

# 40 Days Fuller

## Meaning Monday | Day 27



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### DISCOVER

Have you ever felt like you are sleep walking through life? As if you are not completely conscious of your decisions or actions, but simply going through the motions without aim? Each day, our decisions and actions may move us closer to the kind of life we want to live, or further down a path we haven't planned or imagined. Unless we are thoughtful about the kind of life we want and deliberate about living it, we will continue to live aimlessly and become persons we do not want to be.

You may have gone through the step of making a five or ten-year plan for your life. When conducting this exercise, people typically list accomplishments: a promotion or different job, a new home, or a new degree. When defining where we want to be and what we want to be doing in five or ten years, it is important to ask ourselves why. What are we hoping we will gain with these accomplishments? How will they enrich our lives?

More important than listing accomplishments we desire, is to define the kind of person we want to become. For example, do you wish to be healthier? More patient? Kinder? If so, what decisions or actions can you take each day to move you closer to the person you want to be? Today, choose one characteristic you want to emulate and make decisions based on this characteristic. For example, when faced with a decision, ask yourself "what would a healthy/patient/kind person do?"

Becoming who we want to be involves sacrifice. Each time we make a choice, we are by definition letting something else go. Resist the temptation to play the victim by telling yourself you "can't" have something you want, when your higher self points to a different direction. Instead, remind yourself you are making a deliberate choice based on the person you want to be and the life you want to live.

### REFLECT / JOURNAL

What are your highest priorities in life? What would make your life richer or fuller in one or five years? What kinds of daily actions would lead to this fuller life?

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What one characteristic, principle or virtue do you want to embody, emulate or increase in your life? Today, make every decision as if you already embody this characteristic or virtue. How would this kind of person behave? What would they do or say?

### PRACTICE



Practice the daily cup ritual



Write "meaning" on your hand, post-it notes, or anywhere you are likely to see throughout the day.



Make decisions based on the characteristic or virtue you want to emulate.



Share your reflection with the group.



Guided meditation for day 27

Instead of wondering when your next vacation is, maybe you should set up a life you don't need to escape from.  
- Seth Godin