

If you are an action-oriented individual and you're ready to discover your Purpose so you can fall in love with your life again, this is for you ...



Imagine: Rediscovering Your Gifts, Talents, and Passions, and Using Them as the Foundation for the Life of Your Dreams!

You CAN begin making positive changes, NOW, to create and maintain a meaningful, purpose-filled life, where you get paid generously for doing what you love to do ... AND where you're filled with joy, every day. I'll show you how.



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Welcome

If you're here, chances are some (or all) of the following may sound familiar.

You're at a crossroads, either externally or internally, and you want to infuse your life with purpose.

Only, you ...

- ✓ *Aren't even sure what your purpose is, much less how to live it.*
- ✓ *Feel stuck and frustrated, because you know you need a change, but you don't know where to start.*
- ✓ *Have been a wife, mother, and caretaker for so long, you aren't sure what you even have to offer.*
- ✓ *Feel like you always get the short end of the stick, while the "perfect life" seems to fall into the laps of the people around you.*
- ✓ *Worry it might be too late in life to think about anything new.*
- ✓ *Want, more than anything, to do something meaningful with your life, but you feel like it's impossible. (Instead, you've resigned yourself to settling for a decent j-o-b that pays the bills.)*

If any (or all) of this resonates with you, I'm so glad you're here.

You are not alone

Perhaps your children are grown, and now that carpooling, sports games, and college applications are done, you're ready to do your own thing.

Or maybe you've been in the same situation for a long time, and suddenly realized it's not for you, any more.

But ... things aren't working out exactly like you'd hoped and expected.



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Bottom line: you know you need a change in order to live with greater purpose and fulfillment.

But ... you have no idea where to begin.

And because you aren't sure how to fix this situation, the questions set in:



- "What is my purpose?"
- "Can I discover it, and more importantly, can I actually live it?"
- "Will I have to settle for something less than what I want because I can't figure this out – and will I be stuck there for the rest of my life?"
- "I've tried so hard to figure this out, already."

- "Should I just give up?"
- "Will I ever be able to make a decent living with something I love to do?"
- "Will I ever get to really share my gifts with the world?"

I Want You to Know That It IS Possible to Discover and LIVE Your Purpose ... and to Make a Difference in This World ...

No Matter How Old You Are, How Many Years You've Been Away from the Workforce, or How Lost and Stuck You Feel Right Now.



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When you do, you love your life again. You have FUN every day, doing what you love, being paid for it, and impacting the lives of the people around you.

Sounds great, right?

In fact, right now you may be thinking, "Yes! That does sound great, but HOW?"

Great question.

I understand where you're coming from, because I've been in your shoes.

That's why helping you create a working plan for finding and living your Life Purpose is so important to me, and that's why I'm giving you this step-by-step guide to help you do so.

Now, it's time to do the "work"! Complete the following exercises.





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5 Steps to Finding and Living Your Life Purpose, Starting Now

Step 1 - Get Clear - and Take Inventory - on Your Strengths, Gifts, and Talents.

Define what you love to do, what you're good at, and what comes naturally to you. An important part of this process is to ask your friends and co-workers which strengths and talents they see in you. Sometimes we don't even recognize those things that come most naturally to us, for that very reason; but these gifts are so precious and important, because they signal our true strengths.

Write down everything you can think of, and everything you're told by others.



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Step 2 - **Prioritize** Your Strengths, Gifts, and Talents.

Next, divide and group your strengths, gifts, and talents into 3 categories (remember, you should actually be writing these things down!):

1. Things you're great at and love to do.
2. Things you're great at but don't enjoy.
3. Things you're not that good at, and don't enjoy.



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Step 3 - Based on Step 2, Create a List of Potential Careers, and Have Discovery Conversations

Once you've identified the strengths, gifts, and talents you're good at and enjoy doing, come up with a list of careers that would allow you to utilize as many of them as possible.

Then, find people who are already working successfully in those careers. Ask them to have a Discovery Conversation with you, where you'll ask them the following questions:

1. What do you love most about what you're doing?
2. How did you get started in what you're doing now?
3. What is your greatest challenge in what you're doing
4. If you were counselling someone who wants to get into this type of work, what advice would you give them?



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Step 4 - Research

Research businesses, classes, programs and/or events related to your passion. The purpose: to perform experiential research (rather than just talking about these things). This gets you actively moving toward what you really want to do, while giving you a realistic view of whether you'll enjoy specific jobs or activities. (In other words, it's much easier to keep moving forward, once you start moving. This is that start.)



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Step 5 - Take the First Step to Get Involved

Become acquainted with someone who is doing what you want to be doing, so he or she can help you do it, too! Consider this person a coach. You might "shadow" someone in the job you're interested in, or volunteer for an organization in the same field so you can become directly involved and actually experience the work. Or, consider getting a "bridge job" in that field, so you can now further research through direct experience, and identify how you want this to look and unfold for you.



**Bonus Tip: Watch Out for
This Common Pitfall:**
Isolating yourself.

Surround yourself with a community or group of likeminded people with whom you can research, and to whom you can turn for support and accountability.

Now, here's the key: don't just let anyone in! Be mindful. Your community of support should be made up of specific types of people – 5, to be exact:



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1. **True Believers** – they believe in you no matter what, unconditionally. Typically, these people are your greatest supporters, like your parent, best friend, or spouse, but the “right” group will include others who believe in you as well.
2. **Confidants** – your trusted sisters, or brothers, who will tell you like it is, and have your back.
3. **Way-Showers** – those who’ve been on the path you want to be on, who are ahead of you, and who can guide your way. (This is often a coach or mentor or guru.)
4. **Messengers** – they provide insight about navigating the path more easily, and with more success and FUN.
5. **Naysayers** – those who, by saying ‘Oh no you can’t’ and through what is usually perceived as “negative support,” spark motivation in you to make things happen when you say “Oh yeah? Watch me!”

Isolation can drive you further from finding your life's purpose. So stay connected!

Conclusion

I hope that by reading this special document, you've discovered action steps you can take right now to begin defining and living your Life Purpose, so you can truly enjoy every day, and feel like you're making a positive impact on the world.

Once you’ve completed the sections of the step-by-step guide above, you’ll have begun to develop a system for living your Purpose.

Then, you might find yourself wondering, “What Do I Do Next?”

How do you make the leap from where you are now, to where you want to be? What do you do next to start moving toward your ideal life? What do you do if you find yourself “stuck” again, because let’s face it ... obstacles will continue to pop up as you move out of your comfort zone and toward your goal!



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Discover Your Next Steps

I'd be honored to help you define your next steps, so that you can begin moving from where you are now in your life to where you want to be – without the overwhelm.

You're invited to join me for a complimentary, no-obligations Strategy Session, where together, we will:

- **Define your next steps** on your journey toward greater fulfillment.
- **Outline a specific plan** for implementing those next steps.
- **Make powerful forward progress**, so you can begin living your ideal life and making a positive impact on the world.

Schedule Your Complimentary Discovery Call Here:

<https://lucianamoraes.coachesconsole.com/calendar/discovery-session-30-minutes>