

Life Transforming Coaching Tool

JUMPSTART

Your Life



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Purpose

The identity principle

This coaching tool begins with purpose; ***the most amazing and satisfying thing in life is the discovering and fulfilling of one's purpose.*** To know why you're here and to be able to perform that thing to the fullest of your potential is something every living being on earth longs for deep down inside most of the time unwittingly. In idle pursuit of this mystery called purpose many of us wonder aimlessly in the darkness of our ignorance of who we are and why we are here, ***a lack of purpose resulting from our current identity crisis,*** it robs even our achievements and victories of the fulfillment they promised to bring us.

Purpose is locked in the identity of every person and thing. In order for us to unlock, discover and fulfill our purpose, it is critically important for us to first unearth, awaken, and embrace our "true identity". ***The misappropriation of our identity will naturally result in the malfunction of life,*** and an identity crisis that will leave us unfilled no matter how much we achieve and or obtain; leaving us with the feeling that life has no meaning.

Many people are frustrated in life because they have not discovered their purpose due to the fact of an identity crisis that almost everyone struggles with at some point in their life. ***Many have fallen victim to this "identity crisis" simply because they have assumed and adopted identities imposed on them by well-intended family members, friends, and leaders.*** Others, due to environment factors like the need to survive, and social norms. Whatever the reason or cause ***we've embraced false identities in place of our true identity and we are in crisis.*** Purpose and meaning in life will forever evade us until we discover, awaken, and embrace our true identity. Simply put; "Wrong identity, wrong Purpose" no fulfillment.

Identity

Identify/Clarify

Purpose begins with identity, is directed by identity and realized by embracing our identity; when it comes to identity there's no room for uncertainty. The answer to who you are, "your identity" is buried deep inside your psyche, in your consciousness; so ***stop looking around and look within.***

- Identity and purpose are inseparably interwoven together. Purpose is the reason why you and I, or anything else exist. However if we misidentify anything, we miss the intended purpose of its existence- our existence.
- Without identity and purpose we wander through life aimlessly, wondering, who we are, why we are here, and no matter what we do, nothing ever seems to make sense, and nothing ever really satisfies.
- Embracing our identity first require us to ***cut ties with the false identities*** we've adopted. Almost simultaneously, we must unearth our true-identity from within.

Your identity is comprised of the ***individual characteristics that distinguishes*** you from others, your identity is as distinct and unique as your fingerprint, ear pattern and retina scan.

- These individual characteristic consist of, but are not limited to, your attitudes, mindsets, values, worldview and behaviors.

- Take some time and give thought to these areas of purpose (your business, your workplace, your community, your ministry or Church?)
 - Write down the purpose that is revealed to you for these areas of your life. (***I am aware that all the above listed areas may not apply to you; do your best to answer all that applies in detail.***)
 - In which of these areas are you fulfilling your purpose?

Write down how you are being effective and fulfilling your purpose in these areas. Who are you, aside from the opinions of other, your job title, or position in your family; ***really who are you?*** The only way to discover the answer for this question is to do some ***intense introspection.*** In other words, have a deep conversation with your higher consciousness and if you ascribe to a creator or higher being then take the next step and ask them. (James 1:5)

Working through this exercise help us to see and realize the connection between purpose and identity at the same time, it helps us to dismantle the lies that keep us from realize our true-identity and purpose.

Purpose -real purpose is never self-servicing. What do I mean? I'm glad you asked. Simple, let's look at common things like a pencil for example. The pencil was created for the purpose of writing, recording information and communication. However, someone else uses the pencil and it's purpose is realized in it's service to others.

Okay, one more, a seed is planted to produce- for instance apples, you know; an apple seed. When planted, cultivate and it's branches are full of apples, the seed has realized it's purpose, or, did it? Now, wouldn't it be a waste for a seed to grow and finally produce fruit only to rot on the branches and on the ground below.

The Apple seed's purpose is realized as we use it to eat and nourish our body. The seed did not service itself, it grew and did everything a seed of it's kind is design to do, yet purpose is found in how it serves another and not itself. This is just a little hint and reminder, that although you will benefit greatly in discovering your true-identity, your purpose is realized in part in how you service others.

- Do you know your purpose in life, in business, in your workplace, in your community, in your ministry or Church?
- In which of these areas do you feel that you are not fulfilling your purpose?
 - *Now, write down ways in which you can improve your effectiveness in these areas and move towards fulfilling your purpose.*
- In as much detail as possible, write out what it would look like if you were walking out the reality of your identity and manifestation of your purpose.

Write down your vision, write it in precise detail, so that you will have a clear and executable strategy (Habakkuk 2:2)

Roadblocks

Identify Roadblocks

- Take some time and think, what if anything is keeping you from your purpose; from manifesting your dreams, achieving your goals and experiencing lasting success and fulfillment in life? **List the first five things that come to mind.**
- For each obstacle that you've listed, **think of three ways you can overcome them and write them down.** Writing them down will not magically remove them, you must execute your plan; take action.
- List any “energy drains” or stressors in your life that may be preventing you from fulfilling your purpose. **List the first five that come to mind.** (Energy Drains = mindsets, attitudes, activities, an people)
- For each of these energy drains and or stressors that you have listed, **write down three strategies to overcome and remove** the stressors and energy drains from your life.
- What, if any **characteristics or character traits** may be a **roadblock to your success** and purpose? Write these characteristics or character traits down and explain why they may be a roadblock to your success and purpose.
- **Think carefully and strategically, be as detailed** as possible; what steps are you going to take to begin removing these roadblock from you life? Write it down and turn your **strategies into affirmations** that you read/recite for the next 30 days or until they are no-longer roadblocks.
- Now, list which **new character traits or characteristics** you believe you need to replace those roadblock characteristics with. How do you plan on cultivating these new character traits and or characteristics?

Values

Identify your values

Values can be tricky, many times we embrace and adopt values not our own; we are often times taught them as we grow up, and without knowing it, we are programmed with these values that direct and color our prospective of life.

*The trick here is spending time with yourself and being “one hundred” with yourself. The hard part about unearthing our values is that we have to be willing to no-holds-barred **challenge values that we’ve long held on to**, values that help frame our mindset, attitudes and behavior. But would it be wise to know why you hold certain ideas as values, where they come from and most importantly whether or not you really agree with that value. **Do your value really express you and your outlook on life.?***

- What are your top ten values?
 - List them; they don’t have to be in any particular order.
- Do your top ten values align with your purpose?
 - this question is one that require some real “soul searching” if you are still unclear on who you are than this question require that you keep digging deep and unearthing the true you.
 - Now, don’t get me wrong you won’t know all the answers all the time, but as you grow and more of your identity is reveal as you dig, live it out loud. At your level of revelation; are you living your true-self out loud to the fullest of your ability? When you are able to answer yes to that question then connecting your value and purpose will be easy.

- Lists the values from your “top ten” which aligns with your purpose and ***write an explanation***, explaining how they align with your purpose?
- List the values from your top ten that you feel are ***not in alignment with your purpose*** and explain why.
- Now, ask yourself, are there any values that you need to adopt or improve upon that will align with your purpose.
- List any new values that come to mind, along with any you wish to improve upon.
- Now, explain how you will assimilate these new values;
 - How will you cultivate you're least agreeable values so that they are all aligned with your purpose?

Time Management

One of the things that will make you more effective and efficient in life is a better handle on time management. You know the old saying, *time is money*, so, if you plan on being successful, you might want to get a better handle on your time. Time is one of our most valuable resources, one that *we waste in dividends*. Much of the time we waste or mishandle is the result of a failure to plan, to schedule and organize our lives. You know the saying, *“if you fail to plan, you plan to fail”*. In large, our success in life has been missed because we have failed to manage our time; simply because we refuse to take or make the time to manage our time.

Think about it. Take a moment right now to recall the many times you’ve wasted time because you failed to take the time to really sit down and schedule out the many things you have to accomplish. Scheduling our day and prioritizing things on our schedule helps things flow so much more smoothly. *We don’t have to keep stopping to figure out the next step, again wasting time*. Only in practice will you be able to see the benefits that these small change makes in our lives, giving back to us one of our most valuable resources, time.

First, realize that you cannot manage time in the sense of controlling time but rather in the sense of being a good steward of the time that is allotted to you.



- Are you *using your time effectively*.? Explain.
- ***Take time to think***, in what ways have you not been efficient in your management of time.
- Now list the top three areas that come to mind where your management of time has not been so great. In other words, ***name the three top areas of time management where you need improvement.***
- Now ***list three ways by which you can improve*** in those areas. What can you do to be a better steward of your time.

Leadership skills

Key to improving nearly every area of your life is *the powerful influence of leadership*. Leadership skills are *invaluable tools* one must harness in order to *maximize one's effectiveness* and life. This exercise is intended to help you develop your inner leader and influence to *maximize the impact you have as a leader*. These self-examination questions will aid in your unearthing the great leader within.

- *How well are you leading yourself? Explain.*
- *Are you impressed with how you are leading*, and are you following your own leadership; your standards, your own scheduling, your plans?
- What are *five key characteristics of leadership* that you think is necessary for you to maximize your effectiveness and success. (research may be required for this part)
 - Do you possess these characteristics? (those you feel are essential to your success)
 - Which of these do you need to cultivate and assimilate into your life?
 - Which of these skills do you already possess and need to improve upon?
 - *How do you plan on implementing these changes?* Write a detailed *“plan of execution”*. How will you execute/eliminate the baggage, and execute -take action towards manifesting the changes necessary?

7 Keys of *Leaderships*

Here are **7 Key characteristics of leadership** that will help you navigate your journey of success and aid you in turning your dreams into reality. Studying these words and their meaning opened my mind to leadership in ways no other teaching or training has. I think it is because the answers that was revealed to me were the result of my true-self **leading** me to a deeper understanding. We function from our level of understanding; therefore, ***the deeper the understanding, the greater the level of execution***. These, listed below were revealed to me as “trailblazing characteristics”.

We are all leaders in our own right, whether we desire it or not, somewhere at some time, there will be someone watching and learning from you. At that point you have suddenly become a leader. What you do, say; ***how you carry yourself and behave will leave an impression on the mind of someone*** that admires you. Now, the question that we must ask ourselves is; “what kind of an impression am I living”? ***Start by leading yourself*** to an awakening from the Identity Crisis that has stealth ensnared the masses, which crept in under our sleeping gaze and idle pursuit for identities imposed on us, or one we were forced to adopt to adapt and survive.

Now, I hope you didn't think I was just going to give you all the answers. NO Way!!!, you are leaders, ***leader yourself into a deeper understanding on these characteristic***, and how they function within in the role of leadership. ***Study them, write down***, their meaning and write out how they would look in your life.

- ✓ Resolve
- ✓ Tenacity
- ✓ Intentionality
- ✓ Integrity
- ✓ Sacrifice
- ✓ Endurance
- ✓ Stillness (of mind)

Knowing is only half the battle. It's not what you know or how much you know; it's how much of what you know that you actually apply to your life that will render the success you desire. Remember, *we Execute form our level of Understanding*, so with all of the knowledge, lessons and information that you encounter, hear and intentionally ascertain and gather on your journey to awakening, purpose and success; understanding is the key to unlocking wisdom.

With all that we've learn in this book and other tools for personal, professional and spiritual development, **our focus** is on you; *tailored coaching*. I personally tailor each and every coaching package to the individual; your life, your needs. Even when you purchase a specific coaching package, your experience will be total unique from any other person despite the fact that we follow a guide to guide us to victory. However, if you follow through with faith, patience, and discipline you will experience the Success and fulfillment that you desire in life. If you have already read the book, and done the exercises, hopeful after much introspection, and reflection you were and will be able to manifest the true-self who is the BARRIER DECIMATING GIANT WITHIN, as well as the SUCCESS CREATING, CULTIVATING AND MANIFESTING GIANT.

All of our coaching packages are tailored to each individual client based on their goals and desired outcome. They are tailored to you and your life. I will personally employ our powerful, effective, exclusive Life Alchemy Awakening Model, identity and purpose-driven coaching approach using our cutting-edge self-excavation system. As long as you follow through, discipline and operate from your awakened true-self I personally guarantee you a transform mind that will translate into SUCCESS & TRANSFORMATION in EVERY AREA OF YOUR LIFE.

If you are having trouble with implementing what's necessary for your **success and** or **transformation**, you are in need of a Life Coach. One who will empower and not enable you, walk beside you and be that **accountable partner** in your life who will be a constant source of **motivation and inspiration**. Helping you to **maximize your potential**, develop and **gain the momentum** needed to AWAKEN ALL THAT YOU ARE, power-forward into your Success.

Dream & Vision Casting

Take time to thoroughly consider your life goals are your dreams; do they align with your purpose? Why or why not, explain.

- *Do they align with your Purpose?* (Remember that the only way to find true success and fulfillment in life is the fulfillment of one's purpose)
- Take a mental journey into your future success. See it in the greatest of details. *What does this success look like?*
 - What is your job, career or business?
 - What does your desk or office look like?
 - What is your title? (Profession)
 - What plaques or certification are hanging on your wall?
 - What is your family like, your relationships with those nearest to you?
 - *What possible challenges might arise on your way to this place of success?*
 - *What changes did you have to make* (behaviors, habits, attitudes, disciplines)?
 - *What sacrifices did you have to make?*

These are some basic dream casting questions to ask yourself.

Once you have taken a good look at your future and have gathered all the intel that you need, you can now create your blueprint for success. Visit your future often, the more you learn about yourself (having realized and embraced your identity) you'll see the vision of your future with greater clarity, equipping you to develop a strategy to turn your dreams into reality.

Congrats



If you have completed this training manual. Your journey is under way, although you have completed this training, you are really just beginning to realize the potential you possess. The great thing about this tool is that it's a tool that you can not exhaust, it's application is almost endless and grows with you. Visit it often and continue to unearth all that you are.