



## Handout 4.1

### MY PURPOSE



## Handout 4.2

### PURPOSE VERBS



Below is a list of verbs. Pick out the three verbs from each column that most excite you. Then select the Ultimate Three. These are the action words that will shape your Purpose Statement.

accomplish	compliment	embrace	heal	mold	reduce	support
acquire	compose	encourage	hold	motivate	refine	surrender
adopt	conceive	endow	host	move	reflect	sustain
advance	confirm	engage	identify	negotiate	reform	take
affect	connect	engineer	illuminate	nurture	regard	tap
affirm	consider	enhance	implement	open	relate	team
alleviate	construct	enlighten	improve	organize	relax	touch
amplify	contact	enlist	improvise	participate	release	trade
appreciate	continue	enliven	inspire	pass	rely	translate
ascend	counsel	entertain	integrate	perform	remember	travel
associate	create	enthuse	involve	persuade	renew	understand
believe	decide	evaluate	keep	play	resonate	use
bestow	defend	excite	know	possess	respect	utilize
brighten	delight	explore	labor	practice	restore	validate
build	deliver	express	launch	praise	return	value
call	demonstrate	extend	lead	prepare	revise	venture
cause	devise	facilitate	light	present	sacrifice	verbalize
choose	direct	finance	live	produce	safeguard	volunteer
claim	discover	forgive	love	progress	satisfy	work
collect	discuss	foster	make	promise	save	worship
combine	distribute	franchise	manifest	promote	sell	write
command	draft	further	master	provide	serve	yield
communicate	dream	gather	mature	pursue	share	
compel	drive	generate	measure	realize	speak	
compete	educate	give	mediate	receive	stand	
complete	elect	grant	model	reclaim	summon	



## **Handout 4.4**

### **WISDOM BLAST**



This is a process designed to access the group's collective wisdom. It is a brainstorming session, and any idea is worth listening to. Sometimes the best ideas come out of left field! Each woman has the option to bring an issue, challenge, or dilemma before the group. For three minutes, the group generates as many ideas as possible to help address the issue. This is the only time when giving advice is encouraged.

The role of the group is to stay focused, with the intention of providing solutions to the problem described. The role of the recipient is to listen, without comment or judgments. Just stay present, focused, and open to receiving the wisdom from the group.

The recipient's Growth Buddy will capture all ideas generated by the group. Before the next session, look over this list and choose what you believe to be the best solution. Try out the solution and report back to the group during the next Check-In.







## Handout 4.6

### MY COMMITMENTS

Whoever said anybody has the right to quit?  
You are *not* obligated to win, you're obligated to  
keep trying to do the best you can every day.

□ MARIAN WRIGHT EDELMAN

Today's Date \_\_\_\_\_

Commitment \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Date completed \_\_\_\_\_

Commitment \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Date completed \_\_\_\_\_

Commitment \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Date completed \_\_\_\_\_

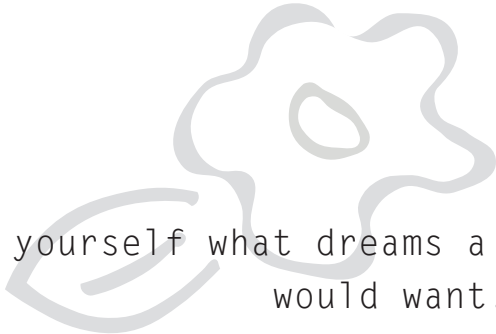


## **Session Accelerator 5.1**

### **MY PURPOSE**

*Bring a copy of your Purpose Statement for each woman in the group.*





Ask yourself what dreams a person with your life purpose would want. Then listen for the answers.

□ MARCIA WIEDER

Many of the people who knew me growing up would be surprised to see the life I'm living today: a life blessed with healthy relationships, abundance, and beauty; fulfillment in many shapes and forms. Even when things appeared grim on the outside, some part of me always believed that things could (and would) steadily improve in my life. I set out with the intention to help those things happen, and I had support in doing it. If I hadn't made conscious commitments to my Women Connected coaching group, and if I hadn't experienced their unconditional faith in me, I wouldn't be where I am today. Great news: I know this process that has worked so well for me can work equally well for you.

In over 15 years of working with Women Connected coaching groups, I've encountered quite a few women who spoke with enthusiasm about making their dreams a reality, but for whom, in the end, it came to



no more than talk. For most, however, their personal accountability, their commitment, and the support of their Women Connected group have made their cherished dreams come true. This session has the power to set you on the road to transformation.

When I was a little girl, there was a TV show called “The Millionaire.” Each week we watched as the Millionaire (who remained anonymous) selected a new person to give a million dollars to, with no strings attached. After each show my sister, Penny, and I would make lists of all the things we would buy if we had a million dollars. My mother always got a fur coat, we got a house with bedrooms of our own, and, of course, we bought a brand new red car. As Penny and I got older, we continued to play the million dollar game on car trips and vacations. After I married and had children of my own, we continued to play the million dollar game, making our lists and believing that our future dreams would come true.

Some of those lists are stored in my memory boxes—written proof that Future Perfect is real. The yacht I wanted became a 46-foot sailboat; the large mansion with a swimming pool (a wish held when I was 11 years old) turned up as a big house with a hot tub; and when my grandma passed away my mother inherited the fur coat I

had wished for her. A great many of the dreams on my million dollar list have come true, and I believe this is because I dreamed big and stuck with my vivid imagining of a better and brighter future.

The way to begin to change your life is to describe the life you want without needing to know *how* it will happen. For your dreams to come true, it’s important to think big, without limitations, and to speak your dreams out loud to others—to your Women Connected group. The way you describe your future world profoundly influences what shows up in your life.

In this session you’ll have the opportunity to describe your future, exactly the way you want it to be. You’ll put the details of your future life into words and share the richness of your Future Perfect with your Women Connected group.

Let your imagination run wild! It’s crucial to avoid censoring yourself. We all know how to be practical; the challenge and fun is to be childlike and allow our imaginations to soar. Truly *believe* that you can have a Future Perfect. Now is the time to ask for everything you want and to believe that everything is possible. You’ve got nothing to lose and a Future Perfect to gain.

## Words of Wisdom

### ROTATING PARTNERS

The Future Perfect activity is designed to be done with partners. If there is an odd number of women in your group, arrange for one group to consist of three women. Rotate after each round, so that everyone has an opportunity to be in a group of three at least once.

### LET YOUR IDEAS FLOW FREELY

If you get stuck, keep talking. Remember that you can adopt the ideas of others. This is what collaboration and Women Connected is all about: supporting each other, being resources for one another, and being there for yourself as well, as you make your future dreams come true.

## Bumps in the Road—With Solutions!

### HITTING THE IMAGINARY WALL

Every now and then a woman will have difficulty even *imagining* a life without bounds, a life in which almost anything is possible.

**Solution:** Remind yourself that unless you try something different, your life will continue to look the same. Take a deep breath and say to yourself, *I'm worth it, and I'm going to give this a try!*

### CHANGING THE CHANNEL

A voice in your head may be saying, *This is*

*silly. What does this have to do with goal setting? I don't want to share crazy ideas that won't come true! If I share something, does it mean I have to follow through?*

**Solution:** Notice what you're saying to yourself, acknowledge it, and then make a conscious decision to change the message. We all have several voices in our heads. You can think of these voices as different stations on the radio. When it's a think-small voice that makes you wrong, consciously decide to switch to a station that supports your growth, success, and future motion in creating the life you so richly deserve.

### IF THE WORD PERFECT GETS IN YOUR WAY

You may be thinking, *nothing is ever perfect. How can I ever reach perfection? Who am I to think I can have things exactly as I want them?*

**Solution:** Rather than being concerned about perfectionism or the word *perfect*, you can simply try acting as if anything is possible. What would it look like if your life were just as you liked it? If an ordinary life would make you happiest, what are the features of that ordinary life? Imagine that you have all the wisdom and resources you need to move your future forward successfully.

### NOT ENOUGH TIME

This activity is a lot of fun. It's extremely energizing, and time tends to get away