



**DAY 5**

# **PURPOSEFUL, PASSIONATE, POWERFUL WOMAN**

**A 5-Day Challenge**

**THE POWER OF PURPOSE  
AND PASSION**



## Day 5 Challenge

Theme of the Day: The Power of Purpose and Passion  
Challenge for Day 5

Life was designed not to give us what we want, not to give us what we need, but life was designed to give us what we deserve. Every value in life must be paid for and those that pay are the ones that get it. Those that give receive, those that search will find. ~ Jim Rohn

### 1. The Power of Purpose and Passion

When you have a Purpose, you have focus. When you have Passion, you have energy. A woman that has purpose and passion has something that can be seen and felt when she walks into the room, when she speaks, when she smiles.

When you have a Purpose and when you have Passion, you are driven through your day towards your tomorrows. And you take each day, each challenge with style, compassion, and humility.

The clearer your Purpose becomes, the more passionate you become, not only about your Purpose, but your life, your soul comes alive.

### 2. Self-Confidence

When your Purpose is crystal clear, when Passion flows through your veins and makes your heart pump with wild anticipation, you become a woman confident in knowing who she is. Confident in knowing enough to pay attention to the foundation that makes you strong; the discipline to prepare yourself physically, mentally, emotionally, and spiritually to pursue your Purpose with determination against any odds, passionate about making a difference.

### 3. Powerfully Enthusiastic

Enthusiasm comes from deep inside you, it's what you created by self-confidence, what you created because you have a purpose, and because you have become passionate. This type of enthusiasm is not from being loud and boisterous, it is quiet, humble, it is positive energy. Your enthusiasm is what gives you power and keeps you going, even in difficult times.



#### **4. Knowledge is Power**

Your Power comes from being knowledgeable. You have a purpose, so dig in. Learn everything you can about what that Purpose is, how you can make it come alive, how you can help others because this is your Purpose. It doesn't matter if you have a college degree or a certification. Be the best at it. Knowledge is Power.

#### **5. Power comes from Preparation**

Making a powerful contribution to prepare yourself involves a lot of things. It is a process and it takes time. You have been preparing for this moment your entire life. The decisions you have made and are going to make and the preparation time is what lasts for a lifetime.

#### **6. Power comes through Self-Reliance**

We do not live in a bubble, and as humans, we need other humans. However, there is a great deal of power when you are self-reliant. You look to yourself first, rely on your capabilities, your intelligence, your intuition. You know who you are and what you are capable of. The buck stops with you, no complaints and no explanations.

#### **7. Power comes through by your very Presence**

There are many parts to image, it's the image other people see you as, and the image you see of yourself. When you have a Purpose and you are Passionate, people will begin to see you a Leader, someone they can trust. You will portray one who is in control of the situation; that kind of image is powerful. More powerful is the image you see of yourself, the image you project in the mirror, how you appear to yourself is the ultimate importance. The way you talk, think, dress, your capacity to learn and listen all impact your Presence.



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### **8. Power stems from your Core Values**

A woman who has high values, expects honesty, a person of respect and integrity is an extremely powerful woman. It is vital to develop the foundation within yourself that people see you as honest, fair, willing to do the right thing, willing to be helpful, and doesn't cut corners.

### **9. Power comes from Self-Discipline**

Self-discipline is knowing what you need to do and controlling yourself to obtain it in a way that is in alignment with your Core Values. Self-discipline is a crucial skill to learn if you desire to be powerful.

### **10. Power comes from a 5-Star Performance**

If you want to live an extraordinary life, you must do the extraordinary. If you want extraordinary income, you must do extraordinary things. If you want anything in life, you must demand it of yourself. When you consistently do the extraordinary, you become a Powerful person in your own right.