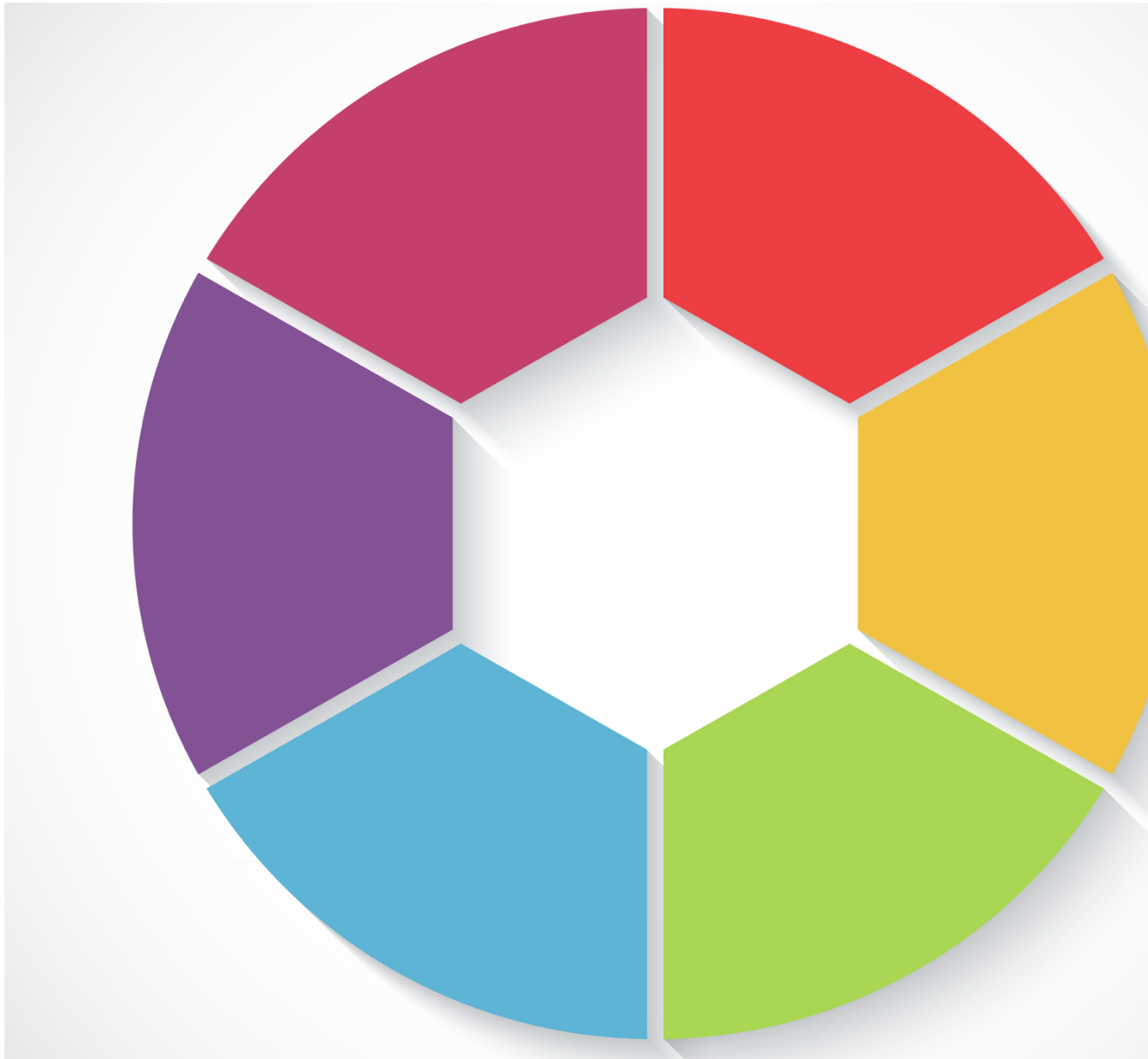


5 Steps to Finding and Living Your God-Given Life Purpose, Starting Now





If you feel like your *life* is at a crossroads, and you are worried it will not get better - in fact, you fear it will only get worse - keep reading because this guide is what you need...

I imagine you love your *family and job* and want to make it work. You want to *do more, have more, and be more*. But maybe you are not sure what the exact problem is. Maybe you think that *if only you were not distracted from the world and the busyness of life*, everything would be better.

Or maybe you are beginning to worry that *you always feel overwhelmed*.

Would it help if I told you that **You Are Not Alone?**

- ✔ That almost every *woman* (even the strongest ones) goes through periods like this...
- ✔ That you can *be more joyful* ...
- ✔ That you can *enjoy the moment* ...

No matter what *struggles* you are going through, there is always hope and always an opportunity to build something greater. It might be hard to see this. In fact, you may struggle to believe it.

We have all gone through this before, times of great uncertainty. Sometimes these situations are unique to you and your *family*.

Other times, it is a global uncertainty that forces change upon you and your family. It can flip your world upside down in an instant, leaving you clinging to dear life. Unfortunately, during such times, we often *feel overwhelmed*.

I imagine that is why you are here and why you chose this guide.

Welcome

You have picked up this guide for a reason. I imagine you can relate to some, maybe even ALL of these:

- ✔ Your schedule and the busyness of life has *you feeling overwhelmed*.
- ✔ Your raised stress levels keep you from feeling like you have done the right thing that day.
- ✔ You feel like you are *not getting stuff done*.
- ✔ You do not feel like you can live life to its fullest *because you are spread so thin*.



- ✔ You no longer feel like the to do list is a priority. Your entire life has been put on the back burner *because you continue to be overwhelmed.*

Or maybe you are wanting more but have *not been free to do more because of work, volunteering for different things, or waking up in the middle of the night.*

It is complicated, and no solution seems like the *right* one.

If you can relate to any of this, I imagine you are in a tough place. You may feel like a failure because you cannot make your *life* work. You want to be happy and successful, but you are not even sure what happiness or success looks like anymore.

If this, is you, you are in the right place.

You Are Not Alone!

Life and family are hard. Yet we often make them harder than they must be. It is understandable when you think about it. Life is complex. The older you get, the more responsibility you have. You only have so much time and energy to do it all.

Your *personal life often* suffers because of this.

At least, it will suffer unless you are actively striving to make it better.

The good news is, this is not as hard as you might imagine. Building a healthy *God-given purposeful life* does not have to be so difficult and rebuilding a *personal life* that seems over IS NOT an impossible task.

So, before we go further... slow it down, take a few deep breaths, and imagine life where:

- ↳ You feel happy, content, and at peace with *more joy.*
- ↳ You *are more present.*
- ↳ You feel *you have more quiet time and prayer time.*
- ↳ You have rediscovered *enjoying the moment.*
- ↳ You no longer spend all your time *lacking sleep.* Instead, you are now *sleeping and are more alert.*
- ↳ You feel safe to *enjoy life.*
- ↳ You are enjoying your *life* once more. It is fun and *you are able to do more, go more, see more, and be more.*



But I get it. It is natural to feel like "yeah right, I have tried it all" and like it is all a pipe dream...

But let me reassure you, **this IS NOT a pipe dream.**

No matter what the state of your *life* is, you can turn it around and have a life of not being stressed out, not having the anxiety. It does not matter who you are or how long you have been experiencing *stress and being overwhelmed*. It may sound like a miracle, but it is not. Think back to how things used to be or how you dream it to be. Imagine being more *joyful!*

Close your eyes. Picture it. Remember it and commit to having this in your life or business. If you are not committed to this... unless you REALLY want it and are willing to work for it, there is no point in reading any further. We cannot help you unless you are ready to help yourself.

Whereas if you are ready, what we share next WILL help you.
We have seen this transformation take place time and time again.

It can, and WILL happen for you, too...

The Journey of Transformation: The Discover of God's Purpose for your life Success Path

STEP 1: ASSESS WHERE YOU CURRENTLY ARE

Until you acknowledge your current situation, you cannot possibly make any progress in the future. You will just continue to relive the same patterns and go through the same processes over and over.

You likely already know this.

In fact, you may have known this for some time.

It is okay. It is understandable why you would avoid it because this part of the process requires you to get real and examine those tough spots in your *life*. You must face your issues, but first, really get to understand what they are. **To begin with, it helps to remember WHY you are in this current situation.**

Remember why you are here. Even if you only have vague memories, it is important to remember it.



We all need purpose in our lives. Your *life* is no different. From there, complete the *Wheel of Life* and take an inventory of each aspect.

- Get Clear – and Take Inventory – on Your Strengths, Gifts, and Talents.
- Prioritize Your Strengths, Gifts, and Talents
- Based on Prioritize Yours Strengths, Create a list of Potential Goals, and Have Discovery Conversations
- Research
- Take the First Step to Get Involved
- Watch Out for This Common Pitfall; Isolating yourself

As small as this exercise may sound or feel, gratitude can be a powerful force to reignite that spark in your *Life*.

Once you honestly take inventory of where you are, you get a clear picture of where you need to put your focus. Start with the lowest ranked category. The other categories will come in time. The more focused your energy and attention is, the better outcomes you will create - *more on that in the next step.*

Each *life* is different, and what you need to do next is unique to you.

STEP 2: SET EXPECTATIONS AND GOALS

Once you are clear and honest about where you are, it is time to get clear on expectations. It is not enough to take stock of what your current situation is if you then refuse to work to make changes.

It is time to set expectations. What do you expect to happen over the coming days, weeks, and months? How do you want your life or your business to look in 3 months' time, 6 months' time, a year's time, and what changes do you expect to happen?

Got so many balls in the air **Problem #1:** *working full time, dealing with kids, volunteering for different things, and dealing with your husband.*

Struggling with feelings of being overwhelmed or perhaps lacking the tools you need to be your best self – **Problem #2:** *being spread thin, starting to have a negative attitude, and feeling frustrated more easily.*



It is important to set your expectations and then come up with goals and desires with a specific timeframe for your *life*.

It helps to start with BIG ROCKS: where you identify from a 50,000ft perspective about what the most important aspects of your *life* are.

Struggling, juggling, or being overwhelmed Prompt: At times, it may be helpful to bring in outside perspective, guidance, and support to help you navigate the conversation for increased accountability. A coach is a good advocate to ensure your God-given *life* remains a priority while supporting your individual needs. If this kind of support would benefit your *life*, follow the steps we give you at the end of this guide.

STEP 3: RESEARCH

Once you have set your expectations and goals for your *life*, it is time to research your potential and possibilities. This is the time to brainstorm, to dream big and to dare to write down what may even seem impossible. You have already established your *life* goals. Now it is time to turn it into a reality - and that begins with research.

Locate 3-5 people that are already living your dreams and have realized your desired outcomes. Buy them a cup of coffee and talk with them about how they got to where they are. Get curious about what their next steps were and how they began to pursue them. Ask them to share about their *life* challenges and what inspired them to move forward.

Leveraging other people's journeys and success stories can provide the motivation, hope and inspiration to commit to moving forward to your own goals.

STEP 4: STRUGGLING AND OVERWHELMED

You are feeling stressed, and the busyness of life and your schedule cause you to feel overwhelmed. Your sleep is disrupted, and you have concern for your wellbeing. Now what?

Answer these questions, when you lay awake at night: What is it that stresses you or has you overwhelmed? If you could wave a wand with what is affecting your life, what would you want to experience? Lastly, how is struggling and being overwhelmed impacting your life?



STEP 5: TAKE THE FIRST STEP

One of my favorite quotes is:

“a journey of a thousand miles begins with a single step.”

What is your next best step to take in this moment?

How will that serve you?

If you do not take this step, what will you be delaying?

Embrace this. Take charge of your own results and happiness and do what brings you joy. This will involve taking some time for yourself and doing what you love. Yet it also involves finding happiness in the things you must do - the day-to-day tasks that are essential on the way to your desired destination.

What can you do to make these more exciting? What can YOU do to take charge of the situation and choose to enjoy the task in front of you?

That is the key... **INTENTION!**

Over time, your *life* can and WILL grow stale unless you intentionally keep fueling it. It is easy to take *your time* for granted. It is easy to put things off until next week, next month, or *some other time*...

Make your *time* a priority again and take this next best step for YOU!

Discover Your Next Steps

We have all experienced tough times. Sometimes these are personal to you, and other times you share them with those around you. They can surround a situation unique to you and your *life* or be the result of a global situation that forces change upon you.

Tough times like these are stressful.

Following this 5-step process helps bring you back to what matters.

It is not easy, and you likely will make mistakes along the way.



It is why going on this journey alone IS NOT recommended.

Because although you could, it is a surefire way to turn any progress you make into a reason for blaming external factors. Unless you go through this process with a trained professional, you run the risk of slipping down the wrong path.

It is important you choose a coach that intentionally guides and coaches you along a journey that makes you and your *God-given life's purpose stronger*.

Done right, you will grow as an individual and will reach your results beyond your wildest dreams.

Therefore, we focus so much on building the right structure so we can intentionally guide you toward your expectations.

If you'd like to explore how a *Christian Life* coach could support you to assess where you are, set realistic expectations and goals, hold you accountable for REAL change, and put the structures in place to *find God's purpose for your life*, **I invite you** to leave this call with one thing you can implement right away that sets you on the right path. [\[CLICK HERE\]](#) to book your complimentary session now!

Faith, Love, Hope
Yvette C.G. Stancil, Psy.D.

As a career woman, wife and mother, Dr. Stancil fully understands how the pressures women currently face personally and professionally can easily distract focus from what God has planned for their lives. Supporting women through the difficult and often overwhelming condition of being distanced from their purpose, Dr. Stancil helps her clients get back on track to achieve their goals and live more successful, God-centered lives. Dr. Stancil is supported in her work by her husband and children and delights in helping her clients gain the tools to find and maintain their peace while getting on track for God's plan for their lives.



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