

**EXERCISE: Identifying Times That Involve  
Deliberately Setting the Purpose Dial**

Imagine the next time you are likely to have lots of Mind Judgements, and allow yourself to get caught up with controlling your experiences. Now imagine that while observing all these Mind Judgements (using your *Aware* skills), that you can also notice where the Purpose Dial is set. Is it set low? Could there be a way of acting with Purpose in this moment, turning the dial up? Imagine doing that. What will that involve you practising in terms of *Open* and *Aware* skills?

Situation when my Mind Judgements are HIGH:

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Purpose Dial reading    LOW    MEDIUM    HIGH

Skills to expand (*Open, Aware*):

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Choices and Actions with greater Purpose:

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