

1. Need: The compelling reason for doing anything. It is the thing served by the lifestyle/relationships I've will be living/creating.

- What is/are the needs that this lifestyle must uniquely meet?
- What does the state of my/our life require this process to be?
- What time is it for the world right now? What time is it for my/our life right now?
- Why are I/we going through this Chaotic process? Why is it important?
- What context are I/we operating in?
 - Context is a broad and uniquely nuanced descriptor. It is influenced by the current and preceding generational constellations, the dynamic interplay between economy, energy and the environment, as well as more local forces like demographics, geography and biophysical climate.
- What are the challenges and opportunities I arrive are facing?
- Why is this commitment to designing my/our life important?
- **OBJECTIVE:** Condense and clarify your answers to these questions into a single sentence **Need Statement**.

2. Purpose: From the need flows the purpose. Purpose statements are clear and compelling and guide us in living our highest frequency life.

- If I/we should live up to my/our fullest potential, what do I/we dream or envision is possible?
- What is the purpose I/we can adopt that will best meet the need?
- What can my/our life/live(s) dictate/inspire?
- What is the next level for my/our life? Where should I/we be heading?
- What is the simplest and most powerful question I/we could keep at the core of my/our life?
- **OBJECTIVE:** Create a concise **Statement of Purpose** for this life.

3. Principles: Will help make decisions aligned with my/our highest purpose. Must be simple, co-owned and well understood. These are crisp statements of how I/we agree to operate so that over the long term I/we can sustain the