



MONDAYS

MONDAYS *with Mike*

Living life with Purpose and Intent

Have you ever noticed as the days, weeks, and months go by, we find ourselves managing a checklist of tasks that make us feel like we are living life in a superficial way - touching so many things without much depth involved? It is easy to work Monday through Friday; just hoping to reach the weekend and then start that process over again as the next week begins. We lose a little of who we are and what we really cherish as we do this more and more often.

This week, I thought I would share some quotes and reflections that may just help us change that narrative. Let's see if we can shake the superficial and find some depth – some purpose and intent.

I hope that one or two of these reflections will stir you to make a conscious effort to be intentional about what brings value to you and your life.

Live less out of habit and more out of intent. - **Anonymous**

When we start replacing distractions with the things we love, that's when we start living with intention. - **Simply Fiercely blog**

Working hard for something we don't care about is called stress; working hard for something we love is called passion. - **Simon Sinek**

Words may inspire, but only ACTION creates change. Most of us live our lives by accident – live life as it happens. Fulfillment comes when we live our lives on purpose. - **Simon Sinek**

Have an intentional week of looking for purpose!
Find something that stirs your depth – and then go for it!

Have a great week!