

# “WHY ME, WHY NOT?”

A Discovery Of Your True Purpose  
**Embracing Your True Purpose in a World That Needs You**



**NDIDI O. EDEOGHON**  
(Coach Didi)

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"My Purpose in God is my purpose in life" - Coach Didi {30/4/25}

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The content is based on the author's research, experience, and insights. Every effort has been made to ensure accuracy, but the author and publisher assume no responsibility for errors or omissions.

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## PREFACE

### ACKNOWLEDGEMENT

This book is dedicated to the Most Holy Family of Nazareth (**Jesus, Mary and Joseph**) for their continuous guidance in my life.

I could not have started this book without the powerful inspiration given to me by **St. Catherine of Siena**.

Thank you **St. Josémaria Escrivas** for birthing the dream of UNIV which helped to refine my own Purpose. 😊

My loving husband, **Mr. Omijeh Edeoghon**, has had to bear with me in my evolution and I dedicate this book to him for accommodating me, as I journey.

And to she who bore me in her womb and released me into the world, **Mrs. Felicia Okogwu**. I am eternally grateful, to her for being the ever-encouraging mother.

My immense gratitude goes out to **Mrs. Ngozi Iwere** for Nourishing the dream;

**Prof Kemi Ogunyemi** for opening the Way;

**Dr. Lucia Okogwu** for keeping me on the Way;

And **Mrs. Bola Makinde** for being the listening ear, as I journey along the Way.

May God continue to bless you all and sustain you as you live in your Purpose. Amen



# TABLE OF CONTENTS

	Introduction .....	5
CHAPTER 1	The Call Of Responsibility .....	7
CHAPTER 2	Dimensions Of Responsibility .....	18
CHAPTER 3	The Excuses That Hold Us Back .....	29
CHAPTER 4	Discovering Your Divine Design (DD) .....	38
CHAPTER 5	Beyond Your Nature: Transcending Temperament..	47
CHAPTER 6	The Dance of Personality And Purpose .....	53
CHAPTER 7	True Purpose Vs False Direction .....	62
CHAPTER 8	The Journey Of Self Discovery .....	70
CHAPTER 9	The Divine Partnership .....	78
CHAPTER 10	Eyes Wide Shut .....	87
CHAPTER 11	Global Goals, Personal Mission. ....	93
CHAPTER 12	Interdependence: We Need Each Other .....	97
CHAPTER 13	Beyond "Living Your Life": The Christian Mandate .....	101
CHAPTER 14	Your Local Action Plan: Purpose In Practice .....	106
CHAPTER 15	Why Me? Because Who Else Would It Be? .....	114



# Why am I here?

Have you ever wondered why you are how you are? Have you heard that soft voice or felt that tug within you, to do something BUT you have no idea how to start? You are not alone, trust me. I have been there, and I will guide you on how to positively affect your world, one step at a time. No matter how shy or how loud you are, you have been called; but for what? This book will equip you on how to realize your TRUE PURPOSE as a citizen of this world and guide you on how to achieve it. What does it mean to be personally responsible and why does it even matter? Or does it?

In a world that moves faster every day, it's easy to lose sight of our true purpose. We get caught in the whirlwind of societal expectations, external pressures, and the constant hum of the digital age, and we forget to ask ourselves the most important question of all: **Why am I here?**

Do you know that each of us is born with an innate gift, a unique spark that can light the world? So why do so many of us struggle to recognize this truth, to connect with the deeper part of ourselves that longs for fulfilment, peace, and meaning? We settle into routines, follow paths laid out for us, and forget that we have the power to create a life aligned with our highest purpose.



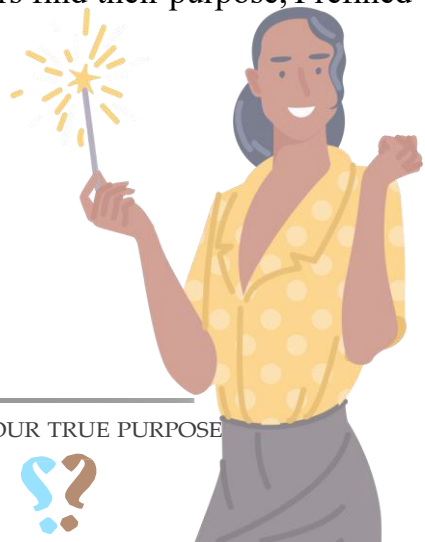
This book is an invitation to awaken that spark. It's an invitation to shed the layers of doubt, fear, and limitation that keep you from stepping into your full potential. If you've ever wondered if you were meant for something more, if you've felt the pull of a deeper calling, this book is for you.

We all have the ability to transform our lives, and it starts with understanding and embracing our true purpose; that divine spark.

In these pages, I'll share the tools, stories, and practices that have helped me and countless others step into our highest selves. You'll find guidance, inspiration, and practical steps to help you uncover your divine spark and live a life of meaning, impact, and fulfillment.

The world needs you. It needs your gifts, your voice, your presence. The time to embrace your purpose is now. Let's begin the journey together.

So, why did I write the book? Well, because to do otherwise would be blotting out my purpose. In helping others find their purpose, I refined mine.



# INTRODUCTION

In the noise and chaos of modern life, it's easy to forget something incredibly simple but profoundly important: **You are enough.**



You are enough

In fact, you are more than enough. You are a spark, an energy that, when fully embraced, has the potential to set the world ablaze. But for many of us, that spark is buried beneath layers of fear, self-doubt, and external pressures. We've been conditioned to believe that our worth is tied to our achievements, to what we can give others, or to how we compare to the next person. And in doing so, we lose sight of what truly makes us special: our Purpose; Purpose with a capital "P."

Purpose is not a destination or a thing. It's a way of being that is unravelled with every bold step taken under the guidance of the Divine. It's about understanding who you TRULY are at your core and aligning your actions with that truth. It's about embracing the unique qualities that make you who you are and using those gifts to create a life that reflects your deepest values and desires.

Most importantly, Purpose is about knowing that you have a divine spark within you, a spark that has been there all along, waiting to be uncovered and nurtured.





But how do you find that spark in the first place? And once you've found it, how do you fan it into a flame?

That's what this book is all about.

We'll take a deep dive into the journey of self-discovery, uncovering the layers that have kept you from fully embracing your true purpose.

We'll explore the mindsets, habits, and practices that will help you awaken to your full potential. And we'll look at real-life stories, stories of people who've embraced their divine spark and gone on to create lives of extraordinary meaning.

Along the way, we'll confront the doubts and fears that often hold us back and learn how to overcome them. I'll show you how to get out of your own way, trust in your inner guidance, and take bold action towards living a life that lights you up.

This isn't a book about following someone else's idea of success. It's a book about discovering your own. It's about learning to listen to the whispers of your heart and soul, and then having the courage to act on them. **It's about finding your unique voice** and using it to contribute to the world in a way only you can.

**You are not here by accident.** The world needs what only YOU can offer.

Now, it's time to embrace that truth and live the life you were always meant to live. Are you ready to ignite your divine spark?

Oh, one more thing – fear not and smile.

**Let's begin..**





## CHAPTER ONE

# THE CALL OF RESPONSIBILITY



## RESPONSIBILITY

It's a word that's often weighed down by connotations of burden and obligation. You hear statements like "You are not responsible enough" or "She is a responsible person". We hear it most often when it's time to step up, when there's something to fix, a role to fill, or an expectation to meet. It's a word that, in many ways, has been twisted by the pressures of modern life. We think of responsibility as something we *have* to do, not something *we* get to do.

But what if responsibility is more than just a burden? What if, instead, it's an invitation? A call to something greater, an opportunity to respond to the world with purpose and meaning?





# Responsibility as Lens

Now, let's continue by reframing this word, "responsibility." At its core, responsibility means the ability to respond. It's the recognition that we have the power to choose how we engage with the world and how we show up in every moment. It's not just about responding to what life throws at us, it's about consciously choosing **how** we want to respond, rooted in a sense of purpose and direction.

So, do you wear glasses? Well, have you ever seen something through a lens? **Think of responsibility as the lens through which we view our actions.** When we choose to take responsibility for our lives, we stop seeing ourselves as passive victims of circumstance, and we begin to realize that we have the agency to shape our own destinies. We become active participants in our journey, deciding how we will navigate the ups and downs, the challenges and triumphs.





True responsibility is about recognizing that the choices we make, big or small, create ripples in the world. Have you heard of the butterfly effect? Every action we take has an impact, and that impact stretches far beyond our immediate circle. When we step into our responsibility with awareness, we understand that the work we do is not just for our own benefit, it's part of a larger tapestry of human connection and collective purpose.

### **Stories of Responsibility: Answering the Call**

To truly grasp the power of responsibility, we need to see it in action. Let's explore a few stories of individuals who answered the call to responsibility in transformative ways, people who understood that their choices, actions, and decisions could impact not just their lives, but the world around them.



Before we continue, you need to stop reading again. Hmm, you're still reading? Well, you know what I mean and yes, we'll be doing this quite often on this journey. **So, this time your assignment is to write down the names of 2 persons whom you think answered the call to responsibility. You have a little longer to do this - 30 seconds.**

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### Story 1: Malala Yousafzai's Fight for Education

In 2012, Malala Yousafzai, a young Pakistani girl, was shot in the head by the Taliban for speaking out in support of girls' education. She had chosen to speak up for what she believed was right, even when it meant facing unimaginable danger. But Malala didn't let fear stop her. After surviving the attack, she could have retreated into safety and silence, but instead, she embraced her responsibility to advocate for girls' education on a global scale.



By taking ownership of her story, Malala became a beacon of hope for millions. She responded to the call to stand up for justice, and in doing so, she became a voice for the voiceless. Malala didn't just fulfill an obligation; she chose to make a difference by taking responsibility for the future of girls around the world. Her courage ignited a movement, proving that true responsibility isn't about avoiding hardship, it's about standing up in the face of adversity to create positive change.

She had found her Purpose.

## **Story 2: The Power of Ordinary Acts, The “Mother Teresa” Effect**

Mother Teresa, a name synonymous with selflessness, spent her life serving the poorest of the poor in Kolkata, India. But what many people don't realize is that her sense of responsibility wasn't built on grand gestures or global fame. It was grounded in the quiet, everyday decisions she made to show up and serve those in need, no matter how small the task or how invisible the people.

She didn't need accolades, fame, or wealth to do the work she did. Instead, she chose to answer the call to responsibility with humility and grace. Responsibility need not be showcased. In fact, it speaks its loudest when it is covert. Her legacy isn't one of obligation, but of conscious, deliberate acts of service. Each day, she responded to the needs of the world in front of her, one small act of kindness at a time.



In doing so, she shifted the way the world thought about compassion, showing that responsibility isn't just about grand acts, it's also about showing up consistently with love and care.

She had found her Purpose.

### Story 3: The Power of Faith, The “Leah Sharibu” Inspiration

In 2018, Leah was abducted alongside 109 other girls by Boko Haram insurgents in Dapchi, Nigeria. While the others were released, Leah remained in captivity due to her refusal to renounce her Christian faith. This act of defiance was not just a personal decision but a testament to her deep sense of responsibility to her beliefs and identity.

Her unwavering faith and resilience in the face of adversity serve as a profound example of personal responsibility. Her story underscores the importance of standing firm in one's beliefs and values, even when confronted with immense pressure to conform. She found her Purpose.



## Story 4: The Ripple Effect of Personal Responsibility, The Change of One

Personal responsibility doesn't always need to be on a global scale to have a profound impact. Sometimes, it's the quiet choices we make in our own lives that set off ripples of transformation. Take the story of a university student; let's call her Catherine. She finds herself getting disillusioned with the course she is studying but decides to continue nevertheless. She eventually graduated and found herself as an ordinary worker in a corporate job who struggled with a sense of meaning in her life. Over time, she grew frustrated with her work, feeling disconnected and unfulfilled. One day, instead of just accepting that her job was a means to an end, she decided to take responsibility for her own happiness and sense of purpose.



Catherine began asking herself: *“What is the one thing I can do today that would make my life more meaningful?”* She didn’t quit her job, but she began using her spare time to volunteer at a local food bank. Slowly, she found herself reconnecting with her sense of purpose, realizing that true fulfillment came not from climbing the corporate ladder, but from making a positive impact in the lives of others. This shift in perspective had a ripple effect, Catherine’s newfound energy and sense of purpose began to affect everyone around her. Her colleagues noticed the change in her, her friends saw her joy, and her family felt her renewed sense of purpose. One small choice to take ownership of her own happiness became a source of inspiration for others.



## Responsibility as a Path to Personal Growth

Taking responsibility for our actions is one of the most powerful ways to grow and evolve as individuals. When we begin to own our choices and responses, we unlock the potential to change not just our own lives but the lives of those around us.

But responsibility doesn't always look like we think it should. It's not about perfection. It's not about always having the right answers or making the "right" choice every time. Responsibility is about showing up. It's about being accountable for our actions and their impact, both for our personal growth and for the well-being of others.

## The Power of the Response

Each of us has a choice in how we respond to the world. The real power of responsibility lies in our ability to choose. That is always the first step – the choice. When you choose, you must ensure that you respond with intention and act with purpose. The real power is to then embrace the call to do the work we're meant to do. So, the question is this: are you ready to embrace the Call? Notice the capital "C" because it is not just an ordinary call; it is a Divine Call.



Whether it's standing up for a cause like Malala, serving with compassion like Mother Teresa, being resilient like Leah or simply choosing to take ownership of our own happiness like Catherine, our responses have the power to shape our lives and the lives of those around us.

In this chapter, we've laid the foundation for understanding that responsibility is not a burden, but a gift, a call to step into our power, purpose, and potential. It's a chance to shape the world in ways that only we can. So, how can we unlock the life we're meant to live?



# THE FOUR DIMENSIONS OF RESPONSIBILITY

So, let's go back to that word, shall we? Responsibility. Responsibility is not a one-size-fits-all concept. It's multifaceted, layered, and intricate, woven into every decision we make and action we take. While the word "responsibility" might conjure up thoughts of duty or obligation, it encompasses far more than just what we're expected to do. It's about navigating our lives through four core dimensions:

1. Personal Responsibility
2. Moral/Ethical Responsibility
3. Legal/Professional Responsibility and
4. Social Responsibility.

These dimensions work together to create a holistic framework for purposeful living, where our actions reflect the many aspects of our interconnected existence.

By understanding and embracing these four dimensions, we can better align our choices with our higher purpose, leading to a life that is not only fulfilling but also impactful. Each dimension serves as a pillar that



supports our journey toward a deeper connection with ourselves and the world around us. Let's explore them one by one.

## 1. Personal Responsibility: The Foundation of Growth

Me, myself and I. Is that wrong? Is that what being personally responsible is about? Well, **personal responsibility is the bedrock of all other types of responsibility.** It's the ability to take ownership of your actions, decisions, and emotional responses, without blaming others or external circumstances. It's about recognizing that you are the architect of your own life and that your choices have a direct impact on your personal growth and well-being.

In this chapter, we're going to explore the true essence of responsibility. It's not about fulfilling duties out of obligation or meeting someone. So these are some of the things that you may find yourself saying which indicates your level of personal responsibility:

If you don't have time, what might you say?

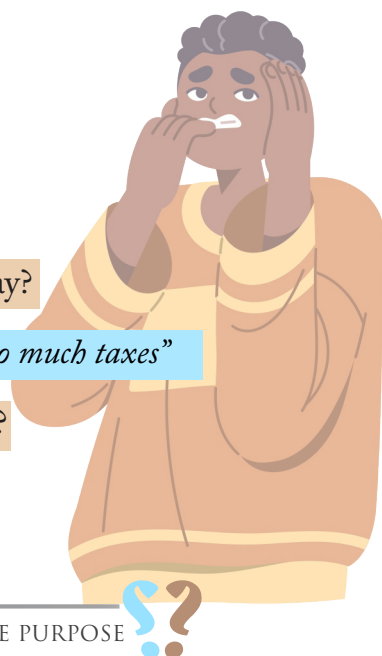
*"I have so much stuff going on"*

If you don't have enough money, what do you say?

*"I don't get paid enough" or "Government taking too much taxes"*

If you are not fit/ out of shape, what do you say?

*It's in my genes*



However, when you take personal responsibility, you acknowledge that you have the power to change the course of your life. You no longer see yourself as a passive participant but as an active creator of your experiences. So, how will you rate yourself out of 10 -5, 7, 9/10?

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### **Real-World Example: The Power of Personal Responsibility**

Consider the story of Maya, a 25-year-old woman who found herself stuck in a cycle of dissatisfaction with her career. She often blamed her boss, the company, or even the economy for her lack of progress. But one day, after a particularly difficult meeting, Maya realized she wasn't happy because she hadn't taken responsibility for her own growth. She had been waiting for external circumstances to change, instead of actively pursuing the career path she truly wanted.

Maya made the decision to take responsibility for her own professional life. She enrolled in courses to learn new skills, networked with professionals in her desired field, and started volunteering for projects that aligned with her interests. By stepping up and taking ownership of her career, Maya not only found fulfillment but also opened doors to opportunities she hadn't imagined before.

**Key Takeaway:** Personal responsibility empowers us to stop waiting for the world to change and start creating the changes we want to see in our own lives. It's a crucial step toward self-empowerment.



## 2. Moral/Ethical Responsibility: Me Compass of Integrity

Moral and ethical responsibility is about aligning your actions with your values and doing what is right, even when no one is watching. It's a deeply personal dimension of responsibility that guides us in making choices that honor our integrity, protect the dignity of others, and contribute to the well-being of the greater community.

Moral responsibility asks us to reflect on the question: *What is the right thing to do?* It requires us to act in ways that are consistent with our core beliefs and principles, even when there is no immediate reward or recognition. This dimension of responsibility often requires courage, especially when doing what's right is challenging or unpopular.

### Real-World Example: Moral/ Ethical Responsibility in Leadership

Take the example of Nelson Mandela. Have you watched the movie "INVICTUS" with Morgan Freeman playing the role of Nelson Mandela?



After being imprisoned for 27 years by South Africa's apartheid regime, Nelson Mandela became president in 1994 during the country's transition to democracy. Many expected retaliation against the white minority who had upheld apartheid but he chose forgiveness and invited his former jailers and political opponents to the presidential inauguration. His goal was moral healing, not punishment. And he wore the Springboks rugby jersey (a symbol of Afrikaner nationalism) during the 1995 Rugby World Cup, signaling a united South Africa. Mandela acted out of moral duty to do the greater good of the nation even though he had suffered deeply. He chose to do the right thing, not the popular thing. How about you?

**Key Takeaway:** Moral and ethical responsibility is about doing the right thing because it aligns with your values, not because of external validation. Integrity is the foundation of ethical decision-making and builds trust with others.



### **3. Legal/Professional Responsibility: Navigating the Framework of Society**

Legal and professional responsibility involves adhering to the rules, laws, and codes of conduct that govern our actions in the workplace and society. It's about understanding the boundaries and frameworks that protect both individuals and communities and ensuring that our actions comply with those guidelines. Whether it's a legal contract, a company policy, or a professional standard, legal responsibility demands accountability for our actions within the bounds of the law.

While legal responsibility may seem like a set of rigid rules to follow, it's actually an essential part of ensuring that we interact with others fairly and safely. Imagine the fate of patients in the hands of a doctor with no professional responsibility or that of a client with a lawyer who has no legal responsibility to him.

By respecting legal and professional frameworks, we contribute to the smooth functioning of society and create a sense of order and accountability.



## **Real-World Example: The FTX Collapse and Fraud Scandal**

What happened in 2022-2023? FTX was one of the world's largest cryptocurrency exchanges which suddenly filed for bankruptcy. FTX misused customer funds and violated its legal duties by engaging in risky investments, political donations, and personal luxuries. Although the CEO was **sentenced to 25 years in prison** and ordered to forfeit over \$11 billion, millions of customers around the world lost money and confidence in the crypto sector was severely damaged.

This scandal serves as a stark reminder of the importance of legal and professional responsibility in our work and personal lives. By respecting the laws that govern us, we protect ourselves and others from harm, ensuring that we contribute to a fair and just society.

**Key Takeaway:** Legal and professional responsibility is about understanding and adhering to the rules that safeguard our collective well-being. It's not just about avoiding penalties; it's about contributing to a functioning, ethical society.



## 4. Social Responsibility: A Collective Commitment

No person is an island, right? Social responsibility is the dimension that connects us to the broader world. It's about recognizing that our actions have an **impact beyond ourselves**, affecting our communities, societies, and the planet as a whole. Social responsibility calls on us to consider the consequences of our actions on others and to take steps to ensure that we contribute positively to society.

This dimension encourages us to think beyond our personal desires and to embrace the idea that our individual choices are part of a larger, collective effort to improve the world. Whether it's through environmental sustainability, charitable work, or advocating for social justice, social responsibility calls on us to be stewards of the world we share with others.

### Real-World Example: Patagonia's Commitment to the Environment

Patagonia, the outdoor apparel company, is a shining example of social responsibility in action. The company has long been committed to environmental sustainability, from using recycled materials in their products to donating a portion of their profits to environmental causes. Patagonia has consistently chosen to prioritize the planet over short-term profits, demonstrating a deep sense of social responsibility to future generations.



In addition to their environmental efforts, Patagonia also advocates for social causes, supporting fair labor practices and ethical manufacturing standards. The company's commitment to social responsibility has not only strengthened its brand but has also inspired other businesses to follow suit, showing that profit and purpose can coexist.



**Key Takeaway:** Social responsibility is about recognizing our interconnectedness and acting in ways that benefit the larger community. It's about contributing to the greater good and ensuring that our actions leave a positive legacy for future generations.

### **The Interconnection of the Four Dimensions**

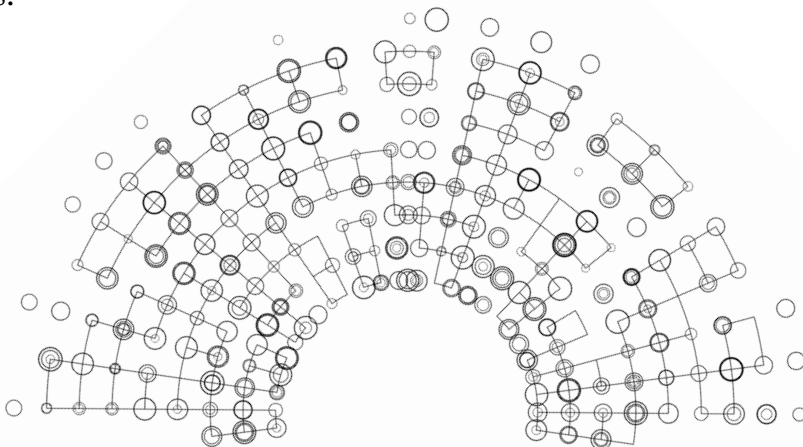
So, we know these 4 distinct dimensions now but how does this lead to the journey of my true purpose? Well, these four dimensions don't exist in isolation. Personal responsibility, moral/ethical responsibility, legal/professional responsibility, and social responsibility are deeply interconnected and affect your purpose. Each one supports and influences the others, creating a holistic approach to purposeful living.



When we take personal responsibility for our growth, it strengthens our moral compass, ensuring that our choices are aligned with our values. By adhering to legal and professional standards, we create a foundation of integrity that supports our social responsibility. And by acting with social responsibility, we deepen our commitment to all the other dimensions, understanding that the way we live our lives has far-reaching consequences.

## **The Key to a Meaningful Life**

Embracing the four dimensions of responsibility creates a powerful framework for living a meaningful life. Each dimension shapes the way we interact with the world, helping us navigate challenges, make ethical choices, and contribute to the greater good. When we embrace responsibility in its fullness, we step into our true potential and become forces of positive change, not only in our own lives but in the lives of others.



So, it's time to stop reading again.

Get a pen and reflect on these four dimensions.

Ask yourself: *How am I showing up in each area of responsibility?*

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List each area of responsibility

Personal: \_\_\_\_\_

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Moral: \_\_\_\_\_

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Legal: \_\_\_\_\_

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Social: \_\_\_\_\_

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The answers you find, will guide you towards living a life of purpose, impact, and fulfilment.

Let's continue...



## CHAPTER THREE

# THE EXCUSES THAT HOLD US BACK

Have you ever found yourself saying things like, *“I don't have time,”* *“I'm not cut out for this,”* or *“It's in my genes”*? If so, you're not alone. We all make excuses. They're an easy way to sidestep the uncomfortable work of taking responsibility. They create a barrier between us and the actions that could change our lives.

Excuses are often the **invisible handcuffs** that keep us stuck, preventing us from stepping into the fullness of our potential. At their core, excuses are an escape from discomfort, fear, or the unknown. They offer us a temporary reprieve from facing the challenges or changes that could lead to growth. But the truth is, these excuses don't just shield us from discomfort, they block the very opportunities that would help us grow, evolve, and align with our true purpose.

In this chapter, we're going to pull back the curtain on the most common excuses we use and explore how they undermine our ability to take responsibility for our lives. We'll also look at psychological insights behind these patterns and provide practical strategies to recognize, confront, and overcome them.



By doing so, we'll break free from the shackles of excuses and take ownership of our potential.

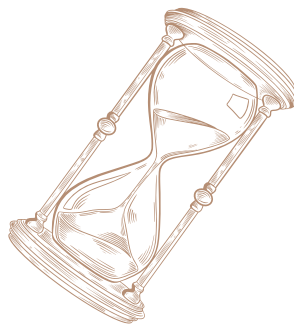
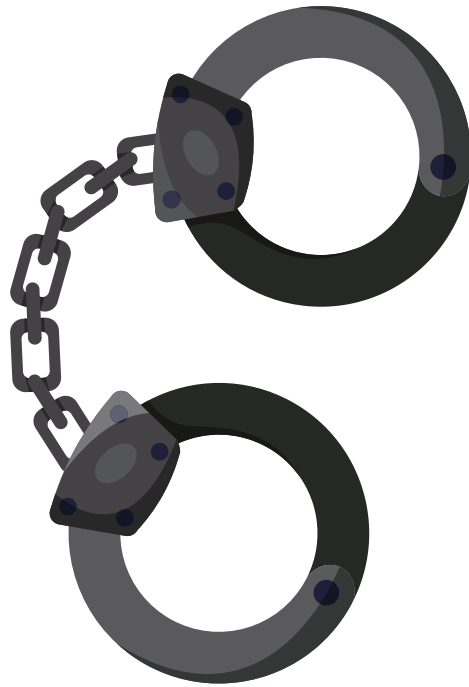
The Common Excuses:

Unmasking the Deflections

### 1. "I Don't Have Time"

Time is one of the most frequently used excuses in today's fast-paced world. We all claim to be too busy to pursue our goals, develop new skills, or take care of ourselves. We tell ourselves, *"I'm just too busy right now, I'll do it later,"* or *"There's no way I can fit this into my schedule."*

But the truth is, *time is not the problem, priorities are.* We all have the same 24 hours in a day, yet some people seem to get more done, achieve their dreams, and make meaningful progress, while others feel perpetually behind. The difference often comes down to how we **prioritize** and how we view our time.



## Real-World Example: The Time Trap

Take the story of Laura, a mother of two who works full-time and is constantly running around, trying to balance her family, career, and personal goals. For years, Laura used the excuse of “I don't have time” to justify not pursuing her passion for painting. She would think, “When the kids are older, or when I have a break from work, I'll get to it.”

One day, after having a conversation with a friend who was a successful painter, Laura realized that the real issue wasn't time, it was her priorities. She hadn't been making time for the things that brought her joy because she hadn't been intentional about carving out space for them. Laura decided to schedule time for her painting, even if it was just 30 minutes a week. Slowly but surely, she found herself making progress, and she realized that the excuse of time was merely a mask for her fear of stepping into something new.

**Key Takeaway:** The “I don't have time” excuse often disguises the real issue, our inability to prioritize what truly matters. **When you commit to your purpose, you'll find the time.** It's not about having more hours, but about choosing how to use the ones you have.



## 2. “I’m Not Good Enough”

Another major excuse we use is the belief that we're not capable of succeeding. We tell ourselves, “I'm not good enough,” or “Other people are more talented than I am.” This excuse is rooted in self-doubt and insecurity, and it can be **paralyzing**. It convinces us that we're unworthy of success or that we'll never live up to the standards set by others.

This excuse is not only untrue, it's also deeply limiting. It keeps us stuck in a place of inaction, waiting for the “right moment” when we feel ready. But the truth is, **no one ever feels 100% ready**. The people we admire didn't become experts overnight, they got there through consistent effort, mistakes, and growth.

### **Real-World Example: The Journey of J.K. Rowling**

J.K. Rowling, author of the Harry Potter series, was rejected by multiple publishers before her first book was accepted. She faced immense self-doubt, struggling with feelings of inadequacy. Yet, she continued writing, refusing to let the belief that she “wasn't good enough” stop her. Her story is a testament to the power of perseverance in the face of self-doubt and the importance of not letting the “I'm not good enough” excuse dictate your actions.

Paralyzing



**Key Takeaway:** The belief that you're not good enough is a story you've told yourself to avoid the discomfort of trying and failing. When you take responsibility for your own potential, you'll discover that you have the power to grow, improve, and succeed, regardless of where you start.

### 3. “It's In My Genes”

One of the most insidious excuses we use is the idea that our limitations are pre-determined by genetics or circumstances beyond our control. “*I'm just not good with money, it's in my genes.*” “*I've always struggled with relationships, my family has a history of dysfunction.*” These beliefs suggest that our current situation is a product of inherited traits or family history, and therefore, we can't change them.

This excuse is rooted in a concept known as *learned helplessness*, the belief that because we've been conditioned to act a certain way, we're unable to break free from it. But the truth is, while our upbringing and biology may influence us, they don't define our potential. We have the power to rewrite our stories.



## Real-World Example: Overcoming Genetic Barriers

Consider the story of Michael, who grew up in a family where poor health was common. His parents both had heart disease, and he was told from a young age that he would probably suffer from similar issues as he got older. For years, Michael used this excuse to justify unhealthy eating habits and a sedentary lifestyle.

However, after a health scare in his mid-thirties, Michael decided to take responsibility for his health. He started eating better, exercising regularly, and learning about ways to prevent the conditions that ran in his family. Despite the genetic predisposition, Michael reversed his health trajectory and became an advocate for others looking to break free from similar patterns.

**Key Takeaway:** While genetics and upbringing can influence our behaviors, they do not determine our fate. Taking responsibility means understanding that you have the power to change your habits and beliefs, regardless of what you were taught or inherited.

### 4. “I’m Waiting for the Right Time”

Another common excuse is the belief that there's a perfect moment to act. We often wait for the stars to align, thinking that the “right time” will magically present itself. This can apply to anything, from starting a business to pursuing a passion to having difficult conversations.



The truth is, the “right time” often doesn't exist. There will always be obstacles, challenges, and unknowns. The real question is: *Are you willing to step into the discomfort of action, even when conditions aren't perfect?*

### Real-World Example: The Leap of Faith

Sarah had always dreamed of starting her own bakery, but she kept postponing the idea because she didn't have enough savings, didn't know all the ins-and-outs of business, and didn't feel fully prepared. She kept telling herself, “I'll do it when I have everything figured out.” But that perfect moment never arrived.

One day, Sarah decided to take a leap of faith. She started small, working out of a shared kitchen space and marketing her pastries to local cafés. Slowly but surely, her business grew. Sarah learned by doing, and her bakery became a beloved local spot. She realized that waiting for the “right time” was simply another excuse to stay in her comfort zone.

**Key Takeaway:** The “right time” is often an illusion. The best time to take action is now. **Responsibility requires us to make the most of what we have,** even when we don't feel fully prepared.

### Recognizing and Overcoming Excuses

Excuses are often the first line of defense against responsibility, but they don't have to be. The key to overcoming them is awareness.



By recognizing the excuses we use, we can start to dismantle them and take proactive steps toward our goals.

Here are a few practical strategies for overcoming excuses:

1. **Reframe Your Thinking:** When you hear yourself making an excuse, pause and ask, *What's really holding me back?* Is it fear? Self-doubt? Lack of clarity? Reframing your thoughts can help you identify the root cause and take responsibility for changing your mindset.
2. **Take Small Steps:** Instead of waiting for the perfect moment, commit to taking small, consistent actions toward your goals. These incremental steps build momentum and show you that you are capable of more than you think.
3. **Shift from “I Can't” to “How Can I?”:** Replace limiting thoughts with questions that open up possibilities. Instead of saying, *“I can't do this,”* try asking, *“How can I make this happen?”* This shift in perspective empowers you to explore creative solutions.
4. **Own Your Power:** Stop giving away your power to excuses. The truth is, you are more capable than you realize. Every time you make an excuse, you are surrendering your ability to create change. When you take responsibility, you unlock your potential.



## Conclusion: Breaking Free from the Excuses

Excuses are just stories we tell ourselves to avoid facing our fears, insecurities, and challenges. But when we recognize them for what they are - temporary shields against discomfort, we can begin to break free from their grip. By owning our responsibilities, we stop waiting for the perfect conditions and start creating the life we desire, one step at a time.

We are here again: stop reading.

Get a pen and reflect on the excuses you've been holding onto all this while.

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Now ask yourself this: *How much longer will I let these excuses dictate my life?*

The world is waiting for you to show up.

Let's continue.

BREAK FREE





## CHAPTER FOUR

# DISCOVERING YOUR DIVINE DESIGN (DD)

Do you believe that each of us has a unique purpose and calling? I do.

Each one of us is born with an inherent blueprint, an intricate combination of traits, talents, and characteristics that make us who we are. This unique design is not by accident; it's divinely orchestrated for a specific purpose. The concept of divine design suggests that you were made with intention, with a purpose that only you can fulfill in the way that only you can.

But how do we uncover our divine design? **How can we come to understand the distinct makeup that sets us apart and prepares us for our purpose in life?** To answer these questions, we must first explore the deeper layers of our temperament, the fundamental traits that influence how we respond to the world, interact with others, and engage with life itself.

Inherent blueprint



In this chapter, we'll explore both ancient and modern theories of personality, starting with Hippocrates' groundbreaking theory of the four temperaments. We'll then examine how modern personality theories have evolved, providing a framework for understanding your divine design. What's your Divine Design (DD). The goal is for you to recognize the strengths and challenges inherent in your temperament, so you can harness them to live a life that is aligned with your true purpose.

Before we move on, stop reading, get a pen and describe yourself in ONE WORD - yes, one word.

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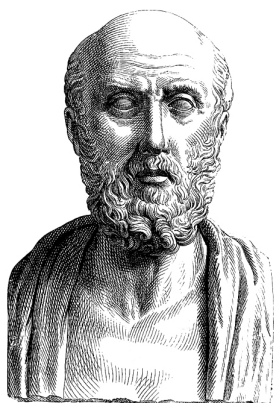
DD

When you are done, let's continue.



## Hippocrates and the Four Temperaments

So who was Hippocrates? The first time I heard of him, I wondered whether he was a hypocrite of sorts. I later found out that this ancient Greek physician was regarded as the father of medicine and that in the 5th century BC, he developed the **first theory of personality** based on the concept that humans have four basic temperaments. He believed that the balance of bodily fluids, or *humors*, influenced these temperaments, shaping the way people think, feel, and act.



The four temperaments are:

**Choleric (The Leader):** Choleric individuals are identified from the presence of yellow bile from the liver and are characterized by passion, ambition, determination, and strong leadership qualities. They are decisive, goal-oriented, and can be fiercely independent. They tend to take charge of situations and thrive in positions of power and responsibility.



**Sanguine (The Optimist):** The sanguine temperament was derived from the presence of red blood from the heart and associated with sociability, enthusiasm, and optimism. Sanguine individuals are lively, talkative, and tend to seek out excitement and adventure. They are often the life of the party, and their infectious energy draws others to them.

**Melancholic (The Thinker):** Those with a melancholic temperament have black bile from the kidneys and are considered doleful, analytical, thoughtful, pessimistic and introspective. They tend to be perfectionists, paying attention to detail and striving for excellence. While they may be reserved, they are often deeply compassionate and driven by a desire to make meaningful contributions.

**Phlegmatic (The Peacemaker):** Phlegmatic individuals are identified by the presence of phlegm from the lungs and are calm, peaceful, and steady. They are reliable, empathetic, and tend to avoid eagerness and optimism. They excel in creating harmony in their relationships and work environments, and they are often the glue that holds teams or families together.

Each of these temperaments represents a distinct aspect of human nature. According to Hippocrates, the combination of these temperaments in varying degrees shapes our personalities and determines the way we approach life.



While these types may seem simple at first glance, they offer profound insights into our divine design, helping us understand why we respond to challenges, relationships, and opportunities in the ways we do.

It is a widespread misconception to think that we know ourselves without **a proactive attitude of SELF- DISCOVERY.** We must dig deeply into our consciousness and honestly face ourselves.

**Real-World Example:** The Power of Temperament in Relationships

Consider the relationship between two people, Anna, who has a sanguine temperament, and Ben, who is melancholic. Anna is outgoing, loves to meet new people, and thrives in social settings. Ben, on the other hand, is more reserved, enjoys deep one-on-one conversations, and is more introspective. At first glance, they may seem to have opposite approaches to life, but their temperaments complement one another. Anna's enthusiasm helps Ben break out of his shell, while Ben's thoughtful nature provides balance to Anna's spontaneous energy.

Their relationship works because they understand each other's temperamental needs and strengths. Anna encourages Ben to take risks and enjoy life's lighter moments, while Ben provides Anna with the depth and perspective she sometimes misses. This dynamic is a beautiful example of how temperaments shape our interactions and **contribute to our purpose in relationships.**



## Modern Personality Theories: Expanding the View

While Hippocrates' four temperaments offer a useful foundation, modern psychology has developed more nuanced frameworks to understand personality. One of the most widely recognized models is the **Big Five Personality** Traits, which outlines five core dimensions of personality:

**1. Openness to Experience:** This trait reflects how curious, imaginative, and open-minded someone is. People high in openness tend to seek novelty, enjoy creative pursuits, and embrace new ideas.

**2. Conscientiousness:** This trait involves how organized, dependable, and goal-oriented an individual is. Highly conscientious people are disciplined, focused, and excel at long-term planning.

**3. Extraversion:** This dimension describes how sociable, energetic, and outgoing someone is. Extraverted individuals are often the life of the party and gain energy from social interactions.

**4. Agreeableness:** This trait measures how cooperative, empathetic, and compassionate someone is. Highly agreeable people are kind-hearted, avoid conflict, and tend to prioritize the well-being of others.

**5. Neuroticism:** This dimension refers to how emotionally stable or unstable an individual is. People high in neuroticism are more likely to experience anxiety, worry, and emotional turbulence, while those low in neuroticism tend to be more calm and emotionally resilient.

## BIG FIVE



The Big Five Personality Traits provide a more detailed lens through which we can view our temperament and divine design. For example, someone high in Openness to Experience might be drawn to creative professions, while someone high in Conscientiousness might excel in environments that require precision and organization. These traits, along with the four temperaments, help us understand our strengths and challenges, allowing us to navigate life with greater self-awareness and purpose.

### **Real-World Example: The Impact of Personality on Career Choices**

Let's consider two individuals: Jake, who scores high in Openness to Experience, and Kate, who scores high in Conscientiousness. Jake has always been drawn to creative work, such as writing, art, and design. He thrives in environments where he can express himself freely and explore new ideas. On the other hand, Kate is more methodical and prefers a structured environment. She works in project management, where her attention to detail, organization, and discipline are crucial for success.

Both Jake and Kate are fulfilling their divine design because they've embraced their personality traits. Jake's creativity and open-mindedness lead him to a fulfilling career in the arts, while Kate's conscientiousness ensures that she brings order and efficiency to her professional life. By understanding their temperaments and aligning them with their work, both individuals are able to live with a sense of purpose and fulfillment.

### **Embracing Your Divine Design**

So, what does all of this mean for you? How can you discover and embrace your own divine design?



First, take time to reflect on your temperament and personality. As in, stop now and consider the following questions:

*Do you feel energized by social interactions, or do you prefer solitude?*

*-Are you a natural leader, or do you feel more comfortable supporting others behind the scenes?*

*-Do you seek adventure and novelty, or do you prefer stability and predictability?*

*-How do you handle conflict, do you seek harmony, or are you more confrontational?*

By reflecting on these questions and understanding the temperamental traits that shape your behavior, you can begin to uncover your divine design.

**Recognize the strengths of your temperament and how they contribute to your purpose in life.**

If you're a sanguine, your gift may be in connecting people and spreading joy. If you're choleric, you may be called to lead and drive change. If you're melancholic, your purpose may lie in creating depth and understanding. If you're phlegmatic, you may be here to foster peace and unity in the world.

Embracing your divine design is not about conforming to a rigid mold, it's about accepting the unique gifts you bring to the world and using **them to live in alignment with your highest purpose.**



## The Path to Purpose

Your divine design is not something you need to force or strive for, it's something that is already within you. By understanding your temperament and personality, you can see more clearly how your unique traits align with your purpose. The next step is to begin living in harmony with this design, trusting that you have the right tools to fulfill your unique mission in life.

Remember, your design is divine. It's a reflection of who you are meant to be and what you are.

There is a dominant one and a secondary temperament. Consider how these temperaments influence your life's choices, challenges, and successes.

### Conclusion: Living in Harmony with Your Temperament

Your temperament map is not a limitation; it's a tool for living a more purposeful, fulfilling life. By understanding your dominant and secondary temperaments, you can leverage your strengths and be mindful of your challenges. You can navigate life with greater clarity, knowing that your divine design is perfectly suited for the path ahead.



## CHAPTER FIVE

# BEYOND YOUR NATURE: TRANSCENDING TEMPERAMENT

HIGHEST VERSION

While the four temperaments offer valuable insights into our innate traits, behaviors, and natural inclinations, they do not define us entirely. Yes, our temperament influences how we experience the world and interact with others, but **it is not the final word on who we are or what we can become.** We are NOT bound by the limitations of our natural design; we are capable of growth, evolution, and transformation that transcend our inherited characteristics.

This chapter is about stepping beyond the natural confines of your temperament, understanding that who you are today is not necessarily who you must remain. By cultivating self-awareness, embracing divine grace, and developing virtuous qualities, we can **overcome the weaknesses tied to our temperaments and grow into the highest version of ourselves.**

As you read, you will understand how through discipline, spiritual growth, and the development of virtues, your responses to life's challenges can lead to greater fulfillment and purpose.



## **The Limitations of Temperament: Understanding Where We Begin**

Before we explore how to transcend our natural inclinations, it's important to acknowledge the limitations that come with each temperament. Temperament often dictates our automatic reactions, tendencies, and habits, many of which can become barriers to growth if left unchecked. **These limitations are not fixed, they are simply starting points for transformation.**

### **Choleric Limitations**

Cholerics, with their strong drive and decisiveness, often struggle with impatience, pride, a tendency to dominate conversations, and an inability to listen to others. They can become so fixated on achieving their goals that they overlook the needs of the people around them, or push themselves and others too hard.

### **Sanguine Limitations**

Sanguines, while full of energy and enthusiasm, can be easily distracted, inconsistent, disorganized, and prone to superficiality and overcommitting. Their desire for excitement can lead them to avoid discomfort or conflict, often escaping into distractions rather than confronting problems head-on.



### **Melancholic Limitations**

Melancholics are deeply introspective and analytical, but their perfectionism can become paralyzing. They can overthink situations to the point of inaction, and their tendency to focus on flaws can lead them to wrestle with self-doubt and prevent them from appreciating their progress or seeing the big picture.

### **Phlegmatic Limitations**

Phlegmatics, with their calm and peaceful nature, often avoid confrontation or difficult decisions. Their tendency to go along with the flow can lead them to neglect their own needs or miss opportunities to take initiative. They may struggle with assertiveness and fear change, battling with laziness or indecision and preferring the comfort of the status quo.

### **The Path to Transformation: Self-Awareness and Divine Grace**

The first step in transcending the limitations of our temperament is self-awareness. By understanding our natural tendencies, we can become more conscious of our automatic responses to life's challenges. **This awareness allows us to catch ourselves before we fall into unproductive patterns,** giving us the opportunity to choose a different, more intentional response.



However, self-awareness alone is not enough. True transformation comes when **we pair our awareness with divine grace, the spiritual power that enables us to overcome our weaknesses,** grow beyond our limitations, and align with a higher purpose. Divine grace is not something we earn; it is a gift that flows into our lives when we open ourselves to it, trusting that we are capable of greater things.

Together, self-awareness and divine grace create the fertile ground for the cultivation of virtues that help us transcend our temperament.

### **Embracing Transformation: The Role of Divine Grace**

As you work to transcend your natural limitations, remember that transformation is not a solo effort. Divine grace is the ultimate enabler of growth and change. While self-awareness and virtuous habits are essential, it is grace, the divine support and wisdom that flows into our lives, that truly empowers us to evolve beyond our limitations.

Grace helps us transform our weaknesses into strengths, empowers us to grow in ways we never thought possible, and reminds us that we are not bound by our temperamental nature. We are co-creators with the divine, constantly evolving toward our highest purpose.



## Conclusion: Transcendence Is the Path to Purpose

**You are not limited by your temperament. You are not confined to the traits and tendencies you were born with.** Through self-awareness, the cultivation of virtues, and the power of divine grace, you have the ability to transcend your natural inclinations and step into the highest version of yourself.

GRACE



**To Thyself Be True...**

Guess what you have to do now? 4 things:

1. Describe yourself in not more than 2 sentences or if you prefer to draw a picture, feel free

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2. Identify your dominant temperament and its weakness

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3. Take time to reflect on how you can transcend the limitations of your temperament and align more fully with your divine design.

4. Take the free survey/ VIA Character strength test on <https://www.viacharacter.org/>

Your transformation begins today.



## CHAPTER SIX

# THE DANCE OF PERSONALITY AND PURPOSE

So, what was your top strength? Keep it in view as we continue this journey to discover your true purpose.

In the journey of life, there is a delicate, **ever-evolving dance between who we are at our core and the purpose we are called to fulfill.** At first glance, personality and purpose may seem like separate forces, but in reality, they are intimately connected, one shapes the other, and together, they form the foundation of authentic living.

What does Personality influence?

- 1) how you approach your purpose
- 2) how you interact with challenges
- 3) how you connect with others (and God)



Purpose gives direction and meaning to life by providing motivation and a sense of fulfillment. Your purpose can also reinforce or refine your personality traits. How is this done? Well, by you pursuing a meaningful goal, you develop resilience, confidence or patience.

Personality and purpose create a dynamic interplay where your unique traits complement your aspirations

Our personality is the lens through which we perceive the world, interact with others, and respond to life's challenges. It is an intricate blend of our innate traits, experiences, and preferences.

Our purpose, on the other hand, is the unique contribution we are here to make; the reason we exist beyond just ourselves. Purpose is about answering the deep question, *Why am I here?* Although it may evolve over time, it's always about aligning with something greater than ourselves.



In this chapter, we'll explore the dynamic and synergistic relationship between personality and purpose. You will learn how your personality influences your approach to your purpose and how pursuing that purpose, in turn, refines and transforms your personality. This dance between self and service is essential to living a life that is both authentic and fulfilling.

### **Personality: The Unique Lens through Which We See the World**

Our personality is often the first thing we encounter when approaching life's challenges. It influences the way we process information, react to stress, interact with others, and make decisions. Think of your personality as the lens you look through to engage with the world.

Whether you are a Choleric, Sanguine, Melancholic, or Phlegmatic, each temperament offers a unique way of perceiving and reacting to the world. But our personality is not just about how we see things; it's also about how we respond to the world. This response directly shapes the way we interact with our purpose.

### **Real-World Example: The Choleric Leader**

Imagine a Choleric individual, driven, ambitious, and goal-oriented. When this person embarks on a journey toward their purpose, whether it's building a business, leading a team, or driving change, they do so with decisiveness and determination. Their natural leadership abilities, combined with their assertiveness, create a strong foundation for their



work. However, if their personality remains unchecked, they might become too focused on results and neglect the well-being of those they lead.

In this case, their personality shapes the approach to their purpose, but they will need to refine and evolve that personality to fulfill their true potential. They may need to learn humility, patience, and empathy, balancing their natural drive with a deeper understanding of others.

### **Purpose: The Journey That Refines Who We Are**

Purpose is not just about what we do, it's about who we become in the process. **As we pursue our purpose, we are shaped and transformed by it.** Our purpose calls us to grow, stretch beyond our comfort zones, and develop qualities that may not come naturally to us.

When we answer the call to purpose, we engage in a process of refinement. We develop virtues such as resilience, patience, and compassion. The pursuit of purpose often demands that we confront our limitations, face our fears, and grow in ways we never imagined. And through this process, our personality evolves. Our natural tendencies, be they driven, spontaneous, analytical, or peaceful, are refined to support the fulfillment of our purpose.



## **Real-World Example: The Sanguine Artist Who Embraces Discipline**

Consider a Sanguine artist who is passionate and creative but struggles with discipline and follow-through. Initially, their pursuit of purpose, whether in painting, writing, or performing, may be sporadic, marked by bursts of enthusiasm followed by periods of inactivity. However, as they continue to pursue their purpose, they begin to develop new habits. They set routines, manage their time effectively, and learn to finish what they start. Over time, the pursuit of their purpose helps them refine their personality, cultivating the discipline and focus they once lacked.

In this scenario, purpose doesn't just guide the artist's work, it reshapes their very nature. The person doesn't become someone they are not, but they **become a more integrated version of themselves**, one that harmonizes their natural strengths with the demands of their calling.

## **The Mutual Influence: How Personality and Purpose Shape Each Other**

The relationship between personality and purpose is symbiotic. Our personality shapes the way we approach our purpose, and our purpose, in turn, shapes the way we grow and evolve as individuals. It's a dynamic and reciprocal relationship: our inherent qualities influence **how we tackle challenges**, and the pursuit of our greater purpose refines those qualities to align with the highest version of ourselves.



## Let's break this down:

**Personality Shapes Our Approach to Purpose:** The way we interact with our purpose is heavily influenced by our personality. For example, a Choleric individual may approach their career with leadership and a clear sense of direction, while a Phlegmatic person may approach it with steadiness and a focus on maintaining peace in their environment. Their temperaments shape the energy they bring to their work and their interactions with others in their field.

**Purpose Refines Our Personality:** As we engage with our purpose, we grow. Challenges, setbacks, and triumphs alike force us to expand our emotional capacity, develop resilience, and cultivate virtues that are sometimes at odds with our natural tendencies. The Sanguine, who may initially struggle with follow-through, learns the importance of patience and persistence in their pursuit of mastery. The Phlegmatic, who may avoid confrontation or take initiative, learns to assert themselves and take bold steps toward their dreams.

**A Harmonious Integration:** Over time, as we pursue our purpose, we begin to integrate these newly developed virtues into our personality. Our strengths remain, but they become more nuanced, balanced, and aligned with our purpose. In turn, our refined personality empowers us to engage with our purpose more deeply and with greater effectiveness.



### **Real-World Example: The Melancholic Author Who Finds Courage**

Consider a Melancholic writer, someone who is deeply introspective and often plagued by self-doubt. Initially, their pursuit of writing might be stunted by fear of failure and perfectionism.

However, as they continue to write, despite their inner doubts, they begin to cultivate courage. Over time, their writing evolves, and they start to take creative risks, allowing their work to become more authentic and free. The act of pursuing their purpose refines their personality, helping them grow from a perfectionist to a courageous creator.

### **The Role of Self-Awareness in the Dance**

Self-awareness is the key to unlocking the full potential of this dance between personality and purpose. When we are aware of our natural tendencies and how they influence our actions, we can make conscious choices about how we approach challenges, relationships, and our goals. Awareness allows us to leverage our strengths and work on our weaknesses, aligning our actions with the deeper calling of our lives.

### **Real-World Example: The Phlegmatic Entrepreneur Who Learns to Lead**

Take the story of Tim, a Phlegmatic entrepreneur. He is naturally calm and peaceful but struggles with decisiveness and assertiveness. Initially, he finds it difficult to take charge in his business, preferring to go along with others' ideas.



However, as he grows in his purpose, he begins to recognize that leadership requires him to step outside of his comfort zone. Through self-awareness and intentional action, Tim starts to develop greater confidence, taking decisive action in key moments. His purpose, building a successful business, pushes him to transcend his natural tendencies, and in doing so, his personality evolves to support his mission.

### **Living in Harmony: Authentic Living Through the Dance of Personality and Purpose**

When personality and purpose work together in harmony, we experience authentic living. Authenticity comes from the alignment of who we are with what we do. It means living in a way that feels true to our deepest values, desires, and potential. It's about bringing our best selves to every aspect of our lives, whether in our school, work, relationships, or creative endeavors.

Authentic living is not about striving for perfection or forcing ourselves to fit into a mold. It's about embracing the unique qualities that make us who we are while constantly evolving and refining ourselves in pursuit of a higher purpose. It's about **knowing who we are at our core and letting that understanding guide us toward what we are meant to contribute to the world.**



## Conclusion: The Dance Continues

The dance between personality and purpose is an ongoing process, one that shifts, grows, and evolves throughout our lives. As we pursue our purpose, we continue to learn more about ourselves, refine our natural tendencies, and unlock new aspects of our being. And as we grow, our personality shifts to better support our mission in life, creating a cycle of self-discovery and purposeful living.

Temperament/ personality is innate and divinely given. It doesn't determine your destiny even if it influences your natural tendencies. You can cultivate virtues to overcome your weaknesses with self-awareness and God's grace. You are not locked into the weaknesses of your predominant temperament. You can learn to adjust and accommodate so that you do not become slaves to your temperament. You can learn to dance; to dance well.

**Embrace the dance. Know that your personality is not a fixed destination, but a dynamic partner in your journey toward purpose.**

With self-awareness and grace, you have the ability to shape both who you are and what you do in ways that align with your highest calling.





## CHAPTER SEVEN



### TRUE PURPOSE VS. FALSE DIRECTION

In a world driven by external validation, it's easy to become lost in the noise of societal expectations. From the moment we're born, we are inundated with messages about who we should be, what we should do, and how we should live our lives. Whether it's through the media, family expectations, or cultural standards, these external pressures often steer us away from our true purpose and towards false directions.

Many of us spend years, sometimes even decades, chasing goals and dreams that aren't ours. We might follow a path laid out for us by others or by society's standards of success, only to realize that we are unfulfilled, disconnected, and unsure of what truly matters. How can we prevent this from happening to us?

The key to living a meaningful life is in discerning between true purpose and false direction. We must understand the difference between what we are called to do from within and what we are expected to do from without.



In this chapter, we'll explore the distinction between authentic purpose and the false directions shaped by external validation. We'll look at real-life examples that illustrate both paths, helping you identify the markers of true purpose, authenticity, alignment, meaning, and sustainable fulfillment. By the end of this chapter, you'll have the tools to discern your own path and begin to live a life aligned with your deepest calling.

So, if you need to take a break to get a notepad, a pen or do something before you continue, please do. This chapter will need your full concentration and participation as you read each and every line.

### **The False Direction: Living for External Validation**

The concept of living for external validation is one of the most pervasive challenges of our time. We are constantly bombarded by messages that tell us we need to achieve specific things in order to be successful or worthy. These messages often manifest as:

**The pursuit of material success:** The idea that wealth, status, or possessions are the ultimate indicators of success.

**The need for approval:** The desire to meet others' expectations, whether from family, peers, or society, often at the cost of our own desires.

**Conformity:** The pressure to follow the traditional path, graduate, get a job, climb the corporate ladder, without considering whether it aligns with our true aspirations.



**Social media and public recognition:** The constant comparison to others' curated lives, leading us to chase fame or popularity instead of purpose.

The problem with external validation is that it's unsustainable. It's based on what others think of us rather than who we truly are. It can never provide the lasting fulfillment we seek, because it's always contingent on the approval of others or the attainment of external rewards.

### **Real-World Example: The Student Executive Seeking Approval**

Take the example of Alex, a highly successful student executive. From a young age, Alex was taught that success meant being the best scholar and valedictorian in school, earning a prestigious title, and running a finance company to gain wealth and recognition. Despite the accolades in school and impressive titles, Alex was constantly stressed, disconnected from family, and struggling with deep feelings of emptiness. He realized that his student affairs, the positions he was chasing, and the lifestyle he was maintaining were not aligned with his true passions or values.

After a period of soul-searching, Alex realized he had been living for others' approval, whether it was his parents, peers, or society at large. The accolades and titles didn't provide the fulfillment he had hoped for. His true calling was in environmental sustainability, an area he had been passionate about since his primary school years. Alex eventually started a nonprofit focused on renewable energy. This shift allowed him to reconnect with his values, and his life began to feel more aligned with his authentic purpose.



## True Purpose: The Call from Within

True purpose, on the other hand, is an internal calling that transcends external expectations. It's the deep knowing that **you are here to contribute something meaningful to the world, something that is uniquely yours.** True purpose is not driven by the need for approval, recognition, or validation. It is a force that comes from within, shaped by your values, passions, and inherent talents.

The hallmarks of true purpose are:

**Authenticity:** True purpose is aligned with your true, resonates deeply with who you are and aligns with your core values, interests and strengths

**Alignment:** True purpose will show how your actions are consistent with your beliefs, values, and passions. There's no conflict between who you are and what you do. Your work, relationships, and choices reflect your deeper calling.

**Meaning:** True purpose brings a sense of fulfillment that goes beyond mere success or achievement. It provides meaning in the midst of struggle, joy in the midst of hard work, and satisfaction that comes from knowing you're making a difference.

**Sustainable Fulfillment:** Unlike the fleeting satisfaction of external validation, true purpose brings lasting fulfillment, endures over time and evolves as you grow. It remains a guiding force in life by energizing and keeping you motivated through challenges and fuels your growth.



### **Real-World Example: The Musician Who Chose Passion Over Fame**

Sarah was a talented musician who could have easily pursued a career in mainstream pop music, knowing it would bring her fame and fortune. However, Sarah felt a deeper calling to create music that expressed her personal experiences and touched people's hearts in a meaningful way. While it meant choosing a less commercial path, Sarah followed her heart, creating music that resonated with a niche audience who connected with her authenticity.

In this case, Sarah's true purpose was not driven by fame or popularity. She found meaning and fulfillment in creating music that expressed her soul, regardless of the external rewards. Over time, she built a loyal following and found peace knowing she was living in alignment with her true calling, rather than chasing an ideal of success that didn't feel authentic.

### **How to Recognize Your True Purpose**

So, how can you distinguish between a life driven by external validation and one rooted in true purpose? Here are a few key questions to ask yourself:

*-Does this path align with who I am, or is it what others expect of me?*

Authentic purpose feels true to who you are at your core. Ask yourself if you're pursuing this goal because it resonates with you, or because it's what others think you should do.

*-Am I motivated by passion and meaning, or by approval and recognition?*



True purpose brings a sense of fulfillment regardless of external recognition. If your actions are driven by the desire for praise or success, you may be following a false direction.

*-Does this pursuit bring me joy, or does it feel like a heavy burden?*

While any path with purpose involves hard work, it should ultimately feel rewarding. If your goals feel like an endless chase for something that never seems to bring lasting satisfaction, you may be caught in the cycle of external validation.

*-Am I growing, or am I stuck in a cycle of achievement without fulfillment?*

True purpose leads to personal growth. If you feel stagnant, despite outward success, it's a sign that your actions may not align with your deeper calling.

## **The Shift Toward True Purpose**

Living a life of true purpose requires a shift in perspective; a willingness to move away from the quest for approval and validation toward a deeper commitment to your own authenticity. It means rejecting the external pressures that tell you who to be and embracing the **call to be exactly who you are with no apologies whatsoever.**

**Are you ready to begin this shift?**



**Tune into your inner voice:** Take time for reflection, meditation, or Journaling to connect with your true desires. What do you like really? Your soul knows what it's meant to do, trust it.

**Embrace discomfort/Trial and Error:** Following your true purpose can be uncomfortable. It may require taking risks or stepping away from the “safe” path BUT know this- the discomfort of growth is far more fulfilling than the stagnation of living a life that isn't truly yours.

**Let go of perfection:** True purpose is not about being perfect, it's about being authentic. Let go of the need for approval and focus on the joy of living in alignment with your values.

**Commit to growth:** As you step into your true purpose, continue to grow and evolve. Your journey is dynamic, and your purpose will unfold over time.

### **Conclusion: The Freedom of True Purpose**

The difference between true purpose and false direction is the difference between living for others and living for yourself, in the deepest, most authentic sense.

It's about living in alignment with your true self, finding meaning in your studies, work, and experiencing sustainable fulfillment. When you align with your true purpose, the external validation you once sought becomes secondary to the inner satisfaction that comes from knowing you are living a life that is truly yours.



**“What is it you want to change?  
Your hair, your face, your body?  
Why? For God is in love with all  
those things and He might weep  
when they are gone.”**

*- Catherine of Sienna*





## CHAPTER EIGHT



# THE JOURNEY OF SELF-DISCOVERY

The journey of self-discovery is both profound and transformative. It requires a deep commitment to understanding yourself, your desires, your values, your fears, and your unique gifts. It's about peeling back the layers of conditioning, expectations, and distractions to reveal the core of who you truly are. This is the foundation upon which you will build a life of purpose that is deeply authentic and fulfilling.

In this chapter, we will explore the introspective work necessary for uncovering your true purpose. Through reflective exercises, meditative practices, and structured approaches, you will learn how to reconnect with your authentic self, understand your unique calling, and take practical steps toward living in alignment with your deepest desires.

The journey of self-discovery is not a one-time event but **a lifelong process, a practice of continually unfolding and aligning with your purpose.** Let's begin this journey with an open heart, ready to explore the depths of who we are and what we are meant to do.



## The Foundation of Self-Discovery: Reflecting on Your Inner Landscape

The first step in discovering your true purpose is to spend time reflecting on your inner landscape. This means getting clear about who you are at your core, beyond the roles you play, the expectations you've internalized, and the labels that others have placed on you.

Here are a few reflective exercises to help you start the process:

### 1. Reflecting on Your Core Values

Your core values are the fundamental beliefs and principles that guide your decisions and shape your actions. They are the **compass by which you navigate life**. When your actions are aligned with your values, you experience a sense of peace and fulfillment. When you are out of alignment, you may feel restless or disconnected.



To begin this reflective exercise, ask yourself:

*-What qualities do I admire in others?* (Think about the people you most respect and look up to.) \_\_\_\_\_

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*-What activities or experiences make me feel most alive?* \_\_\_\_\_

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*-When have I felt truly proud of myself? What was I doing at the time?*

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*-What injustices or issues in the world stir my heart?* (This could give you insight into your deeper passions.) \_\_\_\_\_

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Write down the values that stand out to you. For example, if you admire integrity, freedom, or compassion, these values can be a guiding force as you pursue your purpose.

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## 2. Your “Why” Statement

Understanding your "why" is central to uncovering your purpose. Your "why" is the reason behind everything you do. It's what fuels your passion and gives meaning to your actions. Ask yourself:

*-Why do I get out of bed in the morning?*

*-What impact do I want to have on the world?*

*-What legacy do I want to leave behind?*

Use these questions to draft a “Why” statement. This statement will be a guiding light on your journey, reminding you of the deeper calling behind your daily tasks and decisions.

## 3. Visualization Meditation for Purpose

Visualization is a powerful tool to help you connect with your future self and your true purpose. Through visualization, you can tap into the subconscious mind, which often holds the keys to your deepest desires and calling. Use these 5 steps:

a) *Find a comfortable, quiet space and close your eyes.*

b) *Take several deep breaths, allowing your body to relax and your mind to quiet.*



c) *Imagine yourself in the future, living a life that feels fully aligned with your deepest values and desires.* What do you see? What are you doing? Who are you helping? How does it feel to live in alignment with your purpose?

d) *Allow the emotions associated with this future vision to fill your heart.* Feel the joy, peace, and fulfillment that comes with living your purpose.

e) Repeat this visualization practice every week. It will guide you toward clarity about the kind of life you want to create. Over time, it will help you identify the steps needed to align your current life with your authentic purpose.

### **Practical Steps for Aligning with Your Purpose**

The journey of self-discovery isn't just about reflection and meditation. It also requires practical action. Here are some steps you can take to begin aligning with your purpose in a tangible way:

#### **1. Identify Your Strengths and Gifts**

Each of us is born with unique talents and abilities that are meant to be shared with the world. To uncover your purpose, you must first understand what you are naturally good at.



Write down the replies to these 3 questions:

*-What activities come naturally to me?*

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*-With what do others often ask me for help?*

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*-What skills do I enjoy developing or learning more about?*

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Make a list of your strengths and gifts.

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Verify this list with your result of the free survey/ VIA Character strength test taken on <https://www.viacharacter.org/>

## 2. Explore Your Passions

Your passions are a reflection of your purpose. They are the things that light you up and make you feel connected to something greater than yourself. To uncover your passions, ask yourself:

*-What activities make me lose track of time?*

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*-What topics do I love learning about?*

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*-What causes or issues do I feel deeply passionate about?*

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Make a list of your passions, paying attention to the things that inspire and energize you.

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### 3. Take Small Steps Toward Alignment

Once you have a clearer understanding of your values, strengths, and passions, it's time to take action. Start small. Aligning with your purpose doesn't require a grand, immediate transformation, it's about taking incremental steps in the right direction such as these:

- a) Start a new project that reflects your values and passions, even if it's just a hobby or side hustle;
- b) Volunteer or contribute your time to causes that resonate with you;
- c) Reach out to people who share your values and goals, and begin building relationships within your desired field;

By taking small steps, you build momentum, which helps you move closer to a life aligned with your true purpose.

#### Conclusion: The Ongoing Journey

Self-discovery is not a destination but a journey; a journey that unfolds over time. As you engage in reflection, meditation, and practical steps toward uncovering your true purpose, you'll find that the path becomes clearer and more aligned with your authentic self.

Remember that the process of discovering your purpose is dynamic. It evolves as you evolve. What's important is to stay connected to your inner truth, to remain open to growth, and to commit to living a life that feels authentic and fulfilling.



## CHAPTER NINE

# THE DIVINE PARTNERSHIP

Do you pursue your purpose on your own? With what you have read so, it appears that you do, doesn't it? However, what would you say if I tell you that in the pursuit of purpose, one of the most profound and transformative realizations is that **our purpose is not something we discover alone.**

While self-reflection, introspection, and personal growth are vital components, **the journey toward fulfilling our purpose ultimately involves a divine partnership.** It is through our relationship with the divine, with God, that we receive clarity, guidance, and empowerment to live out our purpose with purpose.

This chapter explores how aligning with God will illuminate our path, provide us with supernatural strength, and empower us to fulfill the unique mission we are called to carry out in the world. By drawing on spiritual wisdom, particularly from Christian theology, we will discover how our divine partnership shapes our understanding of purpose, leading us to live a life of meaning and lasting fulfillment.

NOT ALONE



**“All the way to heaven is heaven”**

**-St Catherine of Sienna**

Do you believe that our spiritual journey begins here on earth? Or perhaps I should start with asking you if you believe that we are on a spiritual journey in the first place? Saint Catherine of Sienna believed that we were and that we could experience a taste of heaven in every moment **by living in alignment with God's will while on earth.**

**God intricately designed our temperament(s) in the womb** and the design was to influence our perspectives, choices and spiritual life throughout our earthly pilgrimage.

During this sojourn on earth, we are to learn how to use the best of our particular temperament to bring us closer to God and to attain our ultimate goal/purpose in life.

**So the question is: what is your ultimate goal in life?**

For me, it is quite simple: my personal salvation by aligning with God's will. In the 'Lord's Prayer,' don't we even pray these words: **“Thy will be done?”** So, how do enter this alignment; this divine partnership?



## The Call to Divine Partnership

We don't enter into this divine partnership. We are already born into it. It has already entered into us. In Christian theology, the concept of purpose is intricately tied to God's divine will for each individual. From the moment we are born, God has partnered with us by giving us his 'ruach'; his breath; his spirit. **We enter into a relationship where we are called not just to know Him, but to understand and live out the unique purpose He has designed for our lives.** This purpose is not something we achieve solely through our own efforts, but through an active, ongoing relationship with God, who imparts wisdom, guidance, and empowerment to fulfill His plan for us.

The Bible says in **Jeremiah 29:11**, *“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you a hope and a future.”* This verse speaks to the divine intention behind our lives: God has a purpose for each of us, and it is a purpose that leads us into a future filled with hope, growth, and fulfillment. We can only discover this purpose through relationship with God, by prayer, reflection, and openness to His will.

### Real-World Example: The Calling of Moses

One of the clearest examples of divine partnership leading to purpose can be found in the story of Moses. Moses, a man who initially questioned his ability and worthiness, was called by God to lead the Israelites out of slavery in Egypt. What dominant temperament do you think Moses had? Was he choleric, sanguine, phlegmatic or melancholic?



At first, Moses felt inadequate, asking God, *“Who am I to lead?”* But God's answer was clear: it wasn't about Moses' own ability, but about the partnership between Moses and God's Divine Will.

In **Exodus 3:12**, God reassures Moses, *“I will be with you.”* This divine partnership was not about Moses achieving greatness on his own but about Moses surrendering his limitations to God's power and wisdom. As Moses stepped into this partnership, he was empowered by God to lead, overcome obstacles, and fulfill a purpose far greater than he could have imagined.

In the same way, our purpose is discovered when we open ourselves to God's will and recognize that we are not alone in our journey. Through divine guidance, our purpose becomes clearer, and the strength to carry it out comes from a place beyond our own capabilities.

### **Aligning with God's Will: The Key to Purpose**

Aligning with God's will is the first step toward uncovering and fulfilling our true purpose. It requires us to surrender our own plans, desires, and expectations, and trust that God has a better, more fulfilling path for us. In **Proverbs 3:5-6** (NIV), the Bible encourages us to *“Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.”*



Aligning with God's will does not mean that we passively wait for life to unfold. **It means actively seeking His guidance through prayer, scripture, and reflection, and trusting** that His plans for us will bring greater fulfillment and joy than we could ever achieve on our own.

#### 4 Spiritual Practices for Alignment

Here are a few spiritual practices to help you align with God's will and deepen your divine partnership:

**A. Prayer and Meditation:** Regular communication with God is vital for understanding His will for your life. Prayer allows you to speak to God, but meditation allows you to listen for His voice. **Set aside time each day to connect with God,** seeking His guidance and clarity about your purpose.

**B. Scripture Reading:** The Bible is filled with wisdom and guidance about purpose, calling, and alignment with God's will. Read passages that speak to your heart and **ask God to reveal His plan for you through His word.** Verses like Isaiah 55:8-9, which remind us that God's thoughts are higher than our own, can provide clarity when we seek answers.

**C. Fasting:** Fasting can help you disconnect from distractions and focus on seeking God's will. Whether through food, social media, or other distractions, fasting clears the path for spiritual clarity and allows you to better hear God's voice in your life.



**D. Silence and Solitude:** Taking time for solitude and silence allows your spirit to rest and refocus, making it easier to tune into God's frequency and to hear His voice. This practice opens the door to deeper connection and greater clarity about your purpose.

### **Divine Empowerment: Strength for the Journey**

One of the most profound aspects of the divine partnership is the empowerment we receive from God. In Christian theology, this empowerment comes through the Holy Spirit, who not only guides us but strengthens us to carry out our purpose. **Philippians 4:13 (NIV)** reminds us, *"I can do all this through him who gives me strength."*

When we align with God's will, we are not left to pursue our purpose alone. The Holy Spirit equips us with the wisdom, courage, and strength we need to face challenges, overcome obstacles, and remain faithful to the path set before us.

This **empowerment is not about relying on our own strength or abilities**, but about recognizing that God is the source of our power. It's about trusting that **He will give us everything we need to fulfill the purpose** He has planned for us.

### **Real-World Example: The Apostle Paul**

The Apostle Paul's life is a powerful example of divine empowerment through partnership. What temperament do you think he had? Paul, who



once persecuted Christians, was transformed by a divine encounter with Jesus and became one of the most influential figures in the early church. Throughout his ministry, Paul faced immense challenges, imprisonment, persecution, and constant danger. Yet, he wrote in **2Corinthians 12:9**, *“But he said to me, ‘My grace is sufficient for you, for my power is made perfect in weakness.’”* Paul learned that **his purpose wasn't fulfilled through his own strength but through God's power working within him.**

Likewise, in our own lives, we are empowered to fulfill our calling by tapping into divine strength, rather than relying solely on our own resources. This supernatural empowerment enables us to live beyond our limitations and accomplish more than we could ever imagine on our own.

### **The Fruit of the Divine Partnership: Clarity, Direction, and Fulfillment**

As we align with God's will and partner with Him in fulfilling our purpose, we experience clarity, direction, and fulfillment. Our relationship with God illuminates our path, providing us with the wisdom to make decisions that are in alignment with our true calling.

**Clarity:** When we seek God's guidance by spending time with him in His Word, we receive clarity about our purpose. We no longer feel lost or uncertain, because we just KNOW that we are walking in the direction He has set for us.



**Direction:** Psalm 119:105 says “Your word is a lamp to my feet and a light to my path”. God directs our steps, leading us to the opportunities, people, and resources we need to fulfill our calling. We are no longer aimlessly wandering but moving forward with intention and divine guidance.

**Fulfillment:** True fulfillment comes from living in alignment with God's purpose for our lives. As we partner with Him, we experience the joy and peace that come from knowing we are fulfilling the work we were uniquely created to do. In [Acts 17:28](#) Apostle Paul say of God: “**For in Him, we live and move and have our being.**”

**“Be who God made you to be  
and you will set the world on fire”**

*– St Catherine of Sienna*



## **Conclusion: Embracing the Divine Partnership**

The journey of discovering and fulfilling your purpose is not one you must walk alone. It is not one that you should walk one. The divine partnership with God offers you not only the clarity and direction you need, but also the strength to carry out your mission.

By aligning with God's will, you tap into supernatural empowerment that propels you toward your calling and leads you to a life of deep fulfillment.



## CHAPTER TEN

# EYES WIDE SHUT

When last did you open your eyes? I mean, really open your eyes and observe what is around you? One of the most profound ways to uncover and live out your purpose is to connect it to the world around you. We often go through life with our heads down, consumed by our daily tasks and personal concerns, unaware of the issues and needs that are right in front of us. However, when we begin to look at our immediate environment with new eyes, we realize that the world is full of problems, problems that are waiting for solutions, many of which may align with our own purpose.

In this chapter, we will explore how to cultivate a deeper awareness of the problems in our communities, towns, and the world at large. By developing a keener sense of where our purpose intersects with the world's needs, we can find meaningful ways to contribute and take action. This chapter challenges you to see beyond the status quo and step into a vision of the world

OPEN YOUR EYES



where your unique gifts and passion can help address pressing issues. It puts you in that unique position to which you were called – the solution provider and the light of the world. Yes, you!

### **Me Power of Awareness: Expanding and Capturing Your Perception**

Take a step back and observe your surroundings with a fresh perspective. When we do that, we can identify areas where we are called to make a difference.

Take a moment to reflect on your environment and beyond. Describe one thing wrong with the following:

1. Your street

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2. Your town

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### 3. Your world

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If you are more artistically inclined, please feel free to write a poem or lyrics to a song or even to draw a picture. What you just need to do is to capture what you think is wrong with your street, town and world.

Once you've done this, consider which issues resonate most strongly with you. What problems feel personal to you, or stir a deep sense of urgency within you? These are the issues that might align with your purpose.

Your purpose is often found at the intersection of your personal gifts and the world's needs.

By expanding your awareness to include global issues, you'll begin to see how your purpose can have a broader, more profound impact. Your unique perspective, talents, and passions are needed in the world.



## The Intersection of Purpose and Need: Where You Can Make a Difference

As you reflect on your environment and the larger world around you, you'll begin to notice patterns. Certain issues may call to you more strongly than others. This is where your purpose and the world's needs intersect.

Your purpose is often connected to the things you care about the most, issues that ignite your passion and that you feel deeply compelled to address. It's easy to dismiss these calls to action as “too big” or “impossible to tackle,” but remember that **your role isn't to solve every problem, it's to contribute to solutions in a meaningful way.** By focusing on the problems that align with your strengths and values, you can make a difference, no matter how small it might seem.

**What happens when you don't rise up to your purpose?** Let me tell you a story about Pauline. She was a lawyer who, in her early years, used to be a crusader for those who were victims of injustice. As she climbed up the corporate ladder to become an executive corporate lawyer advising several Boards of Directors on legal issues to increase their profit margins, she had less time to offer other legal services and to teach which she also enjoyed doing.

MARK 4:24-25



One day, she was drawn to God's word in **Mark 4:24-25** saying “**for whoever has will be given more; whoever does not have, even what they have will be taken from them.**” From that day, **her work environment started becoming hostile and uncomfortable** until she recognized the writing on the wall and left the employ of the company. It was only then that **she realized that her gift and purpose had not been aligned to God's will for her.** She was needed in another capacity for another purpose in another way and she needed to redraft the plan for her life but this time in tandem with the will of God.

### **Practical Application: Creating a Personal Action Plan (PAP)**

Pauline had created a personal action plan for her life early in her career by identifying the things wrong with her street, town and world. So what had gone wrong? **She had identified the problems around her but she had failed to keep her eye on them and somehow had found herself on another trajectory.** This can happen to anyone where there is lack of translating our awareness into action.

We must create a personal action plan if we are to start making a difference in the areas that resonate with us the most.

### **The Power of Collective Action**

So we need to take responsibility. Remember we went through the different types of responsibility such as personal responsibility and also social responsibility?

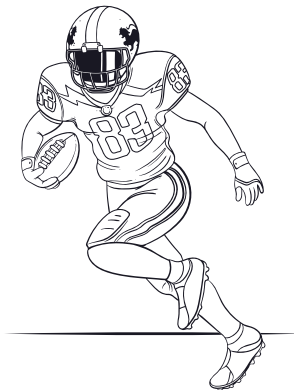


No one person can solve every issue, but when people come together, their collective efforts can create powerful change and this is more so when each decides to be socially responsible. The key is to stay focused on the solution and work together toward a common goal. Since every action you take ripples out into the world contributing to a larger movement, by joining forces with others who share your values, you amplify your impact and create lasting change.

### **Conclusion: Becoming Part of the Solution**

When we begin to see the world through new eyes, eyes that are aware of the problems and challenges around us, we step into a deeper level of purpose. The issues we see are not just problems to lament; they are opportunities for us to step in and make a difference. By identifying where our purpose intersects with the world's needs, we unlock the potential for real, meaningful change.

**Your journey of self-discovery doesn't end with understanding who you are.** It continues with taking action to align your life with the world's needs, making a contribution that is uniquely yours. Whether small or large, every act of service, every step toward a solution, makes an impact.





## CHAPTER ELEVEN



### GLOBAL GOALS, PERSONAL MISSION

Do you know that there is a more expansive framework that can help you connect your personal calling to the world's most pressing challenges? It is called the **Sustainable Development Goals (SDGs)**.

Adopted by all United Nations Member States in 2015, the SDGs are a universal call to action to end poverty, protect the planet, and ensure prosperity for all by 2030. These 17 interconnected goals cover a wide range of global issues, including health, education, equality, clean energy, and climate action. While these goals may seem vast and distant from your daily life, they represent a collective, worldwide mission that you can contribute to via your unique purpose.

This chapter will guide you in identifying which of the SDGs resonate most deeply with your skills, passions, and temperament. By doing so, you'll begin to see how your personal mission can align with global needs, creating a bridge between your individual calling and the world's most critical challenges.



## Self-Reflection Exercise: Which SDGs Resonate with You?

The SDGs are a comprehensive roadmap for addressing the world's most pressing problems. These 17 goals focus on a broad range of social, environmental, and economic issues.

Let's start by looking at the SDGs. Which one resonates most deeply with you?

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What issue(s) in the world stir me emotionally?

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## Practical Applications: Bridging the Gap Between Personal Calling and Global Goals

Once you've identified the SDG(s) that resonate most with you, the next step is to **translate this awareness into action.** Here are some considerations:

- How does the SDG(s) fit into the problem(s) you have identified?

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- What is the objective value of the SDG you picked? (If you picked SDG 3, are you healthy? If you picked SDG 16, do you have just/honest values?)

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- Identify the skill set needed to solve the problems you identified

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- Do you have it and if not, can you get the other needed skill set(s)?

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- Do you believe you can make that change?

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Being socially responsible entails that you find a way to integrate these global goals into your daily life and contribute to their realization. By aligning your daily habits with the SDGs, you not only help promote global change but also create a life of intentional purpose that aligns with your values.

### **The Power of Collective Action: Connecting Your Mission with Others**

While individual actions are crucial, collective action is essential to achieving the SDGs. There are thousands of organizations, movements, and communities around the world working toward the same goals so join forces with them.

The SDGs are not just about individual actions, they are about building a global community that works together for the common good. They are the most suitable tools to use to practice social responsibility. Surround yourself with like-minded individuals who are also working toward the same goals, and encourage mutual support, inspiration, and accountability.

### **Conclusion: Living a Life of Global Purpose**

When we align our personal mission with the global goals of sustainability and social equity, we begin to see how our individual purpose is part of something much larger than ourselves. The SDGs represent the world's shared vision for a better future, and through conscious reflection and action, we can contribute to that vision in meaningful ways. We can live a life of global purpose.



## CHAPTER TWELVE

# INTER-DEPENDENCE: WE NEED EACH OTHER

## INTERDEPENDENCE

At the heart of true purpose is the realization that we are not solitary beings meant to fulfill our calling in isolation. Instead, **our individual purposes are intricately connected to the greater whole of humanity.** We are designed to need one another. Our strengths, gifts, and talents are not meant to be hoarded or acted upon alone, but to be shared and woven together to create powerful, transformative change.

In this chapter, we explore the concept of interdependence, the idea that we are all interconnected, and that the fulfillment of our individual purposes is inseparable from the collective purpose of humanity

By recognizing our interdependence, we open ourselves to the profound truth that we are not just meant to serve ourselves, but to serve as channels of divine grace to one another. Together, we can accomplish more than we ever could on our own.



## St. Catherine of Siena: A Vision of Interdependence

St. Catherine of Siena, a 14th-century mystic and one of the most influential figures in Christian history, deeply understood the importance of interdependence in fulfilling one's purpose. Despite living in a time of great political and social upheaval, St. Catherine's life was marked by her passionate commitment to the service of others.

One of her most profound teachings was the concept of the Body of Christ, where she emphasized that each individual is a unique part of the whole, contributing to the functioning of the larger body. Just as each part of the human body serves a specific function, whether visible or hidden, each person has a unique role to play in God's divine plan.

We were never meant to walk this journey alone.

“I could easily have created men possessed of all that they should need both for body and soul, but I wish that **one should have need of the other**, and that they should be my ministers to administer the graces and **the gifts that they have received from me.**”

*The dialogue of St. Catherine of Siena, 1370*

“As the body is one, having many members and all the members, while being many, form one body, so it is with Christ...Now you are the body of Christ, and each of you, individually, is a member of it”

– 1 Cor 12:12 and 27



**“If YOU are what you should be, YOU will  
set the whole world ABLAZE”**

**-St Catherine of Siena**

### **The Need for Each Other's Gifts**

No matter how skilled, talented, or knowledgeable we are, our personal purpose is always strengthened by the contributions of others. As humans, we are inherently relational beings. Our existence thrives on connection, support, and collaboration.

Our individual missions and purposes become even more powerful when we align them with the needs of others. By recognizing that we are part of a larger network, we see how our work can serve as a channel of divine grace to others.

### **The Role of Divine Grace in Our Interdependence**

In Christian theology, grace is the unmerited favor and empowerment given by God. It's the divine assistance that strengthens and sustains us in our lives and missions. Grace is not just an individual gift but something that flows through us to others. It's through God's grace that we are able to serve one another, share our gifts, and collaborate on a scale larger than we could ever do alone.

St. Catherine of Siena's believed that God's grace is distributed through our relationships, through the people we serve and the ways we interact



with the world. By embracing our interdependence, we become vessels of divine grace, channeling God's love, wisdom, and strength to others in the process of fulfilling our purpose.

### **Conclusion: The Call to Live In Harmony, To Serve and Collaborate**

The path to fulfilling your purpose is not one you walk alone. We are part of a larger mission, one that transcends individual success and seeks collective well-being.

By honoring the unique contributions of those around us, **we create a life of shared purpose.** As you live out your calling, you will find that your purpose intersects with the needs of others in profound and beautiful ways. By embracing interdependence, recognizing that we need each other's gifts and talents, you become a part of a larger divine network, where grace flows through your relationships and collaborations.

Your purpose is not just about what you can accomplish on your own, it's about what we can accomplish together.



SHARED PURPOSE



## CHAPTER THIRTEEN

# BEYOND "LIVING YA LIFE": THE CHRISTIAN MANDATE

Me, myself and I. So I ask this again – is focus on this wrong? Don't they advise in planes that one must wear their oxygen mask first before seeking to help others? Yes, they do but is seeking your true purpose a case of life and death?

The standards of this world often stress personal fulfilment, success, and self-actualization. It can be easy to forget that **our purpose is not merely about *living our best life* but about fulfilling a divine commission.** For those who walk in the Christian faith, our lives are not our own. We are created, not for our own glory or pleasure, but to bear fruit that glorifies God and advances His kingdom on earth.

This chapter challenges the modern narrative of purpose by elevating it beyond the pursuit of personal satisfaction to the call of serving others and glorifying God. Through the lens of Christian teachings, particularly John 15:1-8, we'll explore what it means to bear lasting fruit. Such fruit is not simply the result of our own efforts, **but the work of God in us, with us and through us.**

ME, MYSELF & I?



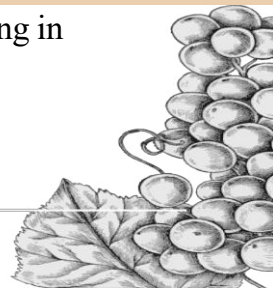
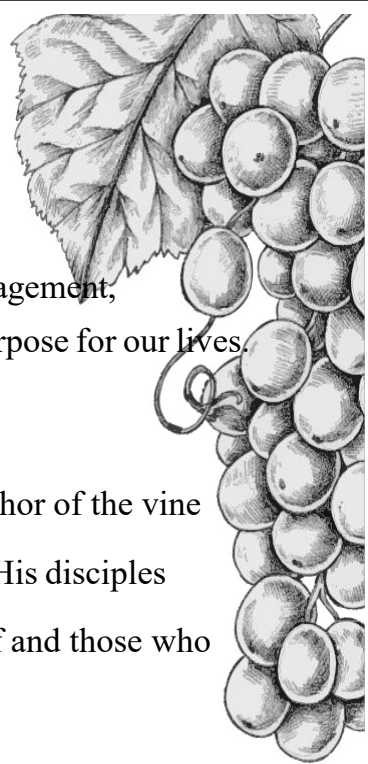
It requires personal responsibility and social engagement, both of which are essential to fulfilling God's purpose for our lives.

### **John 15:1-8: Abiding in the Vine**

In **John 15:1-8**, Jesus gives us a powerful metaphor of the vine and the branches. In this passage, Jesus teaches His disciples about the intimate relationship between Himself and those who follow Him. Let's reflect on these verses:

*“I am the true vine, and my Father is the gardener. He cuts off every branch in me that bears no fruit, while every branch that does bear fruit he prunes so that it will be even more fruitful. You are already clean because of the words I have spoken to you. Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me. I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.” (John 15:1-5)*

Jesus begins by describing Himself as the true vine, and God the Father as the gardener who prunes the branches. The message is clear: to bear fruit that honors God, we must remain connected to the vine, which is Christ. A branch can't bear fruit apart from the vine, just as we cannot fulfill God's purpose for our lives without remaining in relationship with Jesus.



This teaching shows us that purpose is not about self-directed achievement. It is about abiding in Christ, a dynamic relationship where we rely on His strength and guidance to fulfill the calling He has placed on our lives. As we bear fruit, we are to do so in a way that glorifies God.

### **The Role of Personal Responsibility in Bearing Fruit**

We are called to remain connected to Jesus, to abide in Him. It's also clear that we must cooperate with the work God is doing in us. We are personally responsible for staying connected to the Vine, nurturing our relationship with Christ, and allowing Him to prune us so that we can grow and bear more fruit.

Personal responsibility can be seen in 3 ways:

**1. Abiding in Christ through prayer and Scripture.** This requires a commitment to prayer, meditation on the Word, and to worship to stay spiritually nourished

**2. Allowing God to prune us:** Pruning is a painful but necessary part of spiritual growth. God sometimes removes parts of our lives that hinder our fruitfulness. We are responsible to be open to His pruning process since it's for our growth.

**3. Walking in obedience:** Bearing fruit requires action and obedience. We must live in a way that aligns with God's will, making choices that reflect His values, not ours. We must live in His ways, not ours.



## Serving Others as a Reflection of God's Love

The Bible teaches us that the greatest commandment is to love God and love others (Matthew 22:37-39). Our purpose, then, is inherently relational, it is about how we love and serve those around us. In John 15:8, Jesus says, *"This is to my Father's glory, that you bear much fruit, showing yourselves to be my disciples."* Our actions, rooted in love for Christ, should always lead us to serve others and point them to God's glory.

### The Parable of the Good Samaritan

One of the clearest biblical examples of social engagement and service to others is the parable of the Good Samaritan in Luke 10:25-37. In this parable, Jesus teaches that loving our neighbor means serving those in need, even when it's inconvenient or uncomfortable. The Samaritan went out of his way to help a man who had been beaten and left for dead by the side of the road. He didn't look for recognition or reward; he simply acted out of compassion and love.

This story underscores that our purpose is not just about personal fulfillment but about using our gifts and resources to serve others. Whether it's helping a neighbor, advocating for justice, or providing for the poor, these acts of service are essential to fulfilling God's mandate for our lives.



## Conclusion: Living with Divine Purpose

Our purpose is not just about finding fulfillment or success; it's about bearing fruit for God's glory to fulfil our divine mandate.

Your purpose goes BEYOND just to “live ya life.” Personal responsibility **MUST BE ENTWINED** with social responsibility as a Christian AND Citizen of the world

This means we must live with a deep awareness that our lives are part of a larger, divine narrative, a narrative where we are called to love and serve others, to bring hope and healing to a broken world, and to reflect the love of Christ in everything we do.



## CHAPTER FOURTEEN

# YOUR LOCAL ACTION PLAN: PURPOSE IN PRACTICE

## LOCAL ACTION PLAN

Understanding your purpose is a powerful first step, but **purpose without action remains an idea.** To truly live out your calling, you must act, but how do you translate your newfound sense of purpose into tangible change in your community? How do you ensure that your individual gifts and passions can create meaningful, lasting impact?

You need to go the final lap by devising a LAP (Local Action Plan).

In this chapter, we will guide you through the process of designing and implementing a Local Action Plan (LAP), a **personalized strategy for applying your purpose to meet community needs.** Whether your passion lies in addressing local hunger, fighting for social justice, caring for the environment, or improving education, your purpose can drive individual actions and collective engagement that bring about real change.



We will provide you with practical frameworks, measurable steps, and sustainable practices that transform your insight into concrete action.

Your Local Action Plan will help you not only define the steps needed to achieve your goals but also ensure that your impact is meaningful and aligned with both your values and the needs of your community.

## **Step 1: Defining Your Purpose and Community Needs**

Before you can create a Local Action Plan, it's essential to clearly define both your personal purpose and the needs of your community. By aligning your purpose with the pressing needs in your environment, you can identify the most effective ways to contribute and serve.

### **1. Clarifying Your Purpose**

Look back at the previous chapters where you've explored your passions, talents, and alignment with the Sustainable Development Goals (SDGs). Reflect on the issues that resonate most deeply with you. For example:

(I) -Are you drawn to serving those who are homeless or living in poverty?

(II) -Do you feel called to work on environmental issues like sustainability and climate change?

(III) -Is education or social justice a central theme in your life and work?



Your purpose doesn't need to be a large-scale initiative to begin with, it can start with the small, specific areas where your skills and passions intersect with the needs of your community. Define your purpose clearly: What problem are you passionate about solving, and how can your unique gifts address this issue?

## 2. Identifying Community Needs

Once you have defined your purpose, it's time to evaluate the specific needs of your local community. Every neighborhood, town, or city has unique challenges, and understanding these challenges is key to creating a meaningful action plan.

Here are a few ways to identify the needs in your community:

**A. Conduct surveys:** Reach out to local residents, community leaders, or organizations to learn about the most pressing needs in your area.

**B. Volunteer or engage with community organizations:** This will give you direct insight into the challenges people are facing and the resources they may lack.

**C. Research local issues:** Look at local news, city reports, or public forums to see what issues are frequently discussed, whether it's homelessness, lack of access to education, environmental concerns, or poverty.

By understanding these needs, you can ensure that your actions align with what your community actually requires.



## Step 2: Setting Specific, Measurable Goals

Now that you've defined your purpose and identified community needs, the next step is to set specific, measurable goals that will guide your actions. This step is crucial to transforming your purpose into concrete impact.

### The SMART Framework

To ensure your goals are attainable and achievable, use the SMART framework:

**Specific:** Be clear about what you want to achieve. For example, instead of saying, "I want to help the homeless," say, "*I want to provide 100 meals to homeless people in my neighborhood by the end of the month.*"

**Measurable:** Define how you will measure progress. Will you track the number of meals provided? The number of people reached? The funds raised?

**Achievable:** Set a goal that is challenging but attainable. Consider the resources you currently have and how you can realistically meet your target.

**Relevant:** Make sure the goal aligns with your purpose and the community needs you've identified.

**Time-Bound:** Set a clear deadline. This adds urgency and ensures accountability.



**Example Goal:**

*"I will partner with two local organizations to distribute 100 food packages to families in need within the next 30 days."*

**1. Breaking Down the Goal into Actionable Steps**

Once you have set your goal, break it down into smaller, actionable steps. For example, if your goal is to distribute 100 food packages, you may need to:

- Recruit volunteers or ask for donations.
- Set a date for the distribution.
- Organize the logistics and ensure safe delivery of the packages.

By breaking your goal into smaller steps, you can focus on taking one action at a time without feeling overwhelmed.

**Step 3: Engaging Others: Building a Network of Support**

You don't have to do everything alone; interdependence is key. By engaging others, you can amplify your impact and create a sense of community involvement that motivates others to participate.



## Identifying Potential Partners

Look for local organizations, churches, schools, or businesses that align with your purpose and could support your initiative. Some ways to build your network include:

### Building a Volunteer Base

Having a group of volunteers can greatly enhance your ability to carry out your Local Action Plan.

Remember, your network doesn't just have to be made up of professionals or experts. Ordinary people, neighbors, friends, and fellow community members, often have a desire to help but need direction and encouragement to get involved.

## Step 4: Implementing the Action Plan

With your goals, steps, and support network in place, it's time to begin executing your plan. This is where the hard work happens, but it's also where you'll see your vision come to life.



## Organizing the Logistics

Planning is key to making sure your initiative runs smoothly. Consider these 3 things:

- 1. Resources:** What materials, people, or tools do you need before you begin?
- 2. Time Management:** Assign deadlines to each part of the project and make sure everything stays on track.
- 3. Communication:** Stay in regular contact with volunteers, partners, and stakeholders to keep them updated on progress.

## Ensuring Sustainability

Consider how your initiative can continue beyond the initial launch to ensure that your project has lasting value, both for the community and for you personally

**Measuring impact:** How will you track progress and evaluate the success of your initiative?

## Step 5: Reflecting and Adjusting for Greater Impact

After implementing your plan, take time to reflect on the outcomes:

- What went well?
- What could be improved?
- What did you learn about yourself and your community?



Gather feedback from participants, volunteers, and beneficiaries. Use this information to adjust your approach, set new goals, and refine your action plan for the future. Remember, growth is a continuous process, and every action you take, no matter how small, leads to greater impact.

### **Conclusion: Turning Insight into Impact**

Creating a Local Action Plan (LAP) helps you take the knowledge of your purpose and transform it into real-world action. By defining your purpose, setting clear goals, engaging others, and taking concrete steps, you move from insight to impact. Your purpose is not just an abstract idea; it's a living, breathing force that can transform your community, shape your future, and bring about meaningful change.

Now, as you take the first steps in creating your own LAP, remember that this is a journey of growth, learning, and collaboration. No step is too small, and no action is insignificant. Whether you're solving a local issue or contributing to a global cause, your efforts matter. Through each act of service, you are living out your purpose and being socially responsible by making the world a better place.

L.A.P it up



## CHAPTER FIFTEEN

# WHY ME? BECAUSE WHO ELSE WOULD IT BE?

As we near the conclusion of this journey, there may be a lingering question that rises in your heart: “Why me?” Why are you the one chosen for this purpose? Why are you the one meant to step into the challenge, carry the weight, and make a difference in the world? This question often comes from a place of doubt, of feeling inadequate or overwhelmed by the magnitude of the calling before you.

But the question “Why me?” is not meant to paralyze you in fear or hesitation. Instead, it should be transformed into a powerful affirmation: “Why me? Because who else would it be?” You, with your unique blend of gifts, experiences, and temperament, are divinely positioned to fulfill the purpose you have been given. The world needs your perspective, your heart, your voice, and your actions.

This chapter will show you how to shift the mindset from reluctance to confident acceptance of your divine calling. Through stories of ordinary individuals who embraced extraordinary callings, you will be inspired to recognize that you are uniquely empowered to change the world through the purpose that has been placed in your heart.



## The Reluctance to Answer the Call

The question "Why me?" often arises when we feel unworthy, lethargic, demoralized or ill-equipped for the task ahead. It's a common human reaction to shy away when faced with a significant challenge or calling. We look at the task before us, whether it's solving an issue in our community, advocating for change, or pursuing a dream that feels too big, and we wonder, *Who am I to take this on?*

Even the most extraordinary individuals have asked this question at some point in their journey. The reluctance to answer the call is natural, but it is also the very thing that proves you are the right person for the job.

It is **because** you are being called to something beyond your comfort zone, beyond your current limitations, **THAT** is precisely why you are the one chosen.

### Real-World Example: Moses' Reluctance to Lead

When God called Moses to lead the Israelites out of Egypt, Moses responded with a series of objections: *"Who am I that I should go to Pharaoh and bring the Israelites out of Egypt?"* (Exodus 3:11).

God's answer was clear: it wasn't about Moses' qualifications or abilities. It was about God's empowerment. God reassured Moses, saying, *"I will be with you."* (Exodus 3:12). It was God's presence and guidance that would make the impossible possible. Moses was the one chosen because



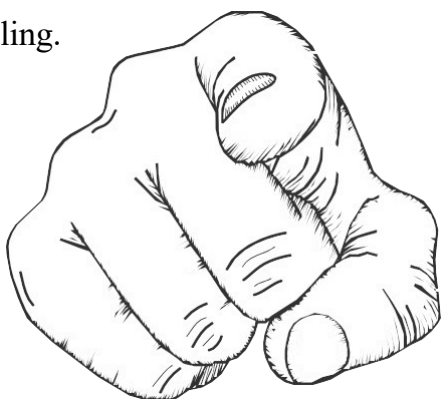
God had prepared him for this very moment, and the same is true for you. You are not called based on your perceived qualifications or experience but because you are uniquely positioned and divinely empowered to fulfill the purpose set before you.

### **Shifting the Mindset: From Doubt to Affirmation**

To transform the question "Why me?" into a statement of confidence, we must first recognize the truth: Each of us is divinely equipped for the task at hand, not because of our own merit, but because of God's grace and empowerment. When you ask, "Why me?"

The answer is simple: because you are the one meant to carry out this work, because no one else has the exact combination of gifts, experiences, and heart that you do.

Shifting from doubt to affirmation involves recognizing that your purpose is no accident. The very qualities you might perceive as weaknesses, your temperament, your background, your unique experiences, are precisely the qualities that equip you to fulfill your calling.



**"YOU ARE MEANT  
TO BE THE ONE"**



## **Real-World Example: Harriet Tubman**

Harriet Tubman, a former enslaved woman who became a leader of the Underground Railroad, is an example of someone who embraced her extraordinary calling, despite immense personal challenges. She, too, could have asked, “Why me?” She faced obstacles of race, gender, and personal trauma, yet her response to her calling was unwavering.

Tubman did not shy away from the magnitude of her mission. Instead, she trusted in her divine purpose and took action to lead hundreds of enslaved people to freedom, risking her life over and over again.

What made Harriet Tubman remarkable was not just her bravery, but her unwavering belief that she was the one chosen for this divine task. Despite her doubts, she leaned into the calling placed on her life. She recognized that she was uniquely equipped to lead, and so are you.

## **The Power of Divine Empowerment**

In your journey to fulfilling your purpose, you are never alone. Just as God empowered Moses to lead the Israelites and Harriet Tubman to navigate dangerous paths, He will empower you. The power of divine grace is what makes your purpose possible. The same God who called you is the one who equips you for the task.



When you feel overwhelmed or underqualified, remember that **God doesn't call us to be perfect, He calls us to be faithful.** Your purpose is a partnership between you and the divine, where you offer your willingness and God provides the strength, wisdom, and guidance you need. You do not have to do this on your own.

**“He will provide the way  
and the means, such as  
you could never have imagined.**

Leave it all to him, let go of yourself, **lose yourself on the cross,**  
and you will find yourself **entirely.”**

*The dialogue of St. Catherine of Siena, 1370*

### **Real-World Example: The Apostle Paul**

The Apostle Paul, once a persecutor of Christians, was radically transformed by an encounter with Jesus. Despite his past, Paul embraced the extraordinary call to spread the gospel, even though he felt unworthy. He often spoke of his own inadequacies, yet he was profoundly aware that God's power worked most effectively in his weakness (2 Corinthians 12:9).



Paul didn't rely on his own strength or wisdom. Instead, he trusted in God's grace to accomplish the impossible. In the same way, **you are called not because of your perfection but because of God's presence in your life.** Your weaknesses can become the conduit for His strength and you can echo these words of St Paul:

“But by the grace of God  
I am what I am,  
and **His grace towards me**  
has not been in vain.”  
*~ 1 Corinthians 15:10*

### Living with Confidence: Setting the World on Fire

To truly accept the question “Why me?” as an affirmation, you must understand that no one else can fulfill your specific purpose. There are people, situations, and needs that only you, with your unique temperament, experiences, and gifts, can address. **Your calling is uniquely designed for you, and there are people waiting for you to step into it.** By accepting our calling with faith and trust, we transform the question “Why me?” into a declaration of confidence: “Because who else would it be?”

When you fully accept your purpose, the question “Why me?” shifts from a hesitant, doubtful objection to a confident affirmation. You are the one chosen. **You are the one equipped.** You are the one called to fulfill this purpose.



When you embrace your calling with confidence and trust in God's empowerment, you have the potential to set the world on fire, just as Jesus intended when He said, *“You are the light of the world”* (Matthew 5:14). Through your actions, your service, and your willingness to trust God's purpose, you become a beacon of light in a dark world.

**Conclusion: Embrace Your Calling**

The world needs you, not because you are perfect, but because you are the one uniquely chosen to fulfill this calling. As you step forward into your divine purpose, remember that God's grace is sufficient, and His power is made perfect in your weakness.

So, when you ask, "Why me?", remember the answer: “Because who else would it be?”

You are divinely positioned and equipped for this purpose. It's time to step into the calling that awaits you, knowing that the world will be changed because of your obedience, your faith, and your willingness to bear fruit for God's glory.

**“Do NOT be satisfied with little things, because God wants great things!”**

*- St Catherine of Siena*



**THE END...?**

NO, just the beginning. The journey continues...

**You are now Purpose'd**



Have you ever wondered **WHY** you are **HOW** you are?

Have you heard that soft voice or felt that tug in you to do something, but have no idea how to start?

This book will equip **YOU** to realize your **TRUE PURPOSE** in today's world...



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