



DAY 1

PURPOSEFUL, PASSIONATE, POWERFUL WOMAN

A 5-Day Challenge

**WHY AM I AFRAID
TO FIND MY PURPOSE?**



Day 1 Challenge

Introduction:

If you are taking action, but nothing is happening, or you are feeling stuck and are not quite sure why that is, we can change that.

There is only one difference between someone who never follows through on their intentions and someone who wakes up with energy, excited to meet the day, experiencing joy, freedom, and abundance.

What is that difference?

The person who experiences joy, freedom, and abundance knows their life's Purpose and is living it!

During this 5 Day Challenge, you are going to discover those limiting beliefs that keep you stuck and limit your passion. We will talk about why your Purpose has evaded you. We will talk about the Courage that is buried deep inside you. We will get out of your head and into your Soul, where the real power lies. And we will set your sites on becoming the **Purposeful, Passionate, Powerful Woman** you are!



Day 1 Challenge

Theme of the Day: Why Am I Afraid to Find My Purpose?

What is Fear? False Evidence Appearing Real

Challenge for Day 1: Do a Fear Purge

Before you can live your life with Purpose, you need to face the fears that have been holding you back. Writing these fears and limiting beliefs down is an awesome way to do that because it allows you to feel the fear and process it. It is only then that you can fully let that fear go and move forward.

- The Challenge is to Name Your Fears that are holding you back. Be as specific as you can. Instead of writing – “I am terrified of starting over,” write this instead: “I might have to dip into my retirement account.”

- Next, to see the intensity of the Fear and/or Limiting Belief, assign a score to each fear, with 1 being “Ah, maybe” to 10 being a “Hell, No!”

- Look at your list of Fears and Limiting Beliefs, again. Which ones are out of your control, because they involve what others will say about you or think about you? Scratch those out. You can't control those and frankly, this is your life, not theirs.



Day 1 Challenge

- With each remaining Fear or Limiting Belief, write down what you can do about this Fear. You have control over this and your life. For example, if one of your Fears is you will run out of money, then you might write down that you are going to create a strict budget and adhere to it.

- Looking over your Fears, which of your fears can you live with? For example, you might be extremely afraid of snakes, but unless your dream is to work in the jungle, this should be irrelevant.

- Highlight the Fears that scored in your "Hell, No!" gauge. For each of these Fears, what would be the worst thing that could happen if this Fear materialized? What is the least likely thing to happen? And, being realistic, what is likely to happen? Process each Fear objectively.