Being and Doing:
Where Peace and Purpose Meet
What we will cover
Steven Lawson
Founder & CEO of Monk Manual

“I invest in people who make meaningful investments in creating a better world.”
Whole Person Productivity

Body: What we do
Mind: What we understand
Spirit: What we are directed to
Human Beings > Human Doings

Assembly Line Model

Agriculture Model
My Story
The #1 thing you can do to help the people you serve
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Self-care is not selfish care
It’s mindful pragmatism
Caring for “carers” is an essential function of leadership
We are not machines

Human Beings > Human Doings

Assembly Line Model

Agriculture Model
How?
Whole Person Productivity

Body: What we do
Mind: What we understand
Spirit: What we are directed to
Choose One Thing
No Hacks…

(trust yourself)
Physical Cultivation

-> Tired, worn down, exhausted, low energy, low focus

• Adjust for adequate sleep
• Eat for energy
• Drink plenty of water
• Active for 20 minutes a day
Mental Cultivation

-> Oppressed, stuck, caught, bitter, resentful, confused

• Allow yourself to say no (boundaries)

• Process your experience through journaling

• Notice your inner critic and become the coach you want

• Focus on the means, not just the ends

• Celebrate wins, celebrate your goodness
Spiritual Cultivation

-> Disengaged, anxious, depressed, hopeless, fearful, disconnected

• Surround yourself with things and people that inspire you

• Build a daily gratitude practice

• Build a daily meditation, prayer, or spiritual reading

• Focus on your impact (service) vs your shame

• Understand your limitations and let go
There is no way to happiness/peace/purpose, happiness/peace/purpose is the way

- Thich Nhat Hahn

(paraphrased)
Peaceful Being + Purposeful Doing
Greatest gift isn’t what you do, but who you are
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Thank You