

Purpose Exercise

Writing Your Bigger Commitment · Daniel Ting

Work through the prompts below in order. Do not edit as you write — let the answers come honestly first, then refine. Return to this exercise every Sunday and revise as you grow.

PROMPT 1

What do I want my life to look like in five years — specifically, in terms of work, freedom, and how I feel about myself?

PROMPT 2

Who depends on me to show up well — or who would benefit most if I did?

PROMPT 3

What would I regret most if I looked back in ten years and realised I had not built the ethic to pursue it?

Purpose Exercise

Your Bigger Commitment Statement · Daniel Ting

Using your answers above, complete your bigger commitment statement:

My bigger commitment is to

because

and the cost of not pursuing it is

WHAT TO DO WITH THIS STATEMENT:

Transfer to a sticky note. Put it somewhere you see it every morning.

Return to this page every Sunday. Revise it as you grow.

SUNDAY REVIEW — ask yourself these three questions each week:

- 1 Did I live by my commitment this week? Where did I show up well?
- 2 Where did I fall short — and what specifically will I do differently next week?
- 3 Does my commitment still feel true, or does it need to evolve?