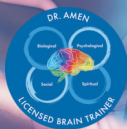


THE PURPOSE CODE



DAY 1



Sean G. Murphy
YOUR THOUGHTS CREATE YOU | INCOME

The Purpose Code Challenge – Day 1 Workbook

Day 1 Introduction

Today is where we start telling the truth. Not the performance version. Not the polished version.

We begin with the Drift — that quiet momentum pulling you in all directions but the one you know is meant for you.

You'll surface it, face it, and begin writing the direction you choose instead.

This isn't about perfection. This is about power. This is your reset. The day you stop floating and start moving with intention.

You're not just writing reflections today — you're setting the foundation for a Definite Major Purpose that will drive the next chapter of your life, and possibly, your business.



1. Recognizing the Drift

-  Where in your life or business are you currently drifting? (Think time, energy, focus)

-  What do your actions keep circling around, but never landing on?



1.Recognizing the Drift

.📝 Who have you been trying to become — but haven't truly committed to?

Notes:



2. What Happens When You Don't Decide

•  What's one decision you've postponed so long it now feels normal to avoid it?

•  What has that non-decision cost you in:
Energy? Money? Confidence? Impact?



2. What Happens When You Don't Decide

•  What story do you tell yourself to avoid committing to that decision?

Extra Notes:



3. The Micro-Payments of Hesitation

-  List 3 places where hesitation has blocked your momentum in the last 30 days.

-  What emotional cost has come from that hesitation? (ex: shame, regret, stress)



3. The Micro-Payments of Hesitation

•  What's one pattern you're ready to close
today?

Extra Notes:



4. First Decision Activation: What Do You Want?

✎ What goal or vision feels too big to say out loud — but keeps whispering to you?

✎ Why is **this** the right time to choose it? (Not 2026... now.)



5. Draft Your First DMP Statement

-  Use this template to write your ****first draft****:

“I exist to __, in a way that ____, so that I can
____, by/in/through ____.”

-  How does writing this feel in your body?
(Ease? Tension? Excitement? Fear?)



5. Draft Your First DMP Statement

•  How does writing this feel in your body?
(Ease? Tension? Excitement? Fear?)

Extra Notes:



6. Closing the Loop: Drift → Decision → Destiny

•  What new direction are you claiming — starting now?

•  What's the identity you're leaving behind?
And the one you're stepping into?

6. Closing the Loop: Drift → Decision → Destiny

-  Write a simple one-line declaration you'll use to anchor today's clarity.

Extra Note:

The Purpose Code Challenge – Day 1 Wrap Up

You've done something most people avoid: You've looked straight at your patterns.

You've seen where you drift, where you delay, and where you avoid the truth.

More importantly — you've decided to name what you want. That's what separates dreamers from builders.

This isn't about hype. It's about *homecoming*. Back to who you really are.

As we move into Day 2, keep your draft DMP nearby. Let it marinate. Let it speak.

And prepare to bring belief behind the clarity.

Day 1 Wrap Up

•  What Did You Learn?

What Did You Like?
