

toolkit

# a Dutiful™ life

*Dutiful™ is the beautiful sense of duty to yourself, to live your true purpose in life.*

**Matina Jewell**

purposeful + meaningful + actionable = fulfilment

| my 'roles'... | 'continue'... | 'stop'... | 'start'... | the feeling...? |
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name: \_\_\_\_\_

**Dutiful™**



# *Dutiful*<sup>TM</sup> planning guide

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## Designing a Dutiful life

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1. List the roles you play in life
  - > Home: Partner and Parent
  - > Work: Leader and 1<sup>st</sup> Aid Officer
  - > Community: Basketball Coach... + more!
2. Identify *your* sense of *duty* (your purpose) for *each* role
  - > What would you like to 'continue' / 'start' / 'stop' doing?
3. Finally, consider how this might *feel*?

***Dutiful<sup>TM</sup> is the beautiful sense of duty  
– to yourself – to live your true purpose in life.***

*I admire people who are really clear on their 'why', their purpose.*

*When I am living my purpose, I feel more meaning in everything I do.*

*But that's not all. When I take action to thrive, I feel fulfilled.*

*I call this 'dutiful'.*

*It feels beautiful, almost magical, to live a dutiful life.*

***- Matina Jewell***

***DutifulLife.com***