

# ART F THINKING SMART

**PODCAST EPISODE #2:**  
*How to Change Your Life  
and Pursue Your True  
Life Purpose*

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ArtofThinkingSMART.com/2

## Five P's of Professional & Personal Life and Purpose

### **Personality:**

- Take the Myers-Brigg Type Indicator Personality Test at <http://artofthinkingsmart.com/smart-personality> :
- Four-Letter MBTI: \_\_\_\_\_
- What Are Your Strengths & Weaknesses (Be Honest!):  
\_\_\_\_\_  
\_\_\_\_\_
- **The Right Personality is YOUR PERSONALITY!**
- **Your Personality determines:**
  - ✓ **How You Are Around Other People**
    - Reserved/introvert: Drained by People
    - Outgoing/Extrovert: Energized by People
  - ✓ **How You Make Decisions**
    - Facts/Thinking: Likes Facts, Details, Practical
    - Feelings/Emotions: Likes to speculate, hunches
  - ✓ **How You Are in Relationships**
    - Dependent on Others: Needs People, External
    - Independent: Relies on Self, Internal
  - ✓ **How You Use Your Time**
    - Determined/Fixed: Organized, Plans Ahead
    - Spontaneous/Unprompted: Flexible, Adaptive

## Five P's of Professional & Personal Life and Purpose

🕒 **Passion:** This is the real you! What you love to do!

- List what you love to do: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- You feel almost guilty for being paid to do because you would do it for free since you enjoy doing it so much!

🕒 **Pre-Eminent:** This is what you are good and strong at!

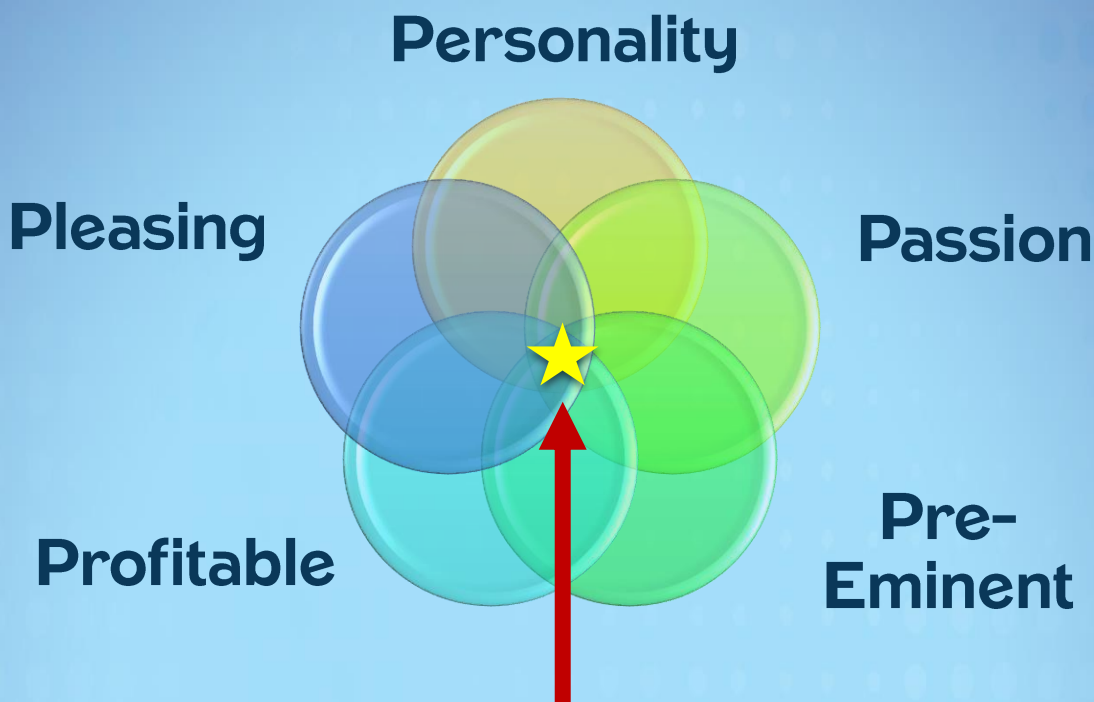
- List what you do well and better than others: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- What have people complimented you on: \_\_\_\_\_  
\_\_\_\_\_

🕒 **Profitable:** Can you make money from it? Monetize it?

- List how you can monetize and earn income from this: \_\_\_\_\_  
\_\_\_\_\_
- Can you live off this amount of income? Can you Scale? \_\_\_\_\_  
\_\_\_\_\_

🕒 **Pleasing:** These are your values, faith, and beliefs.

- Are they aligned with your morals and principles? Does it fit your ideology & belief system in life? Why or why not?  
\_\_\_\_\_  
\_\_\_\_\_



## Where Do They Intersect?

- 1 Is your current profession and purpose meet these five requirements? \_\_\_\_\_
- 2 If not, what do you need to do to change that? \_\_\_\_\_
- 3 Do you believe your life will change when you are in total alignment? \_\_\_\_\_
- 4 You should continually come to this exercise to see if things have changed. Asking **SMART Questions** generates **SMART Answers**. Make sure you ask yourself: Are you living a life and profession that matches your *personality*, you are *passionate* about, *pre-eminent* in, can be *profitable*, and is *pleasing* to your values and belief system?
- 5 Don't **WASTE ANYMORE TIME** if you are not!