

Esteemable Acts®
WEDNESDAYS
with Francine

✉ INFO@ESTEEMABLEACTS.COM



TAKE ACTION

*A Guide to
Finding Your Purpose*

The First Step

OBJECTIVES FOR ACTION ONE



- Help explore your heart's desire.
- Identify the obstacles in living the life you want.
- Create a strategy for making your dreams come true.

If you could do anything in the world, what would it be?

How would your life look?

What is preventing you from having that life?

"Self Esteem comes from having the courage to live your dreams."

Beliefs are powerful. They’re like building blocks. Before you know it they stack up against you and define your life and everything in it. Your beliefs determine the assumptions you make about people, places, and things. Then those assumptions define your attitude and your behavior.

What are your beliefs about the following?

Success:

Money:

Life:

Obstacles:

Having the life you want:

Marriage:

Dreams:

Endless Possibilities:

What if you don't know what you want? What if you've been focused on others for so long you haven't given yourself a chance to dream? Here are some exercises to help you tap into the right side of your brain.

Identify 5 things you do well: skills, talents, etc.

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

What do you enjoy doing?

What is your ideal living and/or work space?

Identify at least 5 things you value. Another way of looking at this question is what is most important to you? It could be a person, place, thing, or idea.

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

What are you passionate about?

If you had \$1 million dollars to spend, how would you spend it?

Brainstorm:

What is your life's mission, your purpose, what do you think you were called here to do? (First Draft)

Finalize:

What is your life's mission, your purpose, what do you think you were called here to do? (Final Draft)

