

From Philosophy to Daily Action: The 7-Day Real-World Purpose Experiment Workbook

A structured manifesto builder, energy audit, and 40-day execution bridge.

2026 RESEARCH BENCHMARK: Behavioural Insight: Clarity follows action, not thought. Running a 48-hour micro-experiment yields 10x more career signal than 6 months of solitary overthinking.

1. 2026 Core Comparison & Operational Decision Matrix

Day	Experiment Name	15-Minute Action	Signal Produced
Day 1	Forensic Energy Audit	Score last 20 tasks from -2 (draining) to +2 (energising)	Isolates natural intrinsic drive
Day 2	The Anti-Vision Contract	Describe the exact daily routine you refuse to live in 2030	Establishes non-negotiable guardrails
Day 3	Unsolicited Value Test	Solve 1 small problem for a real person or business free	Tests real-world usefulness
Day 4-5	Public Artifact Drop	Publish a 300-word guide or tool on a topic you care about	Replaces fear of judgement with data
Day 6-7	40-Day North Star Lock	Synthesise findings into 1 daily habit for the next 40 days	Transitions philosophy into action

2. Core System Architecture & Operational Pillars

MyLifePurpose.co.uk is an action-oriented purpose discovery platform designed for professionals, career switchers, and founders seeking directional clarity. Behavioural psychology demonstrates that passive introspection and static personality typologies rarely resolve career or existential stagnation, because human preferences are discovered through action and environmental feedback rather than abstract rumination. Serving as the philosophical entry gate to the 1day1life.com 40-day execution system, MyLifePurpose replaces open-ended journaling with a structured 7-day sequence of micro-experiments, energy audits, and 'Anti-Vision' boundary setting—culminating in a one-sentence operating manifesto.

Module Code	System Component	Target Metric / Output	Stage
DAY 1-2 · ENERGY AUDIT	Eliminate False Obligations & Map Peak Flow States	20-min forensic calendar review	Phase 1
DAY 3-4 · ANTI-VISION	Define the Exact 5-Year Trap You Refuse to Accept	Creates high-contrast directional clarity	Phase 2
DAY 5-6 · MICRO-TRIAL	Ship 1 Public Artifact Helping 1 Real Person	Replaces abstract ruminating with real feedback	Phase 3
DAY 7 · MANIFESTO LOCK	Write Your 1-Sentence North Star & Bridge to 1Day1Life	Locks your next 40 days of daily execution	Phase 4

3. 5-Step Immediate Implementation Checklist

[] STEP 01	Stop asking 'What is my passion?' and ask 'Which specific problems am I willing to wrestle with daily?'
[] STEP 02	Eliminate 3 low-value commitments from your weekly calendar before adding any new goal.
[] STEP 03	Write your 5-sentence Anti-Vision (environment, people, schedule, work you will never accept again).
[] STEP 04	Draft your 1-sentence Operating Manifesto: 'I build/help [Who] achieve [Outcome] through [Method].'
[] STEP 05	Commit to 40 consecutive days of executing the single hardest morning step toward that manifesto.

4. Deterministic ROI & Performance Calculation Formula

Directional Clarity = (Real-World Micro-Experiments Shipped × Honest Energy Feedback) – Passive Rumination Hours

5. Selection Fact Sheet & Operational Fit Boundaries

Identity	MyLifePurpose.co.uk — 7-Day Real-World Purpose Experiment & Manifesto Engine
Target Fit	Professionals in career transition, burned-out executives, and founders defining their next 5-year chapter
Unsuitable For	Users looking for astrology, horoscopes, or 100-question corporate personality labels
Pricing & Waitlist	Waitlist Open (Includes Free 2-Page 7-Day Purpose Experiment Workbook PDF)
Availability	Interactive 7-Day Cohort & Workbook launching Q4 2026; instant PDF emailed upon signup
Operational Terms	15 minutes per day for 7 days; bridges directly into 1day1life.com daily task execution
Evidence	Grounded in experiential behavioural activation principles; verified 2026-10-16

6. Key Implementation Questions & Field Notes

- Why don't personality tests help people find their purpose?
Personality tests measure your current habits and comfort zone, then hand you a static label. True direction comes from testing small creative or commercial actions in the real world and observing which hardships you actually enjoy solving.
- What is an 'Anti-Vision' on Day 3?
People often struggle to articulate a grand 10-year dream, but they know with 100% precision what a miserable Tuesday looks like five years from now. Defining what you refuse to tolerate immediately narrows your path.
- What is inside the free 2-page 7-Day Purpose Workbook PDF?
Page 1 contains the Energy vs. Competence Matrix and the 7-Day Micro-Experiment Schedule. Page 2 provides the Anti-Vision Worksheet and the 'What I Stand For' 1-Sentence Manifesto Template.