

A 4-WEEK JOURNEY TO PERSONAL GROWTH

FINDING PURPOSE

workbook

Dear Friend,

Welcome! We are so glad you are here. Over the next month, we are thrilled to guide you through a profound exploration of personal growth, resilience, and purposeful living. In Session 1, we'll set the foundation with a warm welcome and dive into the basics of our one-of-a-kind coaching tool, the Circle of Influence, laying the groundwork for meaningful change. In Session 2, we'll explore the powerful process of emotions, providing you with valuable tools to navigate and understand your feelings effectively. Session 3 is dedicated to unraveling our two core fears and equipping you with the strength to combat any fear with truth. Finally, in Session 4, get ready for a deep dive into the Divinity Circle, where we'll identify limiting beliefs and show you what makes our coaching different than anything else out there by showing you exactly how to find purpose in the very place you are in.

To enhance your learning experience, we've prepared a comprehensive workbook that aligns with each week's teachings. This workbook is designed to be your personal guide, helping you apply the insights gained in each session to your unique life circumstances. Get ready for a journey of self-discovery, growth, and empowerment. We are honored to be part of your journey and can't wait to witness the incredible progress you'll make over the coming weeks.

Here's to an enriching and purposeful adventure together!

Purpose in this Place Coaches

GETTING TO KNOW YOU

worksheet

What is going well in your life right now? Tell me 5 things that are going well.

What is NOT going well in your life right now? What do you wish was better?

What do you hope to achieve through coaching?

In one year, what do you hope will be different as a result of the work you do here?

What would you like me to know about you?

RATHER THAN BEING YOUR
THOUGHTS AND
EMOTIONS, BE THE
AWARENESS BEHIND THEM

Eckhart Tolle

BASICS OF THE CIRCLE OF INFLUENCE

SESSION 1

worksheets



Homework:

- *Fill out Top 3 Emotions Worksheet, use the list of emotions to help guide you*

PURPOSE
IN THIS PLACE

CIRCLE OF INFLUENCE

CUE

(a signal to start or do something)



MY TOP 3 EMOTIONS

tapping into the heart

On a daily basis what are your three most common feelings?

1. _____
2. _____
3. _____

Why do you think you have those feelings on a daily basis?

What do you think this says about you and your life?

Are you content with these feelings on a regular basis? Yes or No?

What would need to happen for you to change these feelings?

What would you like your top three feelings to be?

1. _____
2. _____
3. _____

How do you believe your life would be different if you lived with the feelings you want instead of the feelings you have?

LIST OF EMOTIONS

expand your emotional vocabulary

SAD <ul style="list-style-type: none">• Crushed• Dejected• Depressed• Desperate• Disgusted• Dismayed• Frustrated• Heavy• Sorrowful• Upset• Weepy	HAPPY <ul style="list-style-type: none">• Amused• Charmed• Content• Delighted• Enthusiastic• Glad• Grateful• Joyful• Loving• Optimistic• Pleased	HURT <ul style="list-style-type: none">• Abused• Betrayed• Criticized• Damaged• Impaired• Jealous• Let down• Punished• Rejected• Tender• Wounded	CONFIDENT <ul style="list-style-type: none">• Assured• Brave• Certain• Comforted• Encouraged• Faithful• Peaceful• Prepared• Secure• Strong• Successful	ENERGIZED <ul style="list-style-type: none">• Creative• Determined• Focused• Healthy• Inspired• Invigorated• Motivated• Refreshed• Renewed• Strengthened• Vibrant
ANXIOUS <ul style="list-style-type: none">• Afraid• Desperate• Frozen• Hurt• Mixed up• Stressed• Stuck• Stunned• Troubled• Uncomfortable• Unsure	ANGRY <ul style="list-style-type: none">• Agitated• Annoyed• Bitter• Critical• Fed up• Furious• Irritated• Livid• Mad• Raging• Resentful	TIRED <ul style="list-style-type: none">• Bored• Burned out• Dejected• Drained• Dull• Exhausted• Fatigued• Indifferent• Listless• Powerless• Weary	STRONG <ul style="list-style-type: none">• Ambitious• Certain• Confident• Dynamic• Empowered• Hardy• Powerful• Secure• Sure• Tenacious• Unique	LOVED <ul style="list-style-type: none">• Accepted• Appreciated• Befriended• Blessed• Cherished• Commended• Empowered• Healed• Helped• Saved• Understood

Expand your emotional vocabulary by recognizing there are many emotions to choose from. Try looking at this list and choose the one emotion you are feeling the strongest.

Notes

Date / /

A large grid of dots for writing notes, consisting of 20 columns and 40 rows of small, evenly spaced dots.

LOVE GROWS OUT
OF EXPERIENCING
INNER PEACE AND
JOY REPEATEDLY

Deepak Chopra

PROCESSING EMOTIONS

SESSION 2

worksheets



Homework:

- *Take the list of emotions and highlight what emotions came up for you each day. Record in the Emotion Tracker.*
- *Processing emotions worksheets – pick 4 emotions from this week and write out the steps of processing emotions (2 desired emotions and 2 undesired emotions)*

Notes

Date / /



EMOTION TRACKER

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Common Emotions

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Notes

PROCESSING EMOTIONS

worksheet

What emotion are you feeling right now: (Remember an emotion is one-word. Look at the emotions list and pick the one word description of how you are feeling)

Where do you feel it in your body?

Describe it as though you were telling an alien what it felt like:

What color is it? Is it fast or slow?

What are the sentences in your mind that might be causing this emotion?

PROCESSING EMOTIONS *worksheet*

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LOVE IS WHAT WE
WERE BORN WITH.
FEAR IS WHAT WE
LEARNED HERE.

*Marianne
Williamson*

OUR TWO CORE FEARS

SESSION 3

worksheets



Homework:

- *Highlight which limiting beliefs you identify with most*
- *Make a list of 10 people you admire*
 - *Write down their names and what characteristics you love about them*

YOUR TWO CORE FEARS

Neuroscientists tell us 95% of our choices are made subconsciously. The Fear of Failure and the Fear of Loss are two core fears that drive most of your subconscious programming. They are also responsible for most of your behavior and especially your bad behavior.

Fear of Failure

*the fear that you are
not good enough*

False Beliefs:

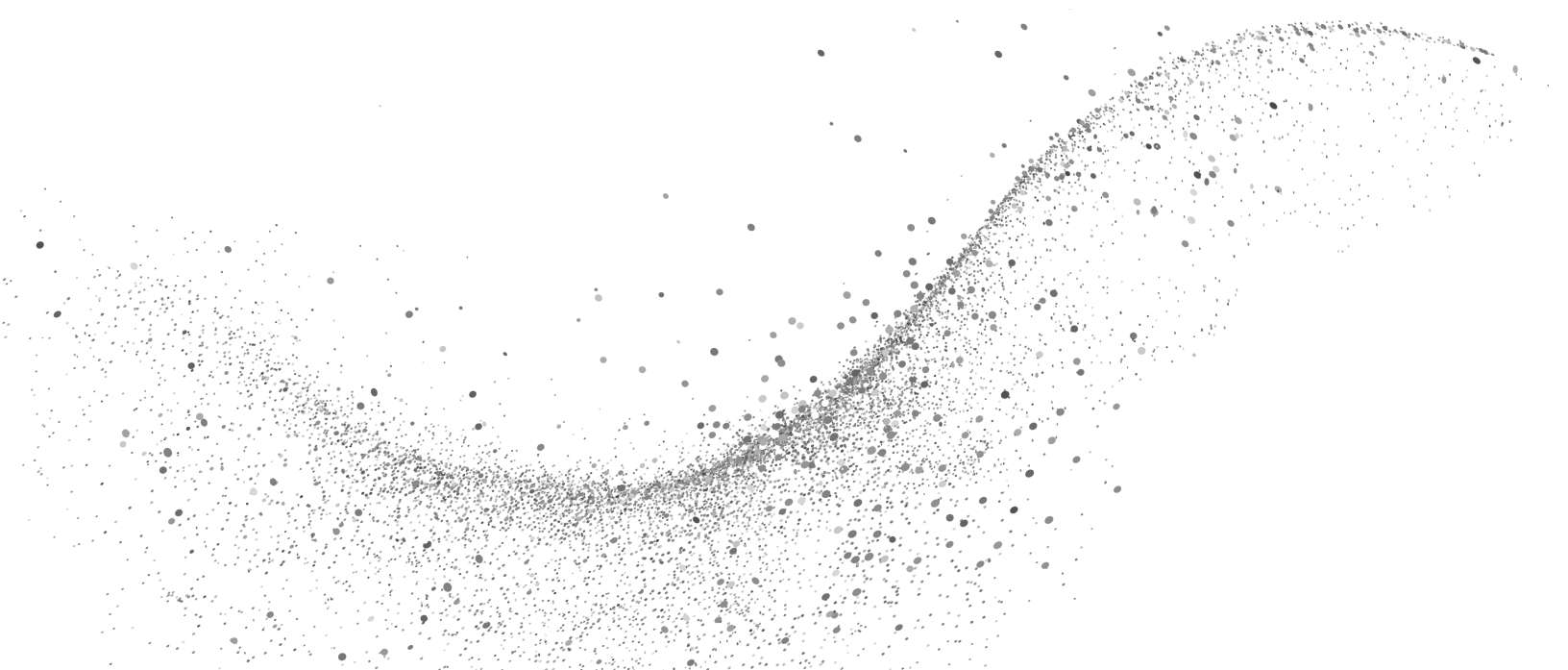
- Your value is changeable...it must be earned
- Your value can go up or down depending on your appearance, performance, belongings, opinions of others and or self.
- Your value is earned or lose it;s value.

Fear of Loss

*the fear that your life
might not be good
enough (FOMO)*

False Beliefs:

- Life is dangerous, unpredictable, random, chaotic, meaningless and can be ruined.
- Life can go wrong and mistakes will provide the wrong life experience.



LIMITING BELIEFS

- I must put other's needs before my own.
- I don't have it all together, so I have nothing to offer others.
- Life is hard.
- If I'm not perfect, no one will love me.
- I always lose.
- I can't trust my own judgment.
- I will never be good enough to get the jobs I want.
- If I speak up in a group, I will make a fool of myself.
- I have no one who cares about me.
- My value must be earned.
- If I make mistakes they are irreparable & I'm a failure.
- I have to sacrifice myself to make others happy.
- I am in the way.
- The house must be clean before anyone comes over.
- I bother other people.
- God is inaccessible.
- My personality is annoying.
- I have to do everything alone.
- Showing any emotion makes me a weak person
- People don't like me.
- I am ugly.
- I am worthless.
- I will never succeed no matter how hard I try.
- God doesn't care about me.
- I am not desirable.
- I need to be right to be respected.
- No one will love me.
- I am alone.
- I never have enough time.
- My value is based on my performance.
- I hate God's plan for me.
- I can't have money and be a good person.
- Everything that goes wrong is my fault.
- I never get what other people get.
- Things never go my way.
- I always choose wrong at every turn.
- Every time I make some money, something comes and takes it.
- I have to do it all.

LIMITING BELIEFS

- People aren't honest and I can't trust them.
- There's never enough.
- I am not as good as them.
- I should know better.
- I always make the wrong choices
- Don't toot your own horn.
- I need more money to have value
- I am a victim
- No one really knows me or appreciates me.
- I am a failure and always will be
- No one would look up to or listen to me.
- If they knew the real me... they'd reject me.
- It's all my fault.
- I will always be poor.
- I have to do for others, so they will love me .
- I have to do everything and perfectly or I am an utter failure.
- If you can't do it right the first time, it's not worth doing.
- The house must be clean before you go to bed.
- The work I do determines my value.
- Life is meant to be hard
- I am a failure.
- If I try, I will do it wrong - it's safer not to try.
- I have to be angry to be motivated.
- I must hold onto mistreatment, to be safe.
- God is disappointed in me.
- If they knew all the bad things about me, they wouldn't love me.
- It's too late.
- I can't trust myself or others.
- I don't know enough.
- I'm too busy.
- How others feel about me determines my value.
- I am behind where I should be.
- I am a loser.
- I am broken and I cannot be fixed.
- I have to be weak and submissive to be accepted.

LIMITING BELIEFS

- I have to be strong and tough to be accepted.
- Rich people are bad and selfish.
- I have to sacrifice myself for the cause or other people.
- I can't handle this.
- Life is better alone.
- All men are cheaters & mean.
- All men want is that one thing.
- God will be disappointed in me.
- I have to have money (a certain amount) to be valuable and be successful
- I am not brave.
- Wanting sex makes you a bad person.
- I have to make the perfect choice.
- Mistakes cannot be forgiven or forgotten.
- I can't show emotion.
- I should just let it go and get over it.
- I can't commit
- I am a quitter
- I can't do this anymore.
- I'm so sick and tired.
- This will never get better.
- I'm not strong enough to get through this.
- Love hurts.
- I'm safer alone.
- My love has to be earned.
- They are better than me.
- I am better than them.
- How I look determines my value.
- My weight determines my value.
- I don't have enough time.
- Emotion is for the weak.
- I am always behind and late.
- I'm not smart enough.
- I'm not ready.
- I don't have the right degrees, education, etc.
- I am not good at... math, science, languages, dating, parenting, etc. ...and I never will be or can be.
- I don't have friends.
- I can't do anything right.
- It's too big and hard.
- Nothing ever goes my way.

List 10 people you admire and write down the attributes and characteristics you look up to and appreciate about these individuals.

01

02

03

04

05

06

07

08

09

10

Notes

Date / /



WE CANNOT CHANGE
WHAT WE ARE NOT
AWARE OF. AND
ONCE WE ARE AWARE
WE CANNOT HELP
BUT CHANGE

Sheryl Sandburg

DEEP DIVE INTO DIVINITY

SESSION 4

worksheets



Homework:

- *Practice believing your divinity circle and living intentionally*

I AM...

I AM CAPABLE
I AM A PRESENT MOM
I AM STRONG
I AM COURAGEOUS
I AM MAKING A DIFFERENCE
I AM A LEADER
I AM DOING MY BEST
I AM GROWING
I AM LEARNING
I AM SEEN
I AM LOVED
I AM ON THE RIGHT PATH
I AM STEADFAST
I AM INTENTIONAL
I AM PRESENT
I AM WILLING
I AM A MESSENGER OF LOVE
I AM PREPARED
I AM A GIVER OF LIGHT
I AM DOING MY BEST
I AM A CALM AND SAFE SPACE
I AM NEEDED
I AM ON A PATH TO SUCCESS
I AM WHERE I NEED TO BE
I AM ABUNDANTLY RICH IN LOVE
I AM WORTH IT
I AM CONFIDENT IN MY ABILITIES
I AM FUN
I AM SUCCEEDING
I AM BOLD
I AM CREATING THE LIFE I WANT
I CAN ACCEPT MY INSECURITIES
I AM EXACTLY WHERE I NEED TO BE

EVERYTHING I NEED IS ALREADY WITHIN ME

I AM A HIGH VIBRATIONAL BEING

I AM HERE BECAUSE OF EVERYTHING IT
TOOK TO GET ME HERE

I AM CAPABLE OF WAY MORE THAN I KNOW

I AM GRATEFUL FOR THIS BODY

I AM REACHING OUTSIDE MY COMFORT
ZONE TO MAKE MY DREAMS A REALITY

I AM IN CONTROL OF MY THOUGHTS

I AM MORE THAN MY INSTAGRAM PROFILE

I AM LIVING THE LIFE I WAS BRAVE ENOUGH TO
CREATE

I AM SLOWLY BECOMING THE PERSON I NEED
TO BE

MY PRESENCE IS MY POWER

I AM VALUABLE, I KNOW MY VALUE
I AM DESTINED TO ACHIEVE MY DREAMS

I AM STRONGER THAN THE URGE TO CRITICIZE
MYSELF

I AM LEARNING TO TRUST THE PROCESS

You were not sent to Earth to PROVE your divinity.
You were sent here WITH it.



Divinity
is at the CORE

I AM...

Who do you want
to be?

Everything you need lies WITHIN

Who are you at your
CORE?

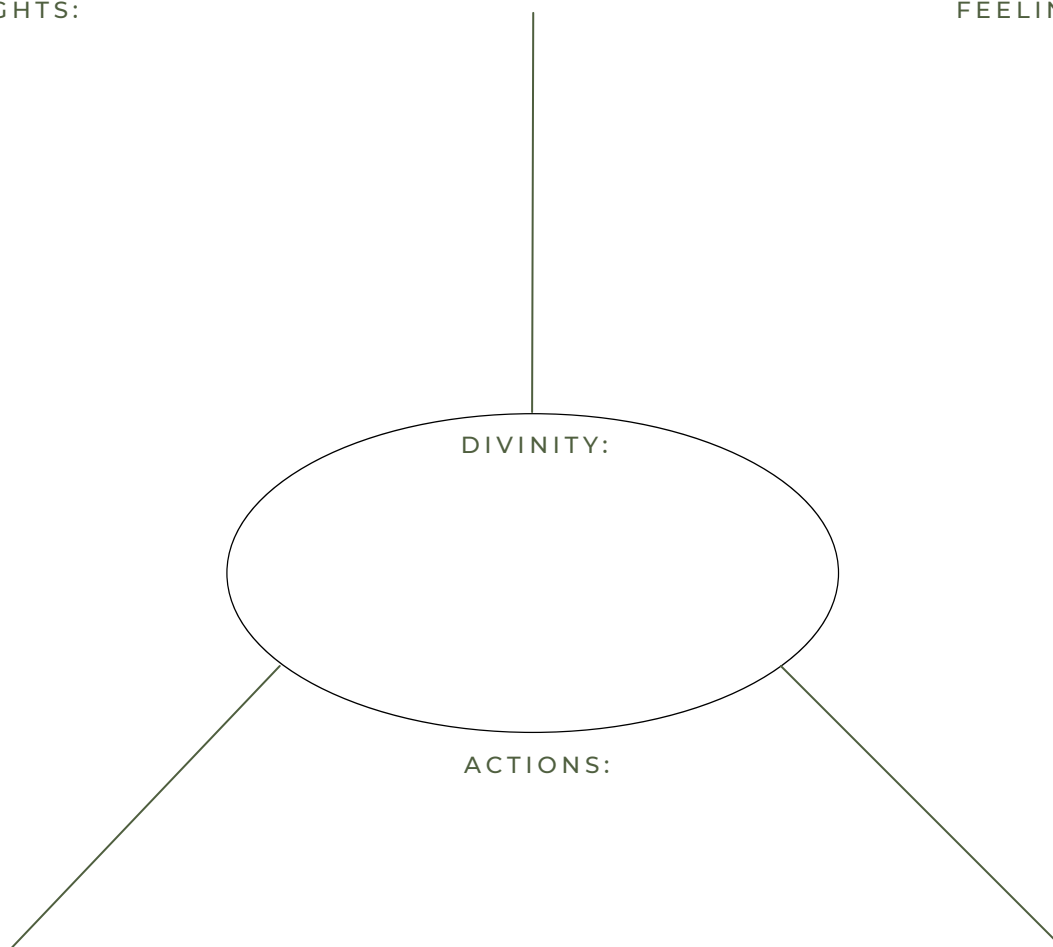
"Let us encourage the *divinity* within us to come to the surface"

FEAR BASED CIRCLE

CUE: _____

THOUGHTS:

FEELINGS:



DIVINITY CIRCLE

CUE:

THOUGHTS:

FEELINGS:

DIVINITY:

ACTIONS:

BECOMING:

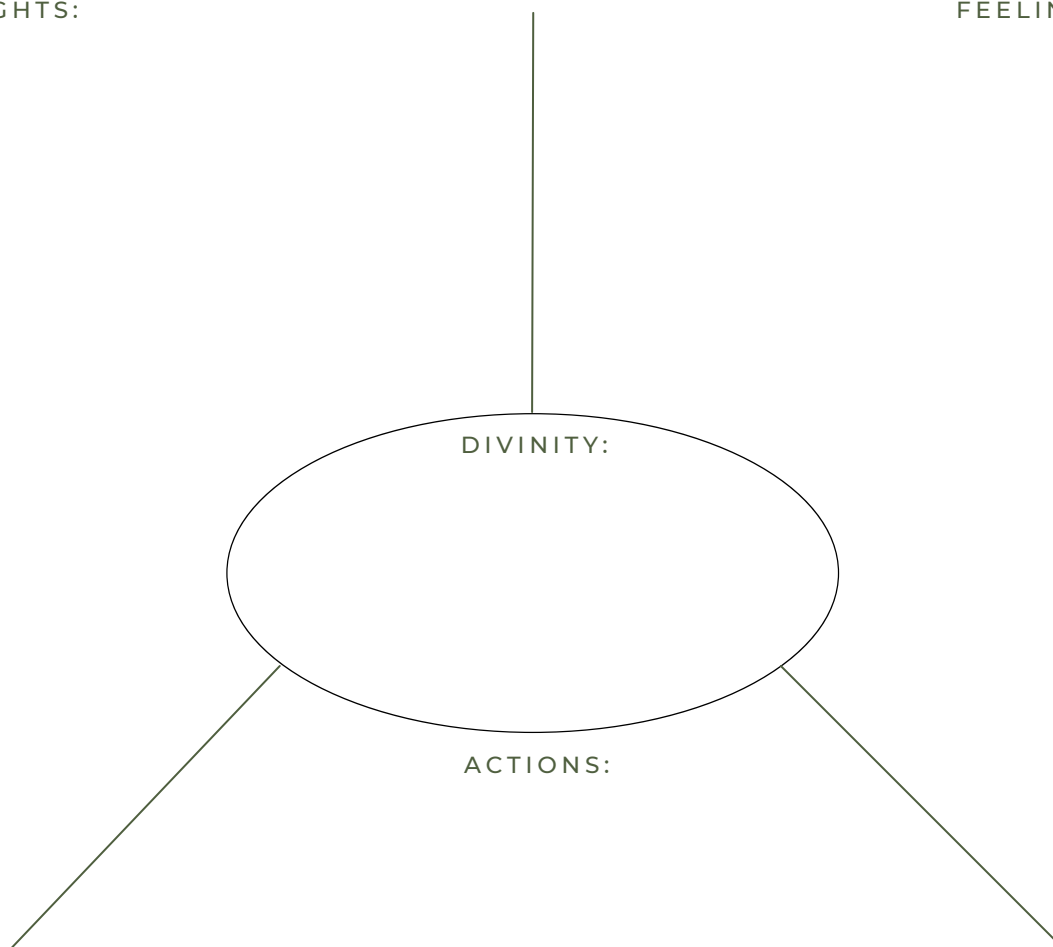
NOTES:

FEAR BASED CIRCLE

CUE: _____

THOUGHTS:

FEELINGS:



DIVINITY CIRCLE

CUE:

THOUGHTS:

FEELINGS:

DIVINITY:

ACTIONS:

BECOMING:

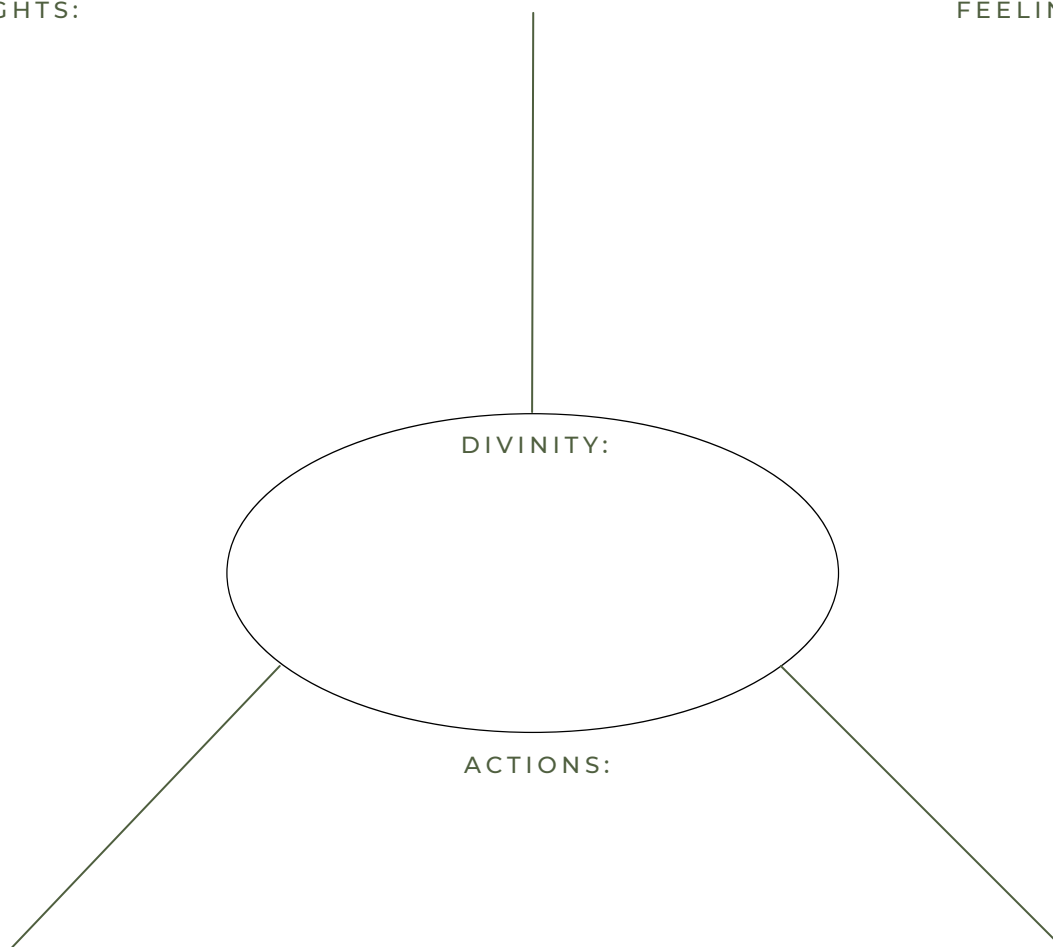
NOTES:

FEAR BASED CIRCLE

CUE: _____

THOUGHTS:

FEELINGS:

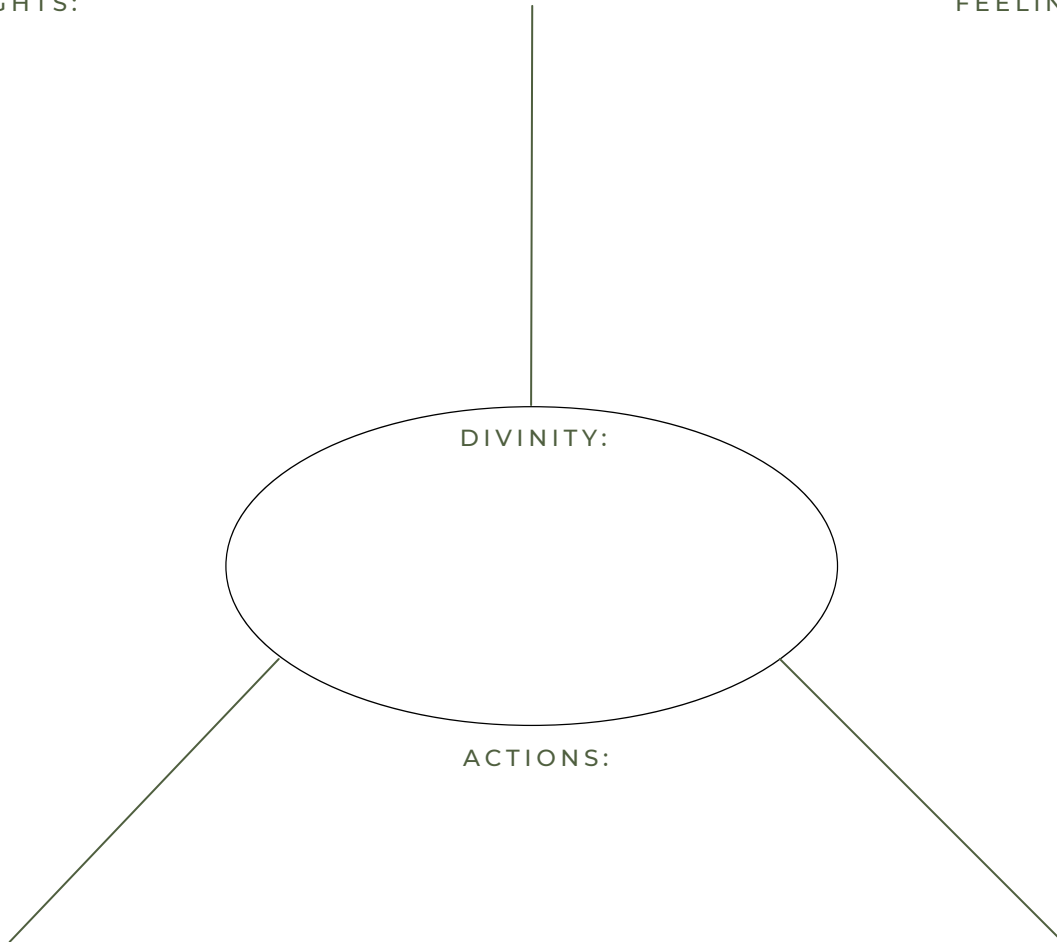


DIVINITY CIRCLE

CUE:

THOUGHTS:

FEELINGS:



DIVINITY:

ACTIONS:

BECOMING:

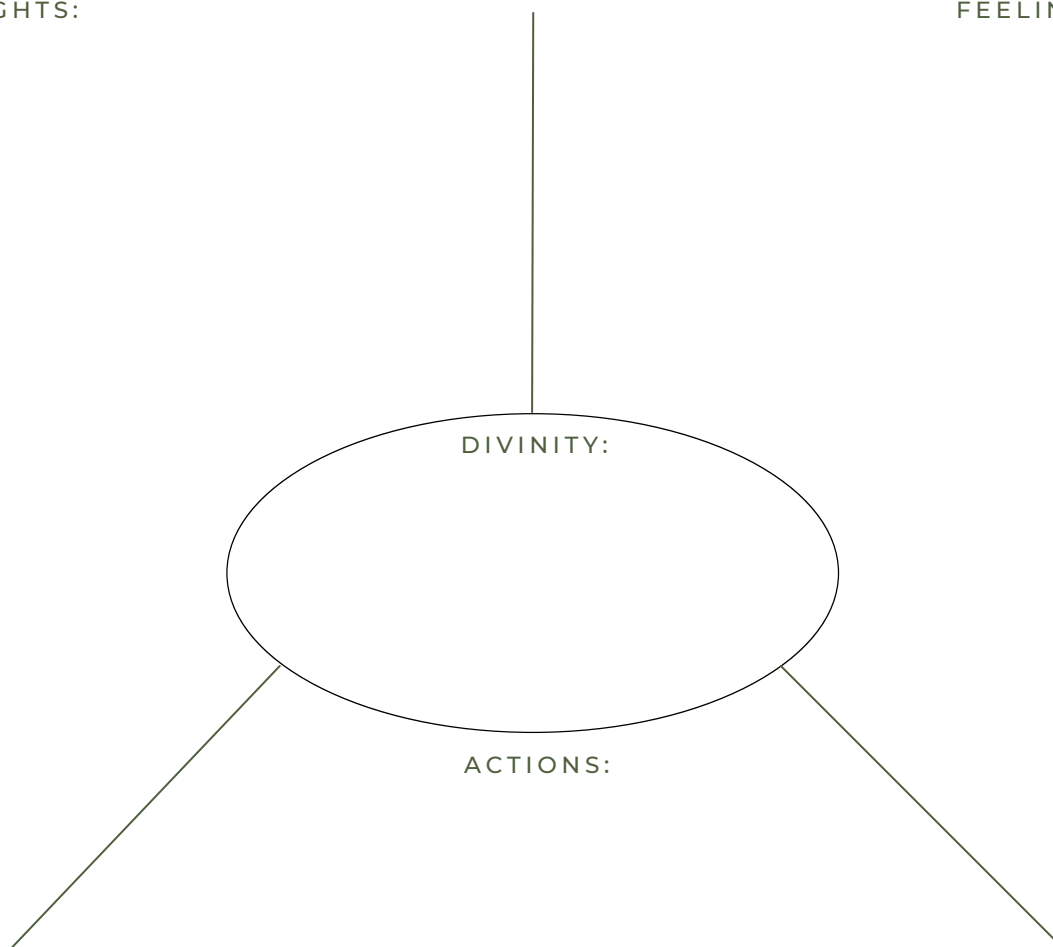
NOTES:

FEAR BASED CIRCLE

CUE: _____

THOUGHTS:

FEELINGS:

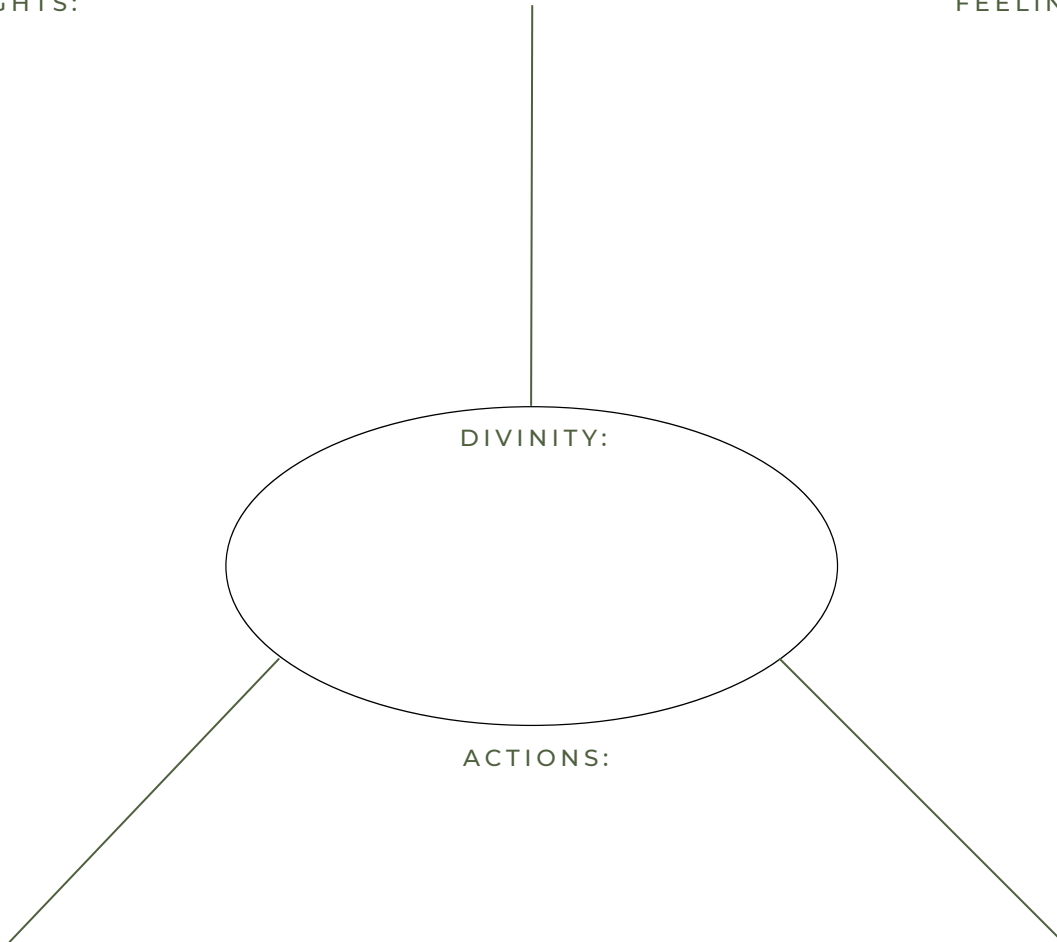


DIVINITY CIRCLE

CUE:

THOUGHTS:

FEELINGS:



BECOMING:

NOTES:

WANT TO LEARN MORE?

JOIN US

in the membership



Scan the QR code and try out our Inner Circle membership \$1 for 2 weeks and you'll get access to coaching calls, monthly classes, worksheets and more! Use the code: *trial*

Notes

Date / /

