



# WORKBOOK

## *Find Your True Purpose*

BY:

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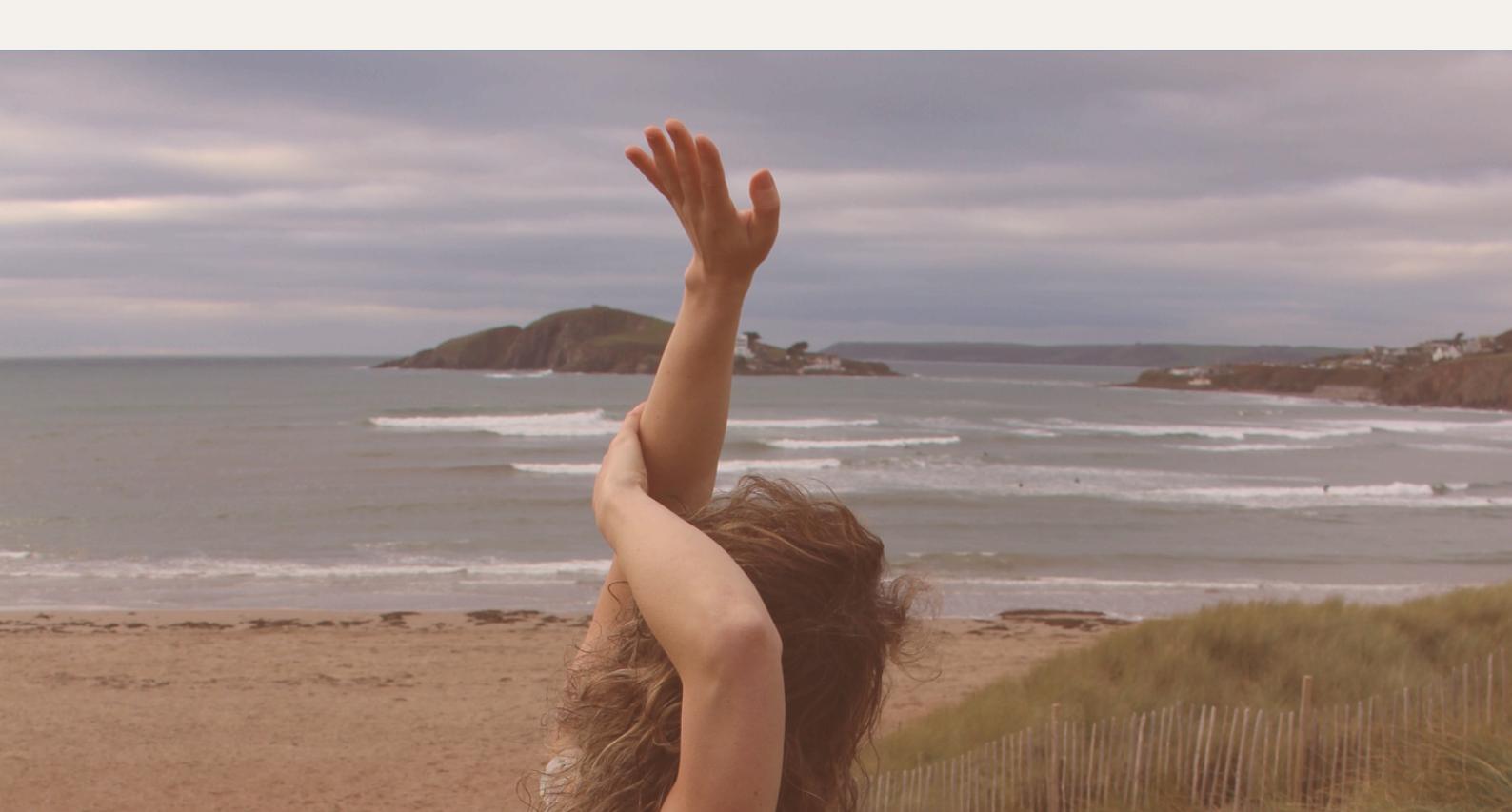
FOR:

THOSE WHO WANT TO SHINE AS POWERFUL  
RADIATING LEADERS AND MAKE A DIFFERENCE  
THEY WERE BORN TO MAKE IN THIS WORLD

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# Overview

I believe that every world needs more kind and caring leaders like you. Although there are many ways to achieve financial success & freedom in business, I believe that the best way to do so is to run your business aligned with your core values & purpose.

If you have been feeling like you are good at many things but not an expert in anything, wondering what is it that you are best at in the world, doubting whether you've got any special gifts at all, and struggling to authentically show up in your business due to lack of clarity on what is the difference that you were born to make in this world, then you are not alone and you are in the right place!

Gin has spent 15 years trying to find the answers to these questions for herself until she did. Today she is here to share the resources with you & help you find yours!



# Method

During the "Find Your True Purpose Experience" we go through your life stories and carefully listen to your wisdom and powerful beliefs from within.

Your life challenges and experiences are guiding you to your life's purpose. Your true purpose is built on what you perceive to be most important to you.

If you commit to going all the way with the exercises, I promise it's going to be so worth it in the end!

Living in alignment with our true purpose allows us to create extraordinary lives. It makes us feel fulfilled, motivated, inspired, and powerful. I want that for you too!

Since I have discovered my own purpose, there was not a day that I wanted to hit the snooze button in my life. I'm not saying I haven't had challenges along the way. But constantly running away from your destiny is no longer an option when you are living to your true purpose because your whole body knows that you have the gifts that are needed to be shared in this world.

Now it's your turn to shine! Let's do it!

# Get Help

## Part 1

Sometimes we can find it hard to have an objective opinion about ourselves. Therefore, Step 1 is to ask for help from your friends and/or people who know you well.

### ACTION STEP:

Send a message to some of your closest friends and ask them to help you on this journey. It will take only about 10-15 minutes for them and it will reveal how people who know you well, see you in this world.

Are there any of your qualities that are the same although noticed by different people?

### Message Template

I'm attending a self-discovery program that's helping me figure out my own unique abilities and the person who is directing the training encouraged us to ask a close friend to provide some feedback on what you believe I'm skilled at and not skilled at.

Here are the questions:

1. What are my strengths? What can you count on me for? (Please state 3-4 things)
2. What are my weaknesses? What can you not count on me for? (Please state 3-4 things)
3. What is my unique ability? What am I the best at in the world?

Thanks!



# Ask yourself

We should constantly ask ourselves the questions to help us choose the right path throughout our journey, even if at the time it seems that we can't find the answer.

## ACTION STEP:

Ask yourself the questions below and write down the answers on a separate sheet of paper. Your answers will tell you a lot about what drives you emotionally.

### Questions

1. What am I willing to fight for?
2. What values do I hold dearest to my heart?
3. What values would I be willing to die for?
4. If I could achieve a single thing, what would make all my hard work worth the struggle?
5. If I had 30 seconds left to live, what would I tell my children are three most important things I learned about how to live a happy life?

# Time to Explore

## Part 3

Part 3 will take more time and effort than any other part of this training, however, it is essential if you wish to discover your true purpose.

I have learned the foundations and initial structure of this method from one of the greatest influencers in the world - Simon Sinek who dedicated his life to helping people find their true WHY.

His goal is to teach other people to teach his method and thus help as many people as possible.

Therefore, I combined his wisdom and experience with my own discoveries and created Part 3 of Finding Your True Purpose Experience.

## Action Steps

1. Find a partner.
2. Get your partner up to speed.
3. Pick a time and place.
4. Gather your stories.
5. Share your stories.
6. Identify your core themes, values, influence & contributions.
7. Draft your life purpose statement.  
(Each step is explained in more detail in the consecutive pages of this pdf).

## 1. Find a partner

To find your purpose you will need to look at your past and remember the experiences of your life from which your significant themes and values can emerge.

Only you can remember those stories, but when it comes to interpreting them, a second point of view might appear to be truly beneficial.

Differently, than in Part 1, here you don't have to know your partner well, but I recommend choosing someone you feel safe with and feel comfortable sharing personal information and feelings with.

It is better if your partner does not know you well as spouses, close relatives, and best friends have a hard time being objective. You don't want someone who may be tempted to tell your stories for you or correct the ones you tell.

The best partners will be those who have never heard your stories before. They will be someone who will listen and take notes as you recall your stories. Also, they are someone who genuinely wants to help you discover your true purpose.



## 2. Get your partner up to speed.

Tell them about this training, explain the whole strategy and why this is important to you. Share with your partner this PDF so that they can get a better idea about the process and what is going to be required out of them so that you get the best results out of your time together.

Haven't got anyone whom you could trust during this process?

Not a problem.

You can either ask someone to swap and offer this experience for each other in our [Empowered Women Leaders Club](#) or request Gin to be your partner (you will find further info about working with Gin on the next page).

This whole experience can take anywhere between 4-8 hours.

# If you want Gin to help you...

If you choose to do it with Gin, she will split the experience throughout 30 days, and you will have about 4 Zoom sessions with Gin that are about 2 hours long. Throughout that month, you're welcome to email Gin or message on Whatsapp with any questions that might arise. The time frames provided are approximate and based on the average length from Gin's experience. Being an experienced online business coach and trauma-informed Feminine Embodiment Coach, Gin combines her skills and helps you become aware of any limiting stories, beliefs, unhealthy boundaries, or blockages that might be standing in a way of you fully shining as an empowered radiant leader that you truly are in your heart.

The investment for Find Your True Purpose Experience & coaching with Gin is £1,111. Payment plans are available on demand. You can email [gin@gintaredainelyte.com](mailto:gin@gintaredainelyte.com) and check Gin's availability or voice message on Instagram DM @gintaredainelyte.





### 3. Pick a time and place.

The best place is where you can concentrate and where you feel free to share personal stories out loud.

While a phone call with your partner might work, I highly recommend that you either meet in person or have a video call on Zoom. That way your partner will be able to pick up on your body language and other signs that are only available when we can visually see each other.

If you do decide to have a meeting on Zoom, settle down in a quiet location without distractions and ask your partner to do the same.

Finally, set aside enough time - at least 4 hours. You can split the call in a few parts as long as you keep the spirit and intention within you throughout that period of time.

Yes, I know it's a big commitment, but there is no shortcut to discovering your life's purpose and it's important to give enough time for you to fully get to the place where you feel safe to explore the depths of your heart, be able to fully express yourself without judgment, and get in touch with who you truly are.

## 4. Gather your stories

Before meeting your partner you have to prepare to make sure your time together is used to the fullest. Your true purpose is born from past experiences and challenges. It is the sum total of the lessons you learned, the experiences you had and the values you adopted while growing up. The stories that made the biggest impact on who you are today, will bring to light who you are at your natural best.

### FIRST:

List out every major experience you can remember from your life. From birth through to today. Take your time with this. It should take a few hours.

Put every scary, exciting, happy, sad, exhilarating, enlightening, devastating, relieving experience you can remember. Everything that has really shaped you into who you are today.

The first day at school, every fight, every cheerful memory, your first kiss, every regrettable decision, every proud moment. Every time you were brave, every time you ran like hell. Any experience that you could tell a story about.

Also, think about the people who made the biggest influence in your life, try to recall specifics about what they said or did that made such a difference to you.

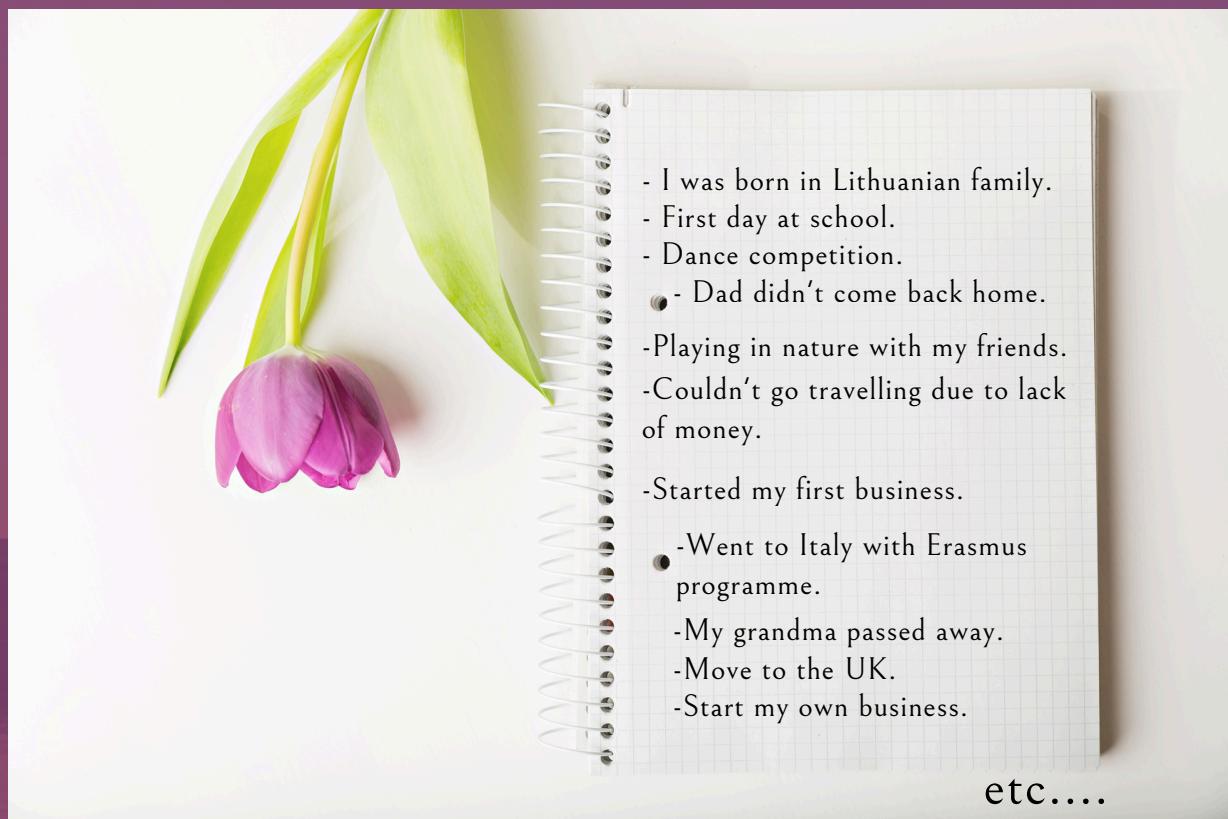
Start at the beginning (when you were born) and work your way forward (up to yesterday). And if you remember other things, later on, don't be afraid to slot those in.

Be as thorough as you possibly can. The more thorough you are, the more benefit you will get from this exercise.

# Create a clean list

Part 3

Now you can create a less extended list of those experiences or write them down (just mentioning what it was in a few words) on a separate sheet of paper to help you stay on track when you're going to be telling those stories to your partner. You can find the example below:



## THEN:

People sometimes tell me "Gin, but I feel I have so many negative experiences. It feels like they are all bad". No matter good or bad, all of those experiences helped make you who you are today. Don't overthink this process. Don't worry about writing down all the details. The goal is simply to have a starting point when sharing the stories with your partner.

# 5. Share your stories

(THIS IS WHERE YOUR PARTNER COMES IN)

If some stories make you feel extremely uncomfortable to share, then do not share them, however, the more you open up to your partner the easier it will be for him or her to recognize the significant patterns of your life.

When you share, allow yourself to be vulnerable enough for the process to work. When you were marking the stories, I told you not to go into the details, however, at this stage, I ask you to do the contrary.

Be as specific as you can and go into the details of those stories that you decide to tell. By the details, I mean what emotions and feelings did those experiences created in your life. All that comes from your heart.

As you share you might remember specific experiences that you've forgotten. Tell those stories too. Remember, any story of significance might lead you to your true purpose.

Your chosen partner's goal is to create a safe space for you to open up, and ask questions like "What about this experience made you feel this way? What was the most important thing? How did it influence you?", we want to avoid asking "why" or those questions that can be answered only with "yes" & "no" to help you get in a flow of openly and authentically sharing from your heart even more.

Your partner will also need to take notes at the same time when you're telling the stories and mark the most important themes/topics/words/phrases/emotional points next to each story without interrupting your flow.

Part 3

## 6. Identify Your Core Themes/Values

Your partner will lead during this part of the process. Remember, your partner has objectivity that you don't have simply because you are too close to the patterns.

There is no limit to the number of themes your stories may find important.

Your partner would have taken notes when you were telling the stories and marked the most important themes/topics/words/phrases/emotional points next to each story. Now it's time to discuss them together!

Get all the themes/values down on paper. Then take some time to look over them. I normally take at least 20 minutes in quiet with those topics and values, trying different combinations of them before I create a mission statement that truly connects with my client's soul.

You might find the same theme/value in every story. If your partner can find it in at least 2 stories, you could consider it to be an important theme or value.

Then with all the themes listed, circle a few that inspire you most or seem to define you and what you care about most. Ask your partner to do the same based on the stories you've told him/her.

Choose one theme that feels like unique contribution (what you do) and one theme that captures the impact (what result that creates).

# Part 3

For an idea of themes/values, please see the list below. Although there are many more, so please don't feel limited to this list.

Being authentic	Providing exceptional service
Achievement	Being a part of the community
Going on adventures	Having faith
Thinking big	Success
Having authority	Being honest
Creating beauty	Having a sense of humour
Adventures	Having fun
Being bold	Kindness
Compassion	Freedom
Strength	Pushing the boundaries
Interest in spirituality	Having security
Creativity	Feeling responsibility
Craving for knowledge	Making influence
Determination	Trustworthiness
Integrity	Seeking justice

# 7. Draft your life purpose statement



Your statement should be:

- \* Simple and clear
- \* Actionable
- \* Focused on the effect it will have on others
- \* Expressed in affirmative language that resonates with you.

I always use the below format but allow myself to make it longer if it feels necessary:

TO \_\_\_\_\_ SO THAT \_\_\_\_\_.

Yes, it doesn't have to be hundreds of pages long. Just one sentence. If you can fit your life's purpose into one sentence, it's much more likely you will be able to remember it, and, thus, to act on it.

The first blank represents the contribution you make to the lives of others. The second blank represents the impact of your contribution.

E.g. Simon Sinek's purpose is "To inspire people to do the things that inspire them so that, together, we can change our world."

Gin's purpose is "To help entrepreneurs empower their true purpose so that they are able to create abundance in their life with the feeling of fulfilment in their hearts".

Having your statement in mind will help you show up every single day with the feeling that you are a part of something bigger than yourself.

## NEXT:

With your overarching themes/values in mind and this format in front of you, take a few minutes and write a first draft of your life's purpose statement.

# Part 3

## TEST AND REFINE YOUR LIFE'S PURPOSE STATEMENT

Now come back to the answers that your friends gave you (Part 1).

Revise your statement and refer back to your stories.

This will help ensure that any change you make won't water down your statement.

As you live with your statement, it will become easier to find the perfect words, because you'll be more conscious of your goal and how you're trying to reach it.

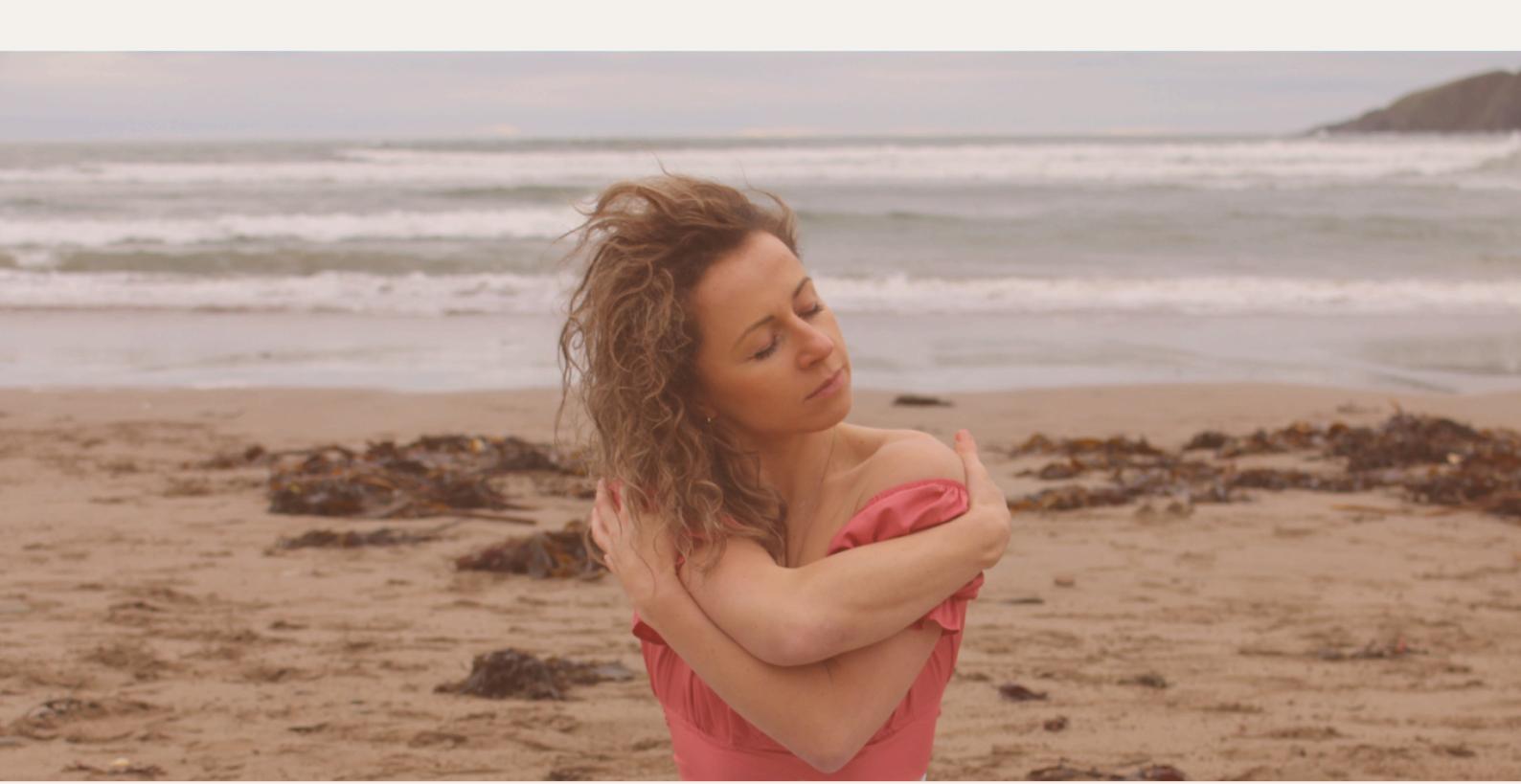
Your partner, working separately, should do the same.

Your partner might define your purpose differently than you do. And looking at both of them might appear to be very helpful before you make a decision.

Spend about 5 minutes both working on your own. Then rejoin your partner and share your respective drafts.

After considering both of the statements, you may choose to go with one or the other or to combine them.

Remember, the goal of this draft is not perfection. It's to get it in a way that feels right. The actual words can, and likely will, change as you continue to spend time with your purpose, reflect on it and, most important, put it into action.



# *Lean into your purpose!*

Once you have gained more clarity about your purpose, you must take action on it. You don't need to completely change your life all at once.

However, make sure that you do take baby steps and are getting more conscious about your choices to be aligned with your life's purpose.

Start living your purpose a little more fully every day, and pay attention to the feedback you're receiving from others and in terms of the results you are producing, and also to how you are feeling.

You want and keep your mind constantly focused on it, the how will keep showing up—sometimes just when you need it and not a moment earlier.

You were born with an inner guidance that tells you when you are on or off course by the amount of joy you are experiencing.

The things that bring you the greatest joy are in alignment with your purpose and will get you to where you want to go.



LET'S CONNECT!



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