



DAY 3

PURPOSEFUL, PASSIONATE, POWERFUL WOMAN

A 5-Day Challenge

POWERFUL QUESTIONS
FOR FINDING YOUR
PURPOSE



Day 3 Challenge

Introduction:

As I reflect on my life and what I am doing now, which I truly believe is Living my Purpose, I can see where many of my previous experiences were training ground for what I am doing now.

Although as a young person, a Life Coach was not even heard of, a teacher seemed like a reasonable career for someone who wanted the house, a white picket fence, and 2.5 children. As time passed, a degree in Family Therapy seemed more fitting, though nearly unemployable.

Thus, opportunities presented themselves in a field beyond my wildest imagination as a Business and Management Consultant, where I utilized every skill I had learned in Family Therapy. The projects in the consulting arena provided the knowledge to become a entrepreneur, and eventually build an international manufacturing and distribution business, leaving a hell of a legacy for my two sons.

Again, utilizing many of the skills from Family Therapy and the bonus of many consulting projects, this career gig was challenging, stimulating, fascinating, but really not my purpose.

A relationship breakup late in this career pushed me to look for Miracles, for peace, for answers. And low and behold, a Life Coach appeared. After nearly three years of coaching, once a month, not only did I have my head on straight, but I knew what my purpose was. I had the gifts, the knowledge (those are two different things) and I had the passion. **Passion is also different than Purpose.**

That inspiration catapulted me into all kinds of Coaching training, reading personal growth books, and developing my own courses. None of this is coincidence. I would not be a Coach today if my marriage would not have failed. My marriage probably would not have failed if I wasn't so damn good at business. And I wouldn't have gotten good at business if I had not been a consultant.



Day 3 Challenge

Theme of the Day: Powerful Questions for Finding Your Purpose
Challenge for Day 2

So the lesson here is to stop and reflect. Yes, as you do so, those old regrets and bad memories may pop up. Don't dwell on them. Let those go. Your challenge is to create history lesson of your life. Where did it start and where are you now? You will be amazed at how the pieces fall together. Start with the question, "What did you want to be when you were a kid?" And then sit back and let it roll.

The other part of finding your Purpose that not many talk about is that your **Purpose is really not YOUR Purpose**. Your Purpose is given to you to add value to the lives of others. You are given special gifts to implement and carry out your Purpose. And those gifts and talents are unique to only you. Keep that in mind. Whatever your Purpose is, not everyone is going to jump up and down in excitement for you. But there are those special few that need you, that are just waiting for you. As you take those quiet moments, what do you do for others that gives you joy? For some it might be baking, for some it might be cleaning, for others it might be writing inspirational stories. The point is, you enjoy doing it, you are really good at it, and someone else reaps the benefit, as well. When was the last time you did something for someone else? What was it? How did it make you feel? Think about these events and describe them in detail, in writing, below.