



FOCUSED PURPOSE

Find Your Purpose in 7 Days

A Free Guide from Focused Purpose

Find Your Purpose in 7 Days

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Welcome to Focused Purpose – your sanctuary for self-discovery and intentional living. This guide is meticulously crafted to lead you on a transformative 7-day journey to uncover your unique purpose. In a world that often pulls us in countless directions, finding clarity on *why* you do what you do is the anchor that grounds you, empowers you, and illuminates your path forward.

We believe that purpose isn't found by accident, but by intentional exploration. Over the next week, we'll guide you through a process of deep reflection, insightful discovery, and powerful action. Prepare to awaken to your inner potential, connect with what truly matters, and step into a life lived with greater meaning and impact. This is your invitation to clarity, your blueprint for fulfillment.

Let's begin this profound journey together.

Personal Commitment

Before we embark on this transformative journey, take a moment to commit to yourself and this process. Your willingness to engage deeply is the key to unlocking profound insights.

My Name:

Start Date:

Signature:

I commit to dedicating time each day to this guide and to being open and honest with myself throughout this process.

How to Use This Guide

This workbook is designed to be an interactive companion on your journey to discovering your purpose. Here's how to make the most of it:

- **Dedicate Time:** Set aside a consistent block of time each day (we recommend 30-60 minutes) to work through the exercises. Find a quiet space where you can focus without distractions.
- **Be Honest:** This is a space for *you*. Answer the prompts with complete honesty. There are no right or wrong answers, only your truth.
- **Journal Freely:** Use the provided spaces to write, reflect, and explore. Don't censor yourself. Let your thoughts flow onto the page.
- **Embrace the Process:** Some days might feel easier than others. Trust the journey, even when it feels challenging. Every step is leading you closer to clarity.
- **Take Action:** Each day includes an action step. These are designed to integrate your insights into your daily life. Complete them with intention.
- **Review and Reflect:** At the end of the week, take time to review your entries. Notice the themes, patterns, and emergent insights.

Day 1: Awakening

Welcome to Day 1. Before you can find your purpose, you have to acknowledge the space it's trying to fill. Today is about getting honest about where you are right now—and giving yourself permission to want something different.

Journaling Prompts

1. What does 'purpose' mean to you right now?

2. What is one thing you are currently doing that brings you a sense of fulfillment, even if small?

3. What is a recurring thought or feeling that signals you're ready for a deeper sense of direction?

4. Imagine a life where you feel consistently aligned and purposeful. What does that *feel* like?

Today's Action Step:

Take your answers from prompt 3 and 4 and write them on two separate sticky notes. Place the “real longing” note somewhere you’ll see it every morning. Place the “shoulds” note in a drawer. This small

symbolic act tells your brain: I'm choosing to listen to my own voice this week. After that, take 10 minutes today to simply *be*. Sit quietly, breathe, and observe your surroundings without judgment. Notice what arises. This is the first step in conscious awareness.

Day 2: Uncovering Your Values

Purpose is built on values. When your daily life aligns with your core values, you feel centered. When it doesn't, you feel lost. Today we'll identify your personal non-negotiables.

Common Values:

Authenticity, Courage, Creativity, Compassion, Connection, Growth, Honesty, Integrity, Kindness, Leadership, Learning, Love, Peace, Passion, Resilience, Respect, Service, Spirituality, Trust, Wisdom



Journaling Prompts

1. Review the list above and add any other values that resonate with you.

2. Circle all the values that are important to you.

3. From the ones you've circled, select your **Top 3 Core Values**. These are the non-negotiables that define who you are and what you stand for.

My Top 3 Core Values:

1.

2.

3.

Reflection:

How do these values show up (or not show up) in your life currently?

Today's Action Step

Write those top 3 values on the inside cover of your journal. Under each, describe what they look like *in action* for you this week. For example, "Creativity – spending 20 minutes on a hobby without worrying about the outcome."

Day 3: Exploring Your Passions

Passion isn't always a thunderbolt. Sometimes it's a quiet pull toward an activity that makes you lose track of time. Today we'll follow those sparks—even the ones you've dismissed as "unrealistic. They are the activities, subjects, and experiences that ignite your enthusiasm and make you feel alive. Let's explore what truly sparks your inner fire.

Journaling Prompts

1. Think back to your childhood. What did you love doing? What captured your imagination?

2. What topics or subjects do you find yourself naturally drawn to learning about or discussing?

3. When do you lose track of time because you are so engrossed in an activity?

4. What activities leave you feeling energized rather than drained?

Today's Action Step:

Engage in one activity today that genuinely sparks joy or curiosity for at least 15 minutes. Notice how it makes you feel.

Day 4: Recognizing Your Strengths

Your purpose isn't just about what you love; it's also about what you naturally do well. These strengths are clues to the contribution only you can make. Your strengths are your innate talents and abilities – the things you do exceptionally well, often with ease. Identifying them is key to understanding how you can best contribute.

Journaling Prompts

1. What are you naturally good at? What do people often compliment you on?

2. Think about challenges you've overcome. What skills or abilities did you use to navigate them?

3. What tasks or activities feel effortless to you, while others seem to struggle with them?

4. If you could ask three people who know you well (friends, family, colleagues) what your greatest strengths are, what do you imagine they would say?

Today's Action Step:

Write down your top 5 strengths. For each one, note one way you've already used it to help someone

else—and one new way you might use it more intentionally this month. Choose one of your identified strengths and consciously apply it in a situation today. Notice the impact.

Day 5: Connecting the Dots

Now it's time to step back and see the bigger picture. The threads of your purpose are already woven through your life. Today, you'll start to connect them.

Journaling Prompts

1. Review your journal entries from Days 1–4. What words, themes, or feelings keep reappearing?

2. Is there a common thread between your values, passions, and strengths? Write it as a single phrase (even if it's messy).

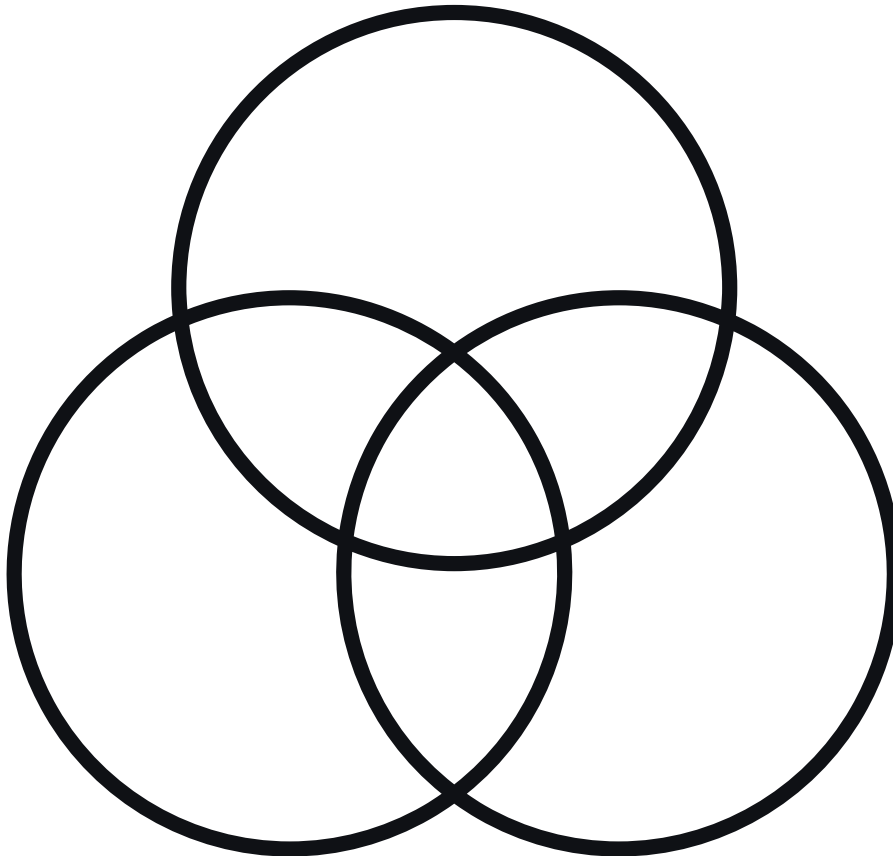
3. Think about times you made a positive difference in someone's life. What were you doing, and why did it matter?

4. If you could solve one problem in the world, what would it be—and how might your unique combination of strengths help?

Venn Diagram Space

Draw a simple Venn diagram with three circles:

What I love | What I'm good at | What the world needs



Today's Action Step:

Draw a simple Venn diagram with three circles: **What I love**, **What I'm good at**, and **What the world**

needs. Fill in at least three things in each circle based on your week's reflections. Look at the overlaps. Reflect on the central intersection. What themes are emerging? Write down any initial thoughts or phrases that feel like a potential direction.

Day 6: Crafting Your Purpose Statement

A purpose statement isn't a rigid job title or a final destination. It's a guiding sentence that brings together your values, passions, strengths, and the impact you want to have. Today, you'll write a draft—not carved in stone, but alive and evolving.

Journaling Prompts

1. Using your Venn diagram from yesterday, complete this sentence: "I exist to _____, so that _____."

2. What words feel truthful but a little bit scary? Your purpose often lives on the edge of your comfort zone.

3. How would your purpose be expressed in your everyday life—not just in a career, but in relationships, hobbies, and small choices?

Your Purpose Statement

Today's Action Step:

Craft your **purpose statement draft**. Don't worry about perfect phrasing. Write it, sit with it, then refine it. Keep it to 1–2 sentences. Place it somewhere visible—your mirror, phone wallpaper, or journal cover. Read your purpose statement aloud three times. Notice how it feels in your body. If it resonates, commit to keeping it visible where you'll see it daily.

Day 7: Living Your Purpose

Purpose becomes real only when it moves from your journal into your life. Today is about creating micro-shifts that turn intention into daily practice.

Journaling Prompts

1. Look at your purpose statement. What is one small decision you can make today that aligns with it?

2. Who in your life already supports your authentic self? How can you spend more time with them?

3. What is one story you need to stop telling yourself in order to live this purpose? (e.g., "I'm too old," "It's too late," "I don't deserve it.")

4. If you woke up one year from now fully living your purpose, what would be different? Start with one daily habit.

Purpose Anchors:

These are the foundational elements or practices that support your ability to live out your purpose consistently.

1. Key Practices/Habits: What daily or weekly activities will reinforce your purpose?

2. Key Relationships: Who can support you, and how can you contribute to their journey too?

3. Key Learnings/Growth Areas: What skills or knowledge do you need to develop to live your purpose fully?

4. Key Mindsets: What beliefs or perspectives will help you navigate challenges and stay aligned?

Today's Action Step:

Choose ONE purpose anchor to focus on implementing this coming week. Make a specific, small plan for how you will practice it daily or weekly.

What's Next?

Congratulations on completing your 7-day journey to find your purpose! This is a significant milestone, but it's just the beginning. Living a purposeful life is an ongoing practice of intention, reflection, and action.

Continue Your Journey:

- **Revisit This Guide:** Regularly review your entries and reflections. Your purpose may evolve, and revisiting these insights will help you stay aligned.
- **Integrate Your Anchors:** Consistently practice the 'Purpose Anchors' you identified. They are your daily guideposts.
- **Seek Community:** Connect with others who are also on a path of purposeful living. Share your journey, learn from others, and offer your unique contributions.
- **Embrace Growth:** Continue to learn, explore, and step outside your comfort zone. Your purpose will deepen and expand as you do.
- **Celebrate Progress:** Acknowledge and celebrate the steps you take, big or small, in living a life aligned with your purpose.

Clarity is only the first chapter—living your purpose takes ongoing support, accountability, and the courage to keep adjusting your compass.

At **Focused Purpose**, I help people exactly like you turn these insights into a life that feels meaningful every single day—not just on the good days. If you're ready to deepen this work, I invite you to explore how one-on-one coaching can give you the structure and encouragement to keep moving forward.

Visit [focusedpurpose.org] or call [[+233502872399](tel:+233502872399)] to learn more. No pressure, just an open door when you're ready.

FINAL MESSAGE

Remember, the path of purpose is uniquely yours. Trust your journey.

You are not lost—you are becoming. Trust the process, and trust yourself.

Example Completion: Mary

This section shows what a completed version of the guide can look like. Use this as inspiration for your own journey.

DAY 1: AWAKENING – Noticing the Desire for More

1. When did you last feel truly alive, engaged, or “in flow”? Describe that moment in detail.

I felt truly alive last year when I was helping organize a community event for young girls. I was coordinating people, solving problems, and seeing everything come together. I lost track of time and felt energized the entire day.

2. What part of your current life feels heaviest or most draining? Why do you think that is?

My current office job feels draining because it's repetitive and doesn't allow me to interact meaningfully with people. I feel like I'm just going through the motions.

3. Complete this sentence: “If I were being completely honest with myself, what I really long for is...”

To do work that involves helping people grow and feel empowered.

4. What have you been telling yourself you “should” want, that doesn't actually feel like your own desire?

I've been telling myself I should want job security and a stable corporate career, but it doesn't excite me.

DAY 2: Uncovering Your Values – What Truly Matters

Top 3 Values:

1. Growth
2. Contribution
3. Connection

What they look like in action:

- Growth – learning something new every week
- Contribution – helping at least one person daily
- Connection – having meaningful conversations

DAY 3: Exploring Your Passions – The Sparks of Joy

As a child, what did you do for fun when no one was watching?

I used to play “teacher” and create lessons for imaginary students.

What topics do you love learning about so much that you go down internet rabbit holes?

Personal development, psychology, and coaching.

If money and other people’s opinions were no object, what would you spend your days doing?

Coaching, speaking, and creating programs to help people find direction.

Energy-giving activities:

1. Talking to people about their goals
2. Reading self-development books
3. Journaling
4. Volunteering
5. Teaching

DAY 4: Recognizing Your Strengths – Your Unique Gifts

Top Strengths:

1. Communication
2. Empathy
3. Organization
4. Leadership

5. Creativity

Strength example:

- Communication – I helped a friend gain clarity on her career
- Empathy – People feel safe opening up to me

DAY 5: Connecting the Dots – Patterns and Themes

Patterns noticed:

Helping people, communication, growth, teaching

Common thread:

“I help people grow by guiding and encouraging them.”

Venn Insight:

Mary realizes her purpose sits at the intersection of **teaching, personal growth, and helping others.**

DAY 6: Crafting Your Purpose Statement – A Compass for Life

Purpose Statement:

I exist to help people discover their potential and grow with confidence, so that they can live meaningful and fulfilled lives.

What feels scary but true?

That I might actually be meant to guide others, and that requires stepping outside my comfort zone.

DAY 7: Living Your Purpose – From Insight to Action

One aligned decision today:

Sign up for an introductory coaching course.

Support system:

My best friend Sarah and my mentor at church.

Limiting story:

“I’m not experienced enough.”

Life one year from now:

I am coaching people part-time, building a community, and feeling fulfilled.

Purpose Anchors

1. Journal every morning for 10 minutes
2. Study coaching 3 times a week
3. Have one meaningful conversation daily

Why This Example Matters

Mary didn't "find" her purpose overnight—she uncovered what was already there by reflecting honestly.

Your answers will look different.
That's exactly the point.

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