

What's In Your Hand: Three Strategies for Discovering True Purpose

Journal



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A NOTE FROM THE AUTHOR

HELLO PROSPEROUS WOMAN!

Thank you so much for joining me at the "**Women Who Prosper**" **Virtual Summit!** It was truly a phenomenal time for us to gather virtually to learn from one another so we can all grow, prosper, and succeed!

I created this journal for you to go deeper with the message I shared: "**What's In Your Hand: Three Strategies for Discovering True Purpose.**" Please take some time to reflect on the message and answer the questions below. I believe this journal will help you take the next steps to move forward into what you are called to do and be!

Please feel free to reach out to me at info@newseasonnewday.com to learn more about **New Season New Day Coaching and Mentoring**. I would love to hear from you!

Be blessed!

Coach Bre

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STRATEGY #1: LOOK TO THE PAST

What pivotal event(s) have occurred in your life? (i.e., motherhood, health challenge, death of a loved one, career opportunities, etc.)

Reflect on and write down the lessons you've learned from these events.

After having learned the lessons, what next steps can you take to become a better you?

"What's In Your Hand?"



STRATEGY #2: LOOK AT YOUR PRESENT

What do you have in your possession right now that you can use in your true purpose? (e.g., social media followers, a small email list, a certification, talents and abilities)

Who do you believe you are called to serve?

Do you sometimes compare yourself to others? What can you do to change this habit?

"What's in Your Hand?"



STRATEGY #3: LOOK FORWARD TO THE FUTURE

Use your imagination: how do you envision your life to be in the next 5 years? 10 years? Be very specific!

How can you use your past and the present to impact your future?

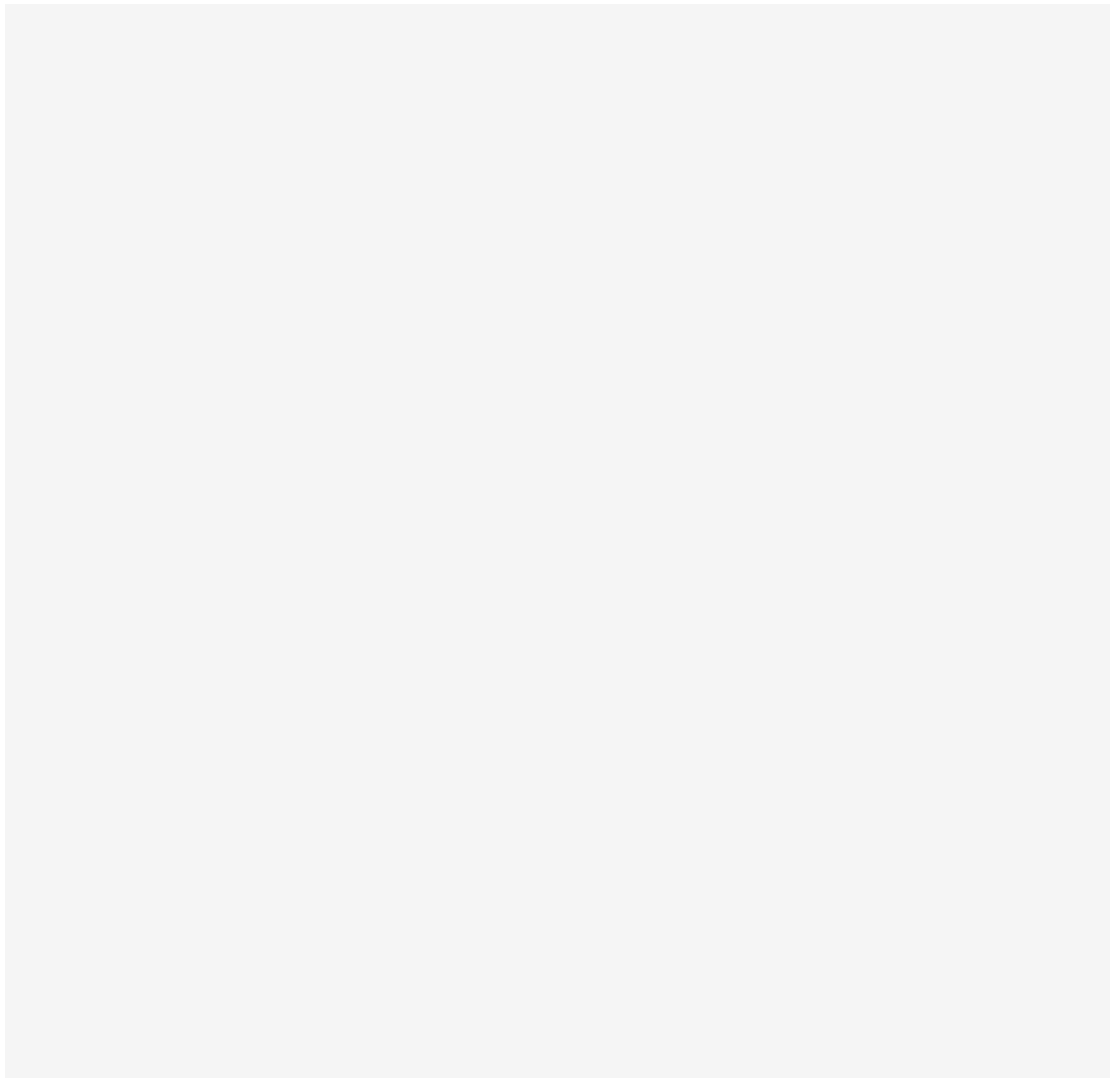
What action steps will you take TODAY?

"What's In Your Hand?"



WHAT'S NEXT?

Now that you have the three strategies that can help you discover your true purpose, it's time to make a plan! With the action steps you listed in Strategy 3, develop a timeline for when you will accomplish them.





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LIFE COACHING AND MENTORING

***Thank you for joining me at
the "Women Who Prosper"
Virtual Summit! I hope this
journal was a blessing to you!***

***To learn more about me and
what we do at New Season
New Day, send an email to
info@newseasonnewday.com.***

***We would love to be your
coach and your
accountability partner as you
discover your true purpose!***

HAVE QUESTIONS?

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"There is no greater gift you can give or receive than to honor your calling. It's why you were born. And how you become most truly alive."

Oprah Winfrey