Your Possibilities and Living with Purpose

Welcome!

At LiveWright, our mission is to help you live with more purpose, meaning, and fulfillment. That's why we've created this workshop: to give you not just information, but tools, practices, and support that you can use right now.

As you step into this journey, we will guide you to:

- **Awaken to Possibility**

That you'll discover the untapped potential within you and begin to see new choices and opportunities in your daily life.

- **Engage Your Brain's Power**

That you'll use the tools of neuroplasticity to stretch, grow, and activate your brain toward purpose-filled living.

- **Become a Greater Blessing**

That you'll emerge from this workshop with clarity, courage, and commitment to live more purposefully—and in doing so, become an even greater gift to our world.

Our Three Hopes for You

1. That you see more possibilities for your life.
2. That you activate the science of purpose in practical, lasting ways.
3. That you emerge empowered to bring your best self forward.

Inspiration for the Journey:

“Neuroscience shows us that purpose isn't just an idea—it's a pathway. Each time we align our actions with our deepest why, we rewire our brains for resilience, meaning, and growth.” – Dr. Judith Wright

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Why You Are Here—Your Personal Why

This workshop is about you—your longings, your choices, your future.

The science is powerful, but it only matters if you apply it to your own life. That begins by getting clear on *why you are here today*.

Take a few moments to reflect.

The clearer you are about your “why,” the more powerfully your brain can begin rewiring toward it. Naming your purpose—even in small ways—starts the transformation.

I signed up to this workshop because...

(What called you here? Curiosity? A longing for change? A challenge you're facing?)

What I most want to experience more in my life is...

(Select all that apply.)

Stress relief

Focus

Satisfaction & Fulfillment

Health

Productivity

Wholeness

Optimism/Vitality

Use Resources Effectively

Meaning in my Days & Life

Other

When I imagine living with more purpose, I see myself...

(What would look and feel different? Be specific.)

If this workshop gave me just one breakthrough, it would be...

(What would make this time truly worthwhile?)

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Barriers to Purpose

What issues/concerns keep you from living purposefully?

Overwhelmed, anxious

Drained, exhausted

Income/employment/business concerns

Difficulty managing priorities

No real boundaries between work and home life

Tension in my relationships

Juggling work and childrearing

Concerns about my health and wellbeing or that of my family/friends

Family drama

Concerns about the future

What other thoughts do you have about living purposefully?

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Soft Addictions

Circle the activities that brought you more fulfillment, meaning, recreation, or made you feel alive, etc. Put boxes around the activities that led to less.

Activities

Media & Technology

Watching television: Junk TV, News, Sports
Watching Netflix, Hulu, etc.
Surfing the internet
Selfie-taking, #hashtaging
Checking investments
Checking weather, statistics, apps
Reading magazines
Reading only one kind of novel (such as romance or mysteries)
Checking e-mail
Playing video/computer games
Online shopping
Texting/Whatsapping/Messaging
Checking Facebook, Twitter, Instagram, LinkedIn, YouTube
Doomscrolling: researching politics, climate change, #metoo, #blm
Social media: scrolling, posting, trolling

Buying/Shopping

Shopping
Online shopping
Cruising garage sales
Bargain hunting/thrift shopping
Hanging out in the mall/Target/Walmart/Marshalls/luxury store
Perusing catalogues
Shoplifting

Maintenance

Overeating
Over exercising
Glamorizing
Hygiene
Householding
Hoarding
Caregiving
Sleeping too much

Physical Mannerisms

Hair twirling
Twitching, jiggling, picking
Gum chewing
Nail biting

Sexual

Flirting
Sexual obsessions
Online dating apps
Phone sex/sexting
Pornography
Masturbating compulsively
Being a voyeur
Babe or dude watching
Being promiscuous
Fantasizing

Work

Overworking/Keeping busy
Overscheduling/Over committing
Distracting and distracted
Avoiding

Risk-Taking

Speeding
Gambling
Seeking danger
Stealing
Trading

Social/People

Name dropping
Celebrity news/gossip
Following influencers
Gossiping
Storytelling
Fantasizing/Daydreaming
Lying

Other Diversions

Checking sports stats
Doing crossword puzzles
Playing games (board, card games)
Fantasy sports leagues
Crafts
Scrolling Amazon, Ebay, Etsy, Pinterest, etc.
Painting, coloring, drawing

Moods/Ways of Being

Being sarcastic
Being cranky/irritable
Doom and gloom
Indulging in self-pity
Being "in the know"
Being a drama king/queen
Always being happy—always on
Being Pollyanna
Chameleon-like behavior
Acting like a sad sack
Moping
Blaming
Looking good
Complaining
Constantly trying to please people
High energy
Jokester
Perfectionism
Fanaticism
Being argumentative/conflictual
Acting cool
Being in a trance
Drama triangle

Avoidances

Procrastinating—isolating
Being late
Playing dumb
Living in clutter
Playing helpless
Hypochondria
Phobias
Stonewalling
Being too busy
Oversleeping/napping
Undergrooming (ie. showing up to Zoom call without pants on)

Things—Edible and Consumable

Certain foods and food groups
Sugar
Chocolate
Fast foods
Carbohydrates and high-fat foods
Brand name health foods
Health products (oils, supplements, etc.)
Cigarettes/E-cigarettes/vaping
Gadgets/Electronics
Designer clothes
Collectibles
CDs/DVDs
Brand-name merchandise

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Fill in the Blank

_____ are the WHAT. _____ is the WHY.

Reflection:

What happens when I pursue a goal without being connected to a purpose?

Three Dimensions of Purpose

Scope:

Strength:

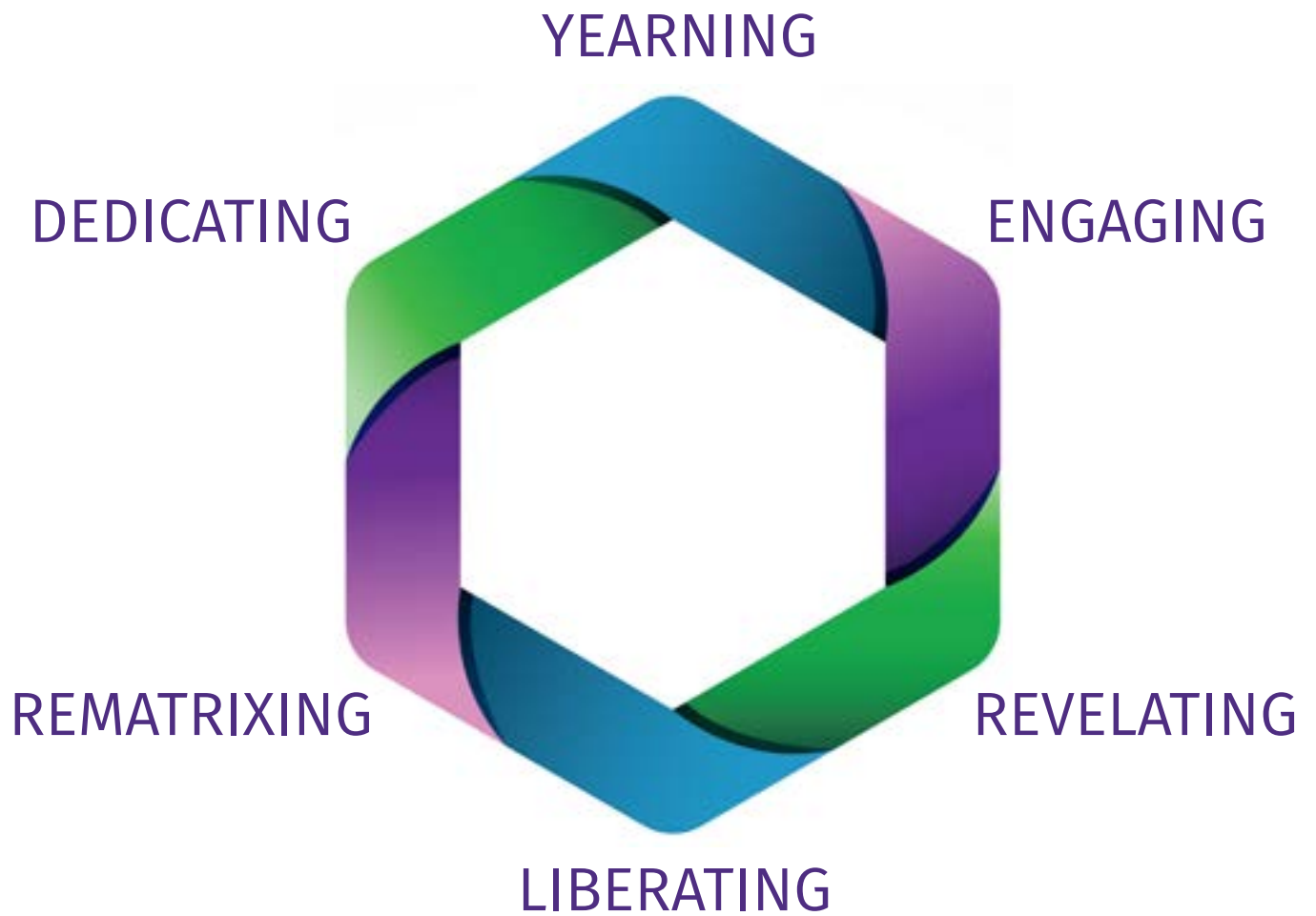
Awareness:

Scope + Strength + Awareness = GREATEST RESULT

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Evolating Model

The Process of Living Purposefully



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Universal Yearnings

I yearn...

To be secure

- To exist
- To be safe, to be secure
- To connect, to bond
- To trust

To love & care for, respond to others

- To care for
- To nurture
- To love

To relate, see and be seen, know and be known, and to connect

- To be seen, heard, known, understood
- To see, hear, & know others
- To touch and be touched
- To feel “felt”
- To empathize

To have our existence appreciated

- To love and be loved
- To be affirmed, appreciated
- To be cared for
- To be respected

To express our essence, sense of self, potential

- To express
- To experience fully
- To learn, grow, develop
- To create
- To be separate, have an identity
- To influence
- To excel
- To fulfill my potential

To have a sense of mattering


- To matter
- To be valued and to value
- To contribute
- To do what I came here on earth to do
- To make a difference
- To please God
- To fulfill my purpose
- To unfold my destiny

To exchange and be connected with others

- To belong
- To connect
- To matter
- To be close
- To communicate with others
- To commune with others
- To make deep contact with another
- To be intimate

To connect to something greater

- To be connected to something greater than myself
- To feel connected to the greater whole
- To be one with all
- To know God or the creator
- For union with all that is



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The Effects of Living With Purpose

Health

Well-Being

Flourishing

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Action Plan

What will you do differently now?

(Choose at least two actions from the list below and provide context as to how you will see yourself implementing purpose into your life.)

Action Idea 1: Focus on the purpose of why I'm doing what I am doing in the moment.

Action Idea 2: Be aware of my yearnings and engage to meet them.

Action Idea 3: Be more present and connected to myself and others.

Action Idea 4: Limit my soft addictions and do things that nourish me instead.

Action Idea 5: Realize that this is an important time to focus on what really matters and live with more purpose.

Action Idea 6: Share what I've learned with others.