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# Find your Purpose in life today

Life & Personal Development Coach  
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Life & Mini Goal Setting Workbook

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# MY PURPOSE



10 years ago, if anyone asked me what my purpose in life was, I would have looked at them with a blank expression. 10 years ago, I was 27 and had a senior role in the corporate world, unhappy marriage and just plodded!

I was taught by society to get a good education, which I did! Get a good job and find a life partner. Yes, I did all of those. It wasn't until I reached 30 years old that I felt there was much more to my life than a job I didn't feel valued, a partner who didn't share my goals and dreams, living down south away from my family didn't feel right either. I had to change this, I had to take action.

I am now 37, moved up North to Yorkshire just over 4 years ago. My husband has a good job opportunity which meant I was closer to Cumbria where I am from. I started a life style business (Network Marketing) which has won awards and is creating me a residual income, a retirement fund. I am happily married for a second time and we have a beautiful little boy who we cherish dearly. My husband and I share life goals and have the same vision for the future.

More recently I have had time to reflect and realised yes, I do have it all, but what is my life purpose? I am currently studying towards L4 NLP Life Coach Diploma that has made me look at my life, goals and dreams and I have realised I want to reach out to as many women as possible to help them develop a strategy for life, create the future of their desire, de clutter, get more confidence, to make better decisions and to direct their life in the way they want it to go. I want to help women improve their personal and business results



# WHAT IS YOUR PURPOSE ?

Most of us have no clue what we want to do with our lives. Even after we finish school. Even after we get a job. Even after we're making money. Chances are you're more like me and have no clue what you want to do. It's a struggle almost every adult goes through. "What do I want to do with my life?" "What am I passionate about?" "What do I not suck at. Part of the problem is the concept of "life purpose" itself. The idea that we were each born for some higher purpose and it's now our cosmic mission to find it. Here's the truth. We exist on this earth for some undetermined period of time. During that time we do things. Some of these things are important. Some of them are unimportant. And those important things give our lives meaning and happiness. The unimportant ones basically just kill time.

So when people say, "What should I do with my life?" or "What is my life purpose?" what they're actually asking is: "What can I do with my time that is important?"

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# QUESTIONS TO ASK YOURSELF



1. What struggle or sacrifice are you willing to tolerate?

Ultimately our "why" determines our ability to keep moving forwards and stick with it. Through the bad and good days. Can you handle rejection and failure?

2. What is true about you today?

We all loose touch with what we enjoyed doing as a child, we were taught to only get jobs done if we were rewarded. What would the childlike version of you today say about you?

3. What is your passion?

It is very easy for us to get sucked up into society and work a job for 50 years to retire on only a small percentage of earnings. Its not until a light switched on inside of us that we realise what our passion is. What do you like doing and can you make a living from it?

4. Practice makes perfect, be consistent and persistent. Are you good at it?

If your reasons are something like, "I can't start a business because spending time with my kids is more important to me." Great.

But if your reasons are, "My parents would hate it," or "My friends would make fun of me," or "If I failed, I'd look like an idiot," then chances are, you're actually avoiding something you truly care about because caring about that thing is what scares the shit out of you, not what mum thinks or what Alice next door says.

You need to practice and take action. Embrace embarrassment. Feeling foolish is part of the path to achieving something important, something meaningful. The more a major life decision scares you, chances are the more you need to be doing it. If you're goal does not scare you , then it isn't big enough.



# QUESTIONS TO ASK YOURSELF

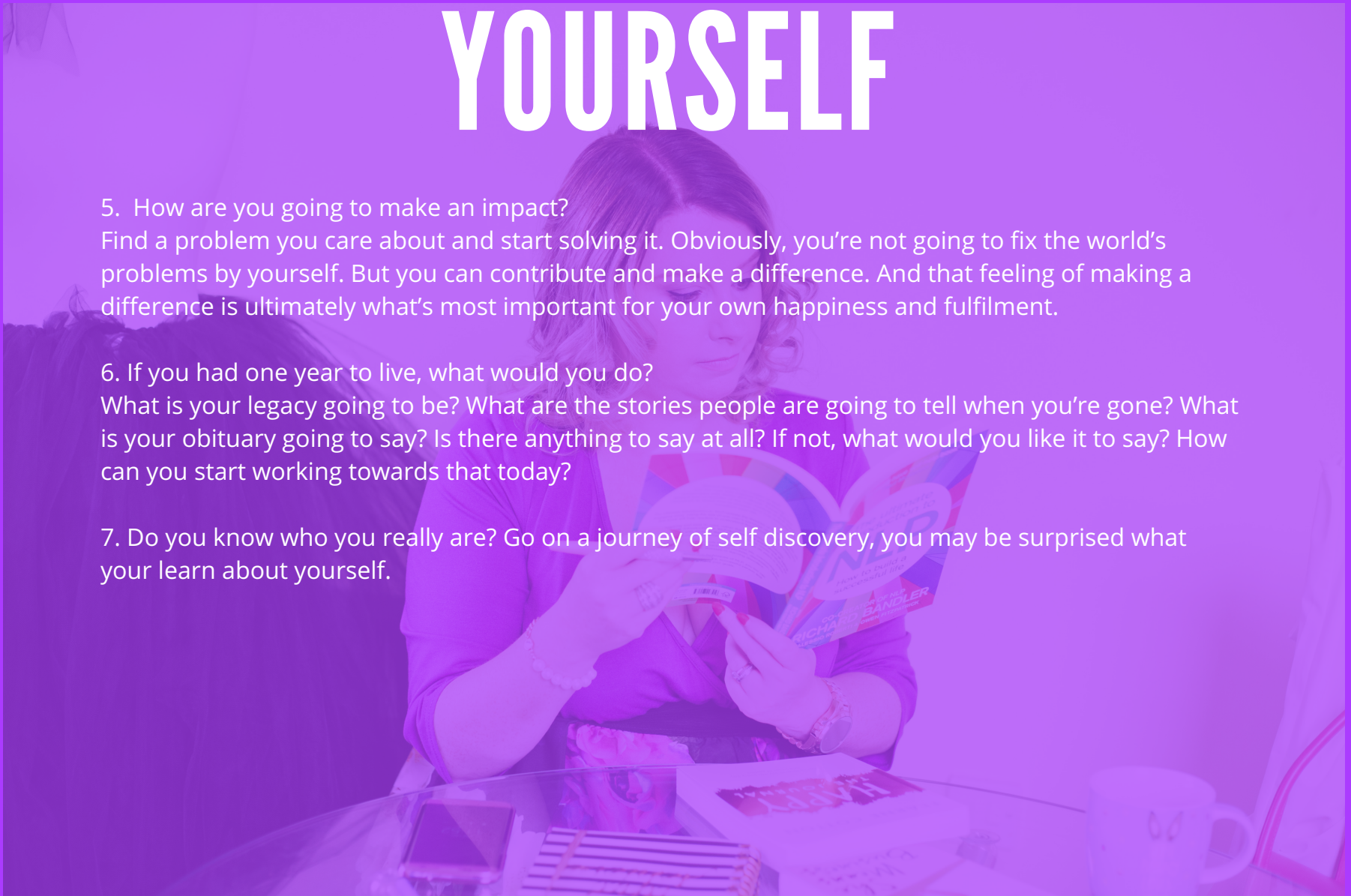
5. How are you going to make an impact?

Find a problem you care about and start solving it. Obviously, you're not going to fix the world's problems by yourself. But you can contribute and make a difference. And that feeling of making a difference is ultimately what's most important for your own happiness and fulfilment.

6. If you had one year to live, what would you do?

What is your legacy going to be? What are the stories people are going to tell when you're gone? What is your obituary going to say? Is there anything to say at all? If not, what would you like it to say? How can you start working towards that today?

7. Do you know who you really are? Go on a journey of self discovery, you may be surprised what you learn about yourself.





# GOAL SETTING

Ok now's a good time to ask the question – what type of goal setter are you? (tick the box that best applies to you):

I'm an underachiever.



I have lots of ambitions but haven't achieved any (or many) of them yet.



I'm an underachiever by comparison with my work colleagues/ friends and want to prove to myself that I can do it too!

I'm achieving, but would like to achieve more.



I just want to be the best I can be!



Seasoned goal setter looking for new ways to look at goal setting.



Repeat 'New Years Resolution' set-and-forget offender something else?

It doesn't matter what type of goal setter you are, the process used in this workbook is for everyone from stay-at-home mums to corporate executives - because the principles of goal setting are the same, its just the personal goals that are different (and personal).



# WHY GOAL SET

Goal setting helps you:

Work out what you really want – this is personal. You're the only one who knows what you really want, and it's often not what you think. Work out a plan of attack to help you achieve what you really want – there is no point having a great goal if you don't know how to get there. Give you the motivation to put your plan into action – since your goals will be personal and meaningful to you and based on what you really want, you will be motivated to achieve it. Keep track of where you are going by helping you focus on the big picture, to ensure you don't lose your direction – it's easy to get distracted by life's little obstacles, so goal setting will help you focus your time and energy in the right direction.

Goals are well-defined targets that give you direction and motivation – they are your road map to success (that is, what YOU consider to be success), your life's plan, your personal guide to the future.

Goals can be focused on:

Developing a new skill – perhaps you've always wanted to learn a new language, how to dance or play a musical instrument. Improving your current skills, whether they be focused on career tasks or life skills such as budgeting. Beating old habits like smoking, or developing better ones like exercise and healthy eating habits. Producing an outcome, achieving your dream – it could be achieving more harmonious relationships with your family, wealth creation or a achieving a career goal.

The most important thing to remember is that goals are personal – they are yours and yours alone, although they may include aspects involving family and friends. The most common mistake people make when setting goals is using someone else's goals to set your own [such as the misconception that everyone wants to earn more money], but how do you know that is really what you want?



# SET GOALS

I want you to think about your life and where you are in your life at the moment. Why do you need to set goals for yourself? (complete the following sentence):

I need to set goals for myself because I need .....

Use S.M.A.R.T

Specific  
Measureable  
Achievable  
Realistic  
Timescale

Be specific about your goal  
Is your goal realistic?  
Can you achieve this?  
Is it realistic, do you have support?  
Set a completion date

Just because you've written down a goal doesn't mean it is just going to magically happen. You need to take action to achieve your goals, and the only way you'll be able to get there is if the goals are reasonable and realistic in the first place. If you set unrealistic goals, you are just setting yourself up for failure.

**Take Action**

You're only here for a short visit. Don't hurry, don't worry. And be sure to smell the flowers along the way." —Walter Hagen

"My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor, and some style."  
—Maya Angelou





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*Thank You*

Any questions? Email me: [hello@hayleystylecoach.com](mailto:hello@hayleystylecoach.com)

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