



3 WAYS TO DEVELOP PURPOSE AND CREATE CHANGE

Embrace your journey, discover your purpose, and ignite change

- MICHAEL BROVAC

INTRODUCTION:

From Hospitalization to Hoops – Unveiling Purpose, Embracing Change

Life's most profound stories are often from the threads of adversity, transformation, and the unwavering pursuit of purpose. In the following pages, I invite you to join me on a journey – my journey – one that traverses the depths of personal struggle, the heights of inspiration, and the journey from hospitalization for 18yrs to a Coach on a professional basketball team, Personal Trainer, Life Coach and World Class Speaker. This is a journey of discovering purpose, embracing change, and igniting a transformative movement.

For eighteen years, my existence unfolded within the sterile walls of a hospital room and within my home living room connected to machines. The battle against illness was my constant companion, shaping my days and nights, and testing the limits of resilience. Yet, within the confines of those white walls and beeping machines, seeds of determination and dreams of a brighter future took root.

My journey led me to a new horizon – a realm where I stand not as a patient, but as a Coach and Leader. The hospital room became my armory, and the game of basketball became my expression of triumph over adversity. But this journey is not just about personal victories; it's about imparting the same spirit of resilience to those who need it most.

As I continued to face challenges mentally, physically, and spiritually being Isolated with sickness a mentor appeared in my life. Someone who I didn't know and to be honest with you didn't want. That same mentor would eventually be the reason why I am breathing today. He helped me realize and understand that this struggle would be the reason I would choose to continue living. Knowing I was more than a kid in a hospital bed crystallized within me a purpose. To inspire, to uplift, and to change lives.

This short E book is an invitation to witness the transformation from hospital bed to coaching sidelines, from patient to inspiration. Within these pages, you'll find the moments that reshaped my identity, the mentors who guided me, and the principles that fueled my journey.

More importantly, you'll find the blueprint for your journey, a journey that can lead to the discovery of your purpose, the embrace of change, and the spark to ignite transformation in your own life.

Join me as we dive into a short E book that exemplifies the potential of your own story. From the depths of despair to the extreme heights of possibility and change,

Chapter 1: Unleashing your purposeful potential

During life's chaotic ups and downs, we often find ourselves lost, struggling to connect the dots between our aspirations and our current reality. Yet, buried within each of us is a wellspring of untapped potential, a well of purpose waiting to be channeled. This chapter sets the stage for your transformative journey, a journey that will take you from the shadows of doubt and stagnation into the radiant light of your purpose.

For years, I was trapped within the confines of hospital walls, a silent observer of life passing me by. I battled against the tide of illness, my dreams dimming with every passing day. The weight of uncertainty held me captive, chaining me to a life that seemed Robbed of meaning. Perhaps you, too, have felt the weight of unfulfilled potential, the ache of longing for something more.

But even in the darkest moments, there exists a spark, a catalyst that has the power to ignite transformation. For me, it was the realization that my circumstances didn't define me; they were merely chapters in life. This realization from my mentor led me to embark on a journey of self-discovery.

The foundation of any transformation is the mind. We hold the key to our destiny within our thoughts, beliefs, and attitudes. By mastering our mindset, we can rewrite the story's that have held us back. In this section, we dive into the first principle that guided me from patient to coach, exploring how the power of positive thinking can reshape the trajectory of our lives.

Positive thinking creates a good mentality.

Understand that you have control over what you think. If this strikes some doubt, I want you to develop awareness for these questions. Who controls what you consume on social media? Who chooses the people you are surrounded by? And who is responsible for your feelings? (take your time to ANSWER)

Once you have answered those questions, I want you take a minute and reflect on your responses. If you answered honestly, you would be able to see that in all those questions you are the person who is not only accountable, but the gate keeper of action taken.

Down below I am going to write 3 action steps that will improve your mentality.

3 tips to become more in control of your thoughts and promote your mentality:

1. Mute or unfollow accounts that you see online producing content that is not beneficial to your day. EX, this can be someone you went to school with, work

or an influencer you no longer enjoy. Your emotions flow where your attention goes.

2. Create goals and start visualizing what you want, do not put any limits on this. EX, when I was hospitalized the first thing my mentor helped me see was, I had the potential to play basketball one day. I wrote, talked, and visualized things that promoted that vision despite literally not being able to walk at that point.
3. Lastly, Start taking time to just breathe throughout your day. You might be thinking "well I breathe all the time" the difference is your on-auto pilot. What I want you to try is literally put 20 mins aside, close your eyes and just breathe. This has been one of the quickest and most beneficial tools I have learned throughout my time of building health. It not only calms you but completely regulates your body and decreases stress significantly.

CHAPTER 2: Becoming accountable for lasting success.

Now goals are amazing and something in my opinion everyone should develop or aspire to have. In my experience a lot of the times the thing that stops us the most from achieving what we set out to do is our selves.

The biggest reason why I think this happens is because most of the time a goal or objective may sound amazing but when it comes to acting on it, we are no where to be found (speaking from personal experience).

And when we are good with coming up with what we want but not building a commitment to that thing it strands from a lack of what's called accountability.

Accountability is the birth of achievement. In this section, we dive deep into the concept and explore how it can be nurtured to pave the way for lasting success.

Accountability is so crucial because without it your goals do not happen.

Accountability is only valued by how many times you act on what you want. When you aren't accountable actions don't become consistent which equals no results.

For myself I never had success until I was able to be accountable for my health. The inspiration came from realizing that every action I took to get healthy was me honouring my brother Cameron. Once I was able to channel all actions to that purpose, I became extremely accountable for my journey.

Accountability isn't a one-time commitment; it's an ongoing process. Make sure that you remind your self of your purpose or reason for starting in the first place. EX,

every time I had doubt or became unsure, I reminded myself that what I'm doing isn't just for me its for my little brother. Still to this day that's what I tell myself and it has never let me down.

Down below write 5 reasons why you want your goal. Once you have it save that paper and put it somewhere you can see everyday.

Now when your accountable you're going to eventually come up with hiccups. One might be getting critiqued by people around you because they aren't accountable themselves. Another one is you might fall off routine and not know where to start back up. In both challenges I want you to respond the same way, grab your reason sheet which I got you to write above and remind yourself why you started.

Accountability is truly nothing without having a purpose or reason.

Down below I wrote 3 key elements to become accountable.

1. Have clear and specific goals. When you know exactly where you want to go and what that looks like this serves as almost a constant reminder of why you started in the first place. I know I've said similar things repeatedly but when I say accountability is noting without purpose, I am extremely firm in that.
2. Build a friendship or have a group to hold each other accountable. You cannot do this on your own and the earlier you realize that the more strategic and successful you'll become. Without me not only having my mentor but my family and some close friends to support/encourage me the truth is I would not be here today. The more people you have in your corner the better.
3. Finally take advantage of "short term productivity". What I mean by this is do things in your daily routine that most people neglect and make it a habit. An example would be making your bed everyday; this not only is a habit you develop but a rhythm and naturally it makes you more relaxed which increases your sleep which equals a higher work capacity. Another example would be carrying a water bottle with you everywhere you go. This not only is extremely healthy but extremely powerful. It develops a different level of consistency because its an extra hassle to bring this jug around with you everywhere. (Tip the bigger the water bottles the bigger the hassle. Make sure Its at least 2L, you will be getting a significant intake of water and a greater challenge daily to bring this thing with you wherever you go)

Chapter 3: Nurturing Wellness for a Balanced Life

Now we have spoken about purpose or reason and understanding how important it is to have to be accountable and ultimately take actions towards your goals. The next tool we are going to learn about is going to be the power of wellness.

Wellness is the state of health and wellbeing, something that unfortunately I lacked all my life up until I was about 20yrs old.

Without health or wellness, you will first not be able to achieve your goals but secondly enjoy them.

Above when we spoke about purpose and accountability you learned something very special everything needs a purpose and everything needs consistency, without that you are left with no results.

Now from learning the basics within accountability and within reasoning I want you to use those tools within developing this next component in your life.

Wellness encompasses more than just physical health. Wellness includes mental, emotional, social, and spiritual aspects of our lives.

It's the thing that allows us to either enjoy our existence or hate it. What I mean by this is you can have everything in the world money, fame etc. but if you do not have the base of health mentally, physically, or emotionally how do you think you'll be able to enjoy those things?

The answer is you wont.

For myself I lacked any state of health or wellness for 20yrs and sadly saw what that state of living could do to someone when I bared the pain of loosing my little brother Cameron at 10yrs old.

When he passed, it made me no longer want to live because I figured I was next.

Something that I couldn't talk about at the beginning of cams passing was the truth of what happened.

My brother had no example or no one to show him how to properly live and when he passed it made my health even worse.

It got so bad that the doctors told me I was going to have the same outcome as Cameron and so I gave up.

I completely stopped eating, drinking, sleeping, and living since I lacked purpose and accountability within my life.

It wasn't until I was on my death bed and met my mentor who was able to show me my purpose and direct me towards consistency within accountability acknowledging that the action, I took to become better was me making my brother proud.

The First thing I ever did was learning how to properly breathe, then I started taking water seriously and making it a constant effort to have at least 1 cup full a day. After that we built the foundation to just walk from my bed to my door and eventually graduate to doing that with no assistance.

This all was catapulted to the goal of 1 day being able to play basketball with no pain and limitations which now 5yrs later I not only do that everyday but literally work for a professional basketball team as a skill development coach.

Wellness doesn't have to be complicated or intimidating, it must be wanted.

Once you get to a point of where you have had enough, I promise you will step into the right direction of your health and that's exactly what this brief topic is about.

A healthy body is the foundation of overall wellness.

To myself this concludes 4 components everyone has but most of the time neglects.

1. **Your mind:** This is linked to your thoughts, ideas, opinions, and if were getting specific your conscious and subconscious. This broken down is the parts that you are aware of and not aware of. An example of your conscious would be your thoughts and your sub conscious would be linked to your beliefs.
2. **Your body:** This component is linked to everything physical, Bones, muscles, organs etc. This is how you are perceived by others and how you feel physically daily.
3. **Your emotions:** Like your mind your emotions are a spark of things that happen throughout your day based off your thoughts and surrounding perceived events.
4. **Lasty your environment;** Now you may think "How does this have to do with my wellness" and to keep it very simple we are all products of our environment. An example would be when I was hospitalized during my youth, I was always sick but when I had greater influence from my mentor and started leaving that environment I started adapting to that new way of living. Same thing goes for the people you surround yourself. When I was around only sick people, I was sick and once I got introduced to athletes and mentors' people, I wanted to be like I started adapting to those new ways.

When we can look back and reflect on each of these components we can see where our balances and imbalances are.

5 steps of action to improve your wellness stat.

1. Be in bed by latest 10:30pm each night, ideally you want to work up to falling asleep right at that time. The reason why is your nervous system naturally repairs every night from 10:30pm-6am physiologically and psychologically.
2. Avoid the 4 white devils and you will be healthier than %90 of the population. These consist of White table salt, White sugar, White flour, and Processed dairy. All these products are super inflammatory to your system and cause a great stress to each of your organs.
3. Drink at least 2L of water each day, this may seem overwhelming and for those of you who need this try this simple tactic. Start by drinking 500ml each day for a week (literally is 2 coffee cups) once you do 1 week go up another 200ml so you would be drinking 700ml a day. This is huge cause truthfully not only does water hydrate us and support daily functions, but it literally cleans us as well.
4. Take 1 20min walk everyday. This very simple solution is so big because it provides a state of movement within your routine. Once you do this consistently it not only boosts your stamina but decreases inflammation, releases endorphins, and promotes a healthy physicality which can lead into more advanced movements as you progress,
5. Lastly do 5 mins of deep breathing daily. You can even pair this with your walk or even do a short meditation. This promotes proper circulation within your body and helps promote endurance and recovery for your nervous system and cognition.

OUTRO: Integrating Purpose, Accountability, and Wellness

Now that we have learned and become aware of these principles, we can now bring them all together to create a full road map and fulfilling life.

To sign off this short but impactful E book I want to leave you with a short segment written by yours truly.

You are responsible for everything you react too and accept. Often, we choose to react and accept things that may not be ours. In other cases, we do so because we feel we need too.

This can be due to many reasons but within my experience there is 1 thing certain we all have awareness of that is our intuition.

This is our inner feeling or as some like to call it our "gut instinct". When we become more aware of this thing our decisions and actions become more accurately aligned.

Once this crucial piece is unlocked, we can then CHOOSE what we accept and what we react too.

The principles listed above create what's called your base. Without the motivation and resilience given to you through your purpose you will not be accountable. Through the lack of accountability, you will not be able to maintain a healthy lifestyle through wellness.

My goal through this brief but impactful E book is that you have access and most importantly awareness built to the principles that have saved my life.

My story to those who know it is perceived as a miracle or in some other words destiny but for myself the success I have achieved has been from the base of these principles and the individuals who have guided me to these discoveries.

Without any of this I truthfully would not exist today.

My challenge to you is instead of just downloading this free PDF and saving it to your desktop I want you to print it out or even have it displayed somewhere you see everyday.

The more you can read over this material and digest it the more you will receive. Each principle is talked and demonstrated in a fashion that is quick to learn and grasp. But simply without the consistent application of these things results will not happen.

Thank you for taking the time to hear and digest what I have to say, my promise to you is to provide the most beneficial tools I received in my life for you to succeed in yours.

Your circumstances don't define you and the same way I built that realization is how I aspire for you discover as well.

Signing out

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I am 23 years old from Hamilton Ontario Canada. When I was born, I was diagnosed with IPEX syndrome a rare form of immune deficiency. I describe it as bad immune health. However, I was not alone in this journey as my little brother, Cameron was born with the same immune deficiency. Throughout our lives we had numerous hospitalizations and often life or death situations. Effects of this syndrome were severe ranging from nephrotic syndrome, brain tumors, arthritis in the whole body, diabetes, epilepsy, and even hormonal imbalances which affected the way both Cameron and I matured. Sadly, Cameron passed away in 2016 at the age of 10 years old.

A wide-angle photograph of a basketball game in progress, showing a large crowd in the stands and players on the court. The court has a large logo in the center.

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