



Guidelines for developing Your Definite Major Purpose

- 1) You need to cap Your DMP at a **maximum of 400 words**
- 2) Please keep Your DMP entirely in the **present tense!** This includes eliminating words like 'will', 'want', 'wish' etc.
- 3) Subby thrives on **specifics and details**, please describe clearly and in no uncertain terms what You want to achieve, ok?
- 4) Please make sure to use **purely positive language**, stating what You want with certainty
- 5) Subby thrives on **feeling and emotion**, its super important to include clearly how You feel living Your dream.
- 6) Make sure to include one or more **SMART goal(s)**
- 7) Remember to state what **You are letting go off** that previously kept You from reaching these dreams. Please put this in an entirely positive wording!
- 8) Make sure that Your **DMP matches Your PPN's**

SMART: Specific – Measurable – Achievable – Realistic - Timed

PPN: Personal Pivotal Need

- Autonomy
- Helping Others
- Legacy
- Liberty
- Recognition for Creative Expression
- Spiritual Growth
- True Health