



ALIGN MATRIX

/uh-lahyn/

- To arrange in a straight line.
- To bring into cooperation or agreement with a particular cause.
- To be in precise adjustment or correct relative position.

/mātriiks/

- An environment in which something develops in a surrounding medium or structure.
- The structure which holds together the substance between cells.

The organized system to correct, sustain, and grow your whole health & vitality naturally for the life you really want.



A8: Pure Life Aligned

Now that you know more clearly what you want in your life, what your direction is and how much enthusiasm you're bringing into each day, you will now **engineer your future** by defining your PURE LIFE ALIGNED.

Your Pure Life is the strength, collaboration and synergy of your health, aspirations, values, intentions, purpose and actions.

If every day could go almost exactly how you want it and all you had to do was count to 100 out loud, would you do it? Of course, you would. It's a small price to pay for a day that goes your way. This is the paradox that simple discipline equals abundant freedom. Once you engineer and use your Pure Life Blueprint daily, you will minimize the variability of life happening to you and maximize you happening to life.

What you will build now will shine clarity on your quarterly, monthly, weekly and daily thoughts and actions. This will give you the certainty to say Yes to opportunities and No to distractions, stay on pace toward your bigger vision, and keep your mental, emotional, spiritual and physical health strong enough for the plans you have.

Instructions

1. Spread the following Modules' responses before you: **A6-c** and **A7**.
2. Insert the current and next two months at the top of the Quarterly View Sheet at the right side of the top box. To the left of that, define the overarching goal of that month. Do the same for the other two months. See Example below.
3. Using your responses from **A7**, fill in these goal abbreviations on your Quarterly View Sheet into the field boxes of the "Key" section. Put your **Red Plow** in the first box. Fill in any others you have from most to least importance from left to right and top to bottom.
4. In Weeks 1 – 4 of each month, fill in the Goal Abbreviations of when you will be actively accomplishing those Key Items. Keep in mind this is a process and the action items you define through the Plow Chart and the Compass-Course-Can exercises will require repetitive focus, time and actions. Some of these you may choose not to work on until a later week or month or the month after. However, all of items in the "Key" section must find a home into the Quarterly View.
5. In the open space below the "Key" Section, write your statement from your Compass and Course from **A7**.
6. Every evening and every morning, you will look at your Quarterly View and you will read your Compass and Course statements OUT LOUD!
 - a. If you feel silly, great. Soon you won't and when you see these results manifest from your well-designed plan you will know the potency of the spoken word. Afterall, in the beginning was the Word...there must be something to it. 😊
 - b. Multiplier Tactics:
 - i. Rewrite your Compass and Course each day until you own it by memory.

- ii. As you do this step, see it in your mind's eye, feel it in your bones, let it stir your heart with excitement and the peaceful energy that this is finally really happening for you. Ask yourself, "How else might this show up?", and allow your mind to see it.
- 7 Congratulations, you have given yourself a major advantage over almost everyone. You now clearly know **WHY**, **HOW** and **WHAT** you are doing every day. You will work hard with delight as you know your efforts and energy are not in vein or waste. Yes, you will have setbacks and sidetracks. Absolutely count on it. The difference is that you know that they are inevitable in any worthy pursuit. However, these setbacks will be stamped out and plowed over by the abundant fruits yielded with every action, hour, day, week, month, quarter and year by committing to your Align Matrix.

I learned from a teacher, Dan Sullivan, that it starts with commitment which requires the courage to see it through. The courage of taking the precise actions (when the successes and setbacks happen) will give you the competence for assurance that you are capable. Experiencing your newfound capabilities is what creates your new and higher confidence. That confidence allows you to become even more bold as you look at your next and bigger commitment. This cycle (Commit→Courage→Capability→Confidence) repeats as long as you choose to keep growing into your next levels of greatness.

You have made amazing strides. 94% of failure is due to not have the right system. Now you have set your compass and course, it's time to set sail. Bon voyage and make it a great journey!!!

See Examples Below

WEEK	Foundation	Jan	Vertical	Feb	Weatherize	March
1		5XDMJ 5S.L721/30	5XDMJ 32D	FF6.-RX25 5S.L721/30	5XDMJ 32D	FF6.-RX25 5S.L721/30
2		5XDMJ FF6.-RX25 4.32D 5S	5XDMJ 4.32D.FP/2m	FF6.-RX25 5S	5XDMJ 4.32D	FF6.-RX25 5S
3		5XDMJ FF6.-RX25 32D 5S.L721/30	5XDMJ 32D	FF6.-RX25 5S.L721/30	5XDMJ 32D	FF6.-RX25 5S.L721/30
4		5XDMJ FF6.-RX25 4.32D 5S	5XDMJ 4.32D.FP/2m	FF6.-RX25 5S.-D	5XDMJ 4.32D	FF6.-RX25 5S

KEY	5XDMJ: M-F Devotional, Meditate, Journal	FF6.-RX25: Food & Fitness 6d/wk, Lose 1 RX, 25lbs	5S.L721/30.-D: Sell 5, Lessons by 7 th , 21st & 30 days early, Debt Free.
	4.32D.FP/2m: 4 Dates, M- Th Fam Dinn, Frnds Parnts every other Mo		
	(Continue to fill in the Key boxes according to A7)		

COMPASS

Lead my family and others in the ways I've co-created with God to coach them into their greatness so that they experience freedom and joy in the pursuit of their daily lives' callings.

COURSE

Revisit my Compass each day and keep its outcomes so clear I can feel them so nothing prevents me from making daily progress on one or multiple of my goals.

Days 1-3
(Monday as an example)

DAILY OPENS (AM)	ORDER	ATTENTION	ACTION	ACCOMPLISHED
1. Early AM	Order of what to attend to	Your Daily List of What You Have As To-Do Items Requiring Your Attention for Action	The # of which item you act on	List of What You Did That Is Now Completed and Off Your List...and Mind
2. Mid AM				
3. Late AM				
(PM)				
1. Early PM				
2. Mid PM				
3. Late PM				

Days 1-3
(Monday as an example)

DAILY OPENS (AM)	ORDER	ATTENTION	ACTION	ACCOMPLISHED
1.	1	5xDMJ	1	✓
2. Occupied	5	Take Fido to Vet	2	✓
3. Occupied	7	Restring fishing Pole	6	✓
(PM)	4	Make sales calls & 3 appointments	5	✓
1. Occupied	2	Map out next 30 days lesson plan	3	
2.	6	Schedule hair appointment	4	
3.	3	Make Grocery List		

Below is the Align Matrix, the framework for decreasing stress and inflammation through well invested time to yield greater happiness, joy and meaning in each day. The next two pages are designed to be completed monthly. You have 31 days of the Daily Align Matrix (DAM)...so you can reclaim your DAM time.

Now it's time to Plow and Harvest. Go get'em!



Month _____ Year _____

_____ days remaining until your next big goal of _____.

_____ days remaining until your next big goal of _____ after that.

_____ days remaining until your next big goal of _____ after that.

Review your **A1**: Life Enthusiasm Index Target Shift to keep that on point. Re-do it every 1 -2 Months.

Fill in your next **Quarterly Organizer, Key, Compass & Course** on the following page.

Rate yourself on how well you have moved toward the life you really want over the past 30 days.

1 2 3 4 5 6 7 8 9 10

Write 1 – 3 things you overcame last month to stay on, or get back onto, the path you designed.

Are there areas that you can engage with more for better results? If yes, define them.

Review what you have accomplished in your previous 30 days. Celebrate your wins!... and write them here and/or share them on the Private Member's Page (email info@drpurelife.com if you haven't logged in).

WEEK			
1			
2			
3			
4			

KEY			

COMPASS

COURSE

Day 1 – 3

DAILY OPENS (AM)	ORDER	ATTENTION	ACTION	ACCOMPLISHED
1.				
2.				
3.				
(PM)				
1.				
2.				
3.				

DAILY OPENS (AM)	ORDER	ATTENTION	ACTION	ACCOMPLISHED
1.				
2.				
3.				
(PM)				
1.				
2.				
3.				

DAILY OPENS (AM)	ORDER	ATTENTION	ACTION	ACCOMPLISHED
1.				
2.				
3.				
(PM)				
1.				
2.				
3.				

Day 4 – 6

DAILY OPENS (AM)	ORDER	ATTENTION	ACTION	ACCOMPLISHED
1.				
2.				
3.				
(PM)				
1.				
2.				
3.				

DAILY OPENS (AM)	ORDER	ATTENTION	ACTION	ACCOMPLISHED
1.				
2.				
3.				
(PM)				
1.				
2.				
3.				

DAILY OPENS (AM)	ORDER	ATTENTION	ACTION	ACCOMPLISHED
1.				
2.				
3.				
(PM)				
1.				
2.				
3.				

DAILY OPENS (AM)	ORDER	ATTENTION	ACTION	ACCOMPLISHED
1.				
2.				
3.				
(PM)				
1.				
2.				
3.				

DAILY OPENS (AM)	ORDER	ATTENTION	ACTION	ACCOMPLISHED
1.				
2.				
3.				
(PM)				
1.				
2.				
3.				

DAILY OPENS (AM)	ORDER	ATTENTION	ACTION	ACCOMPLISHED
1.				
2.				
3.				
(PM)				
1.				
2.				
3.				

Day 10 – 12

DAILY OPENS (AM)	ORDER	ATTENTION	ACTION	ACCOMPLISHED
1.				
2.				
3.				
(PM)				
1.				
2.				
3.				

DAILY OPENS (AM)	ORDER	ATTENTION	ACTION	ACCOMPLISHED
1.				
2.				
3.				
(PM)				
1.				
2.				
3.				

DAILY OPENS (AM)	ORDER	ATTENTION	ACTION	ACCOMPLISHED
1.				
2.				
3.				
(PM)				
1.				
2.				
3.				

Day 13 – 15

DAILY OPENS (AM)	ORDER	ATTENTION	ACTION	ACCOMPLISHED
1.				
2.				
3.				
(PM)				
1.				
2.				
3.				

DAILY OPENS (AM)	ORDER	ATTENTION	ACTION	ACCOMPLISHED
1.				
2.				
3.				
(PM)				
1.				
2.				
3.				

DAILY OPENS (AM)	ORDER	ATTENTION	ACTION	ACCOMPLISHED
1.				
2.				
3.				
(PM)				
1.				
2.				
3.				

Day 16 – 18

DAILY OPENS (AM)	ORDER	ATTENTION	ACTION	ACCOMPLISHED
1.				
2.				
3.				
(PM)				
1.				
2.				
3.				

DAILY OPENS (AM)	ORDER	ATTENTION	ACTION	ACCOMPLISHED
1.				
2.				
3.				
(PM)				
1.				
2.				
3.				

DAILY OPENS (AM)	ORDER	ATTENTION	ACTION	ACCOMPLISHED
1.				
2.				
3.				
(PM)				
1.				
2.				
3.				

Day 19 – 21

DAILY OPENS (AM)	ORDER	ATTENTION	ACTION	ACCOMPLISHED
1.				
2.				
3.				
(PM)				
1.				
2.				
3.				

DAILY OPENS (AM)	ORDER	ATTENTION	ACTION	ACCOMPLISHED
1.				
2.				
3.				
(PM)				
1.				
2.				
3.				

DAILY OPENS (AM)	ORDER	ATTENTION	ACTION	ACCOMPLISHED
1.				
2.				
3.				
(PM)				
1.				
2.				
3.				

Day 22 – 24

DAILY OPENS (AM)	ORDER	ATTENTION	ACTION	ACCOMPLISHED
1.				
2.				
3.				
(PM)				
1.				
2.				
3.				

DAILY OPENS (AM)	ORDER	ATTENTION	ACTION	ACCOMPLISHED
1.				
2.				
3.				
(PM)				
1.				
2.				
3.				

DAILY OPENS (AM)	ORDER	ATTENTION	ACTION	ACCOMPLISHED
1.				
2.				
3.				
(PM)				
1.				
2.				
3.				

Day 25 – 27

DAILY OPENS (AM)	ORDER	ATTENTION	ACTION	ACCOMPLISHED
1.				
2.				
3.				
(PM)				
1.				
2.				
3.				

DAILY OPENS (AM)	ORDER	ATTENTION	ACTION	ACCOMPLISHED
1.				
2.				
3.				
(PM)				
1.				
2.				
3.				

DAILY OPENS (AM)	ORDER	ATTENTION	ACTION	ACCOMPLISHED
1.				
2.				
3.				
(PM)				
1.				
2.				
3.				

Day 28 – 30

DAILY OPENS (AM)	ORDER	ATTENTION	ACTION	ACCOMPLISHED
1.				
2.				
3.				
(PM)				
1.				
2.				
3.				

DAILY OPENS (AM)	ORDER	ATTENTION	ACTION	ACCOMPLISHED
1.				
2.				
3.				
(PM)				
1.				
2.				
3.				

DAILY OPENS (AM)	ORDER	ATTENTION	ACTION	ACCOMPLISHED
1.				
2.				
3.				
(PM)				
1.				
2.				
3.				

DAILY OPENS (AM)	ORDER	ATTENTION	ACTION	ACCOMPLISHED
1.				
2.				
3.				
(PM)				
1.				
2.				
3.				