

DAY 6:  
YOUR FIRST  
CLUE ABOUT  
A LIFE THAT  
MATTERS



**Watch:** Watch today's short video. Pay attention to the question John asks and his perspective on the day's intentional action.

**Think:** What *always* makes you emotional? This may be an easy question for you. Or you may find it very difficult to answer. But don't give up on it. The answer will offer you a clue about where you are hard-wired to want to help others.

**Do:** Your only task today is to identify what makes you cry. If you know what that is, write it down. If you're having trouble answering the question, then brainstorm 5 possibilities and write those down.

**Tell:** After you've written down something that makes you cry, tell others about it. If you use social media, share using the hashtag #IntentionalLiving. You can also click to share today's big idea on social media:

**When you identify what makes you cry, and you tap into it, you receive a major piece of the puzzle for your purpose, your *why*, and begin seeing your pathway to a life that matters.**

