

# Understanding YOUR WHY

(Life Purpose Discovery)





**“Deep in our hearts,  
we all want to  
find & fulfill a  
purpose bigger  
than ourselves.  
Only such a larger  
purpose can inspire  
us to heights we  
know we could  
never reach on our  
own. For each of us  
the real purpose  
is personal &  
passionate:  
to know what we  
are here to do and  
WHY.”  
---Os Guinness**

Have you ever talked with a stranger? Does the thought give you twinges of anxiety or exhilaration? Call me strange, I love talking to strangers! Always had and always will! In fact, I've shared with many of you my story of growing up in a time when it was “acceptable” to do so (unlike the current times we live in). What I mean is this; as a little girl during summer break, I loved to follow “Mr. Mailman” on my bicycle. I absolutely loved talking to all the people on his mail route! It still brings back fond memories and warm fuzzy thoughts of all the strangers I encountered and befriended.

I think this was my first glimpse into my “uniqueness” at the mature age of 10. (Sadly it was not until 30 years later that I started to understand it's blessings)

After college, it was not uncommon to find me connecting with strangers in networking groups and at social gatherings. When I was not at networking events, you could find me stationed at the door of my church welcoming visitors.

Through the guidance, mentoring and coaching of some dear individuals many years ago I was able to identify my unique strength of connecting .

Maybe this is one of the reasons why I absolutely love to partner with women like yourself in Life Purpose Discovery. For me, my “super power” is on display when I am connected with a cause or organization that makes profound life changing differences in individuals lives. Likewise, when I'm tapping into my creative juices and connecting individuals to resources, tools, and programs, I find myself in my sweet spot. I guess you can say that I love being a “Creative Connector or Change Agent”



**What about you? If I were to ask you “What your special power was,” how would you respond?** *(take a few moments to answer below)*

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*I think it's time for full disclosure. I believe that God has endowed you with special gifts and abilities.*

*He created you in His image and for His purpose.*

*He created only one of you.*

*You are UNIQUE, ONE OF A KIND and you have a special place in this world!*

**Or what special gifts, talents and abilities have you been blessed with and how do they give you joy?**

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**Lastly, for what purpose do you think you were created?**

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I hope by now your mind is opening up to the marvelous individual you are....But wait, there's more. We've only just begun. If the answers to these questions don't come easily, don't worry--- by the completion of this handbook you should have a glimpse in to “Your Why,” I promise.



*“Maybe your life purpose isn’t supposed to be a thrill-seeking narrative.*

*What if you’re meant to be the sunshine to someone’s stormy day? Or the voice of clarity to a frantic mind?*

*You don’t have to be a superhero to save the world.”*

*--MyPositiveOutlooks.com*

You’ve probably heard the statement, “What’s in it for me?” The answer: a life of purpose, passion, direction, meaning and joy...shall I go on? This booklet is written specifically for YOU.

Let’s talk benefits. Maybe you remember back to your first “real” job. Perhaps you were curious about the benefits, such as health insurance, vacation time, sick pay, etc?

Now, let’s talk about real Life Changing Benefits. What if you truly could live, walk and breath in **your uniqueness** and be paid for it...what would that mean for you?

What if you could have more joy and contentment in your job knowing that you are living in your sweet spot...what would this be worth?

For some, it might take years to discover this purpose. Look at Grandma Moses, it wasn’t until she was age 78 that she discovered her love of painting . Likewise Andrea Bocelli spent thousands of dollars and devoted years of education to train as a lawyer. One year later, he discovered it was the wrong fit and hence launched his second career as an opera singer.

I have three marvelous adult children and am immensely blessed. I am also grateful that they discovered their sweet spots at an early age.

My middle child, Lydia, has a unique story. Through an injury and being sidelined she discovered her “why,” her life purpose. Her “why” propels her daily life which gives her great joy!



*“DaVinci painted the  
Mona Lisa.  
Beethoven composed  
the 5th Symphony.  
God made you  
His Masterpiece,  
one of a KIND.”*

*--M. Lucado*

In high school she was on a state champion basketball team. In addition, she was ranked in the top 10 of Highschool volleyball “blockers.” Then she experienced the dreaded torn ACL/ meniscus injury. She was forced to sit on the bench learning scoring and statistics. This gave her time to get involved in her church youth group and work at a local sporting goods store. When it was time for college, she clearly knew the direction she should take. She majored in health and physical education while taking Bible classes at a Christian College. It’s amazing how everything has all fallen together. She is currently working with Youth for Christ and is responsible for her district’s Basketball camps. She also works at her local high school as a Volleyball Coach and regularly fills in as a substitute teacher.

She loves her life!

And as for the benefits: how does confidence, joy and peace sound?



### Discovering Your Why helps

- \* Give meaning to life
- \* Defines what's important
- \* Focuses your life.
- \* Motivates your life.

**Do you know of anyone who has worked in their family business for 40 years because that's what they were groomed to do?**

**How about someone who went to college and majored in a certain field because that's what their parents wanted?**

And I'm sure you know of the employee who dreads going to work each week and can't wait for a 3 day weekend (maybe it's even you).

Imagine, for instance, that you are going on a trip. You pack your suitcase, you are all ready and off to the airport you go. But, when you arrive at your destination you've discovered that you accidentally have the wrong suitcase and must live out of it.

Sounds absurd doesn't it? It really isn't, because many of us live out of someone else's suitcase. No one wants to live out of someone else's bag yet parents do it to their kids all the time.

It's time to go on a shopping spree for the clothes that you really want--those that feel and look good on you. Let's discover your own unique style and stop living out other's expectations for you. Most of all, STOP comparing yourself to a co-worker, neighbor or friend!

**Now let me ask you: Have you ever met someone who LOVES their job?** How different does that look?

You know the person- the school teacher that exudes joy around those sticky handed kids or the waitress that has a smile from ear to ear even with the nasty customer or the artist that forgets to leave his studio at night or eat because he's so absorbed in his creation.

**These individuals have found their SWEET SPOT. Isn't it time that you find yours?**

Finding your  
purpose is about  
listening to an  
inner calling.

You've probably heard that you can be anything you want to be. Honestly? Really? I have to disagree with this statement.

If you don't have a sense for numbers and regularly overdraw your bank account, you are going to be a really poor accountant.

If you hate to get dirty, I can't see how you can be a farmer.

**But you can be EVERYTHING God wants you to be!** That's right! So maybe it's time to ask your Maker to help you to discover your unique design and purpose.

I love acronyms, maybe because it allows me to remember concepts better.

When I first dove into the topic of life purpose discovery, I discovered an acronym for everything! A book called S.H.A.P.E. written by Erik Rees stands for Spiritual gifts, Heart, Ability, Personality and Experience. Another book called The Cure for the Common Life by Max Lucado uses the acronym, S.T.O.R.Y (Strengths, Topics, Occupation, Relationships and Yes.) The one that really spoke to me was P.E.A.C.E. and this will be the model that I would like to use. I give credit to a fellow life coach, Kathryn Leslie Mays, the author of a book by the same title.

For those in the business world, you might be familiar with Simon Sinek, the author of It Starts With Your Why. Simon teaches how the "Why" is the purpose, cause or belief that drives every one of us. It's your driver that sets you apart from others. It's our purpose that inspires us to take action.

But this journey doesn't happen overnight....

Over the next few pages my goal is to guide you through a simple Life Purpose Discovery program. Be patient with yourself. After you answer the questions, **let them marinate for a few days and go back again and dig deeper.** I promise you that you will be amazed at this process.

What comes to mind when I say personality to you? “Oh, she’s such an introvert” or “I could never talk to strangers like Gail....she must be an extrovert”.

Have you ever done a personality profile? There are several available such as Myers Briggs, DISC and Enneagram. (If you would like further information about the various tests check out the back of this guide pg. 18)

Understanding the strengths, weaknesses, and gifts of your personality type can influence your entire life---- from decision making to dealing with change, from solving problems to resolving conflict and so on....

*“Understanding the strengths, weaknesses, and gifts of your personality type can influence your entire life”*

--unknown

### Some questions to ask yourself:

**1. How do you relate to others?** Outgoing or reserved?

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**2. How do you express yourself?** Do you tend to be open and verbal with your thoughts and opinions and enjoy sharing them or do you keep your thoughts and opinions to yourself?

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**3. Are you cooperative or competitive?**

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**4. Do you accept the opinions of others** without disagreement or do you enjoy winning and overcoming obstacles?

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5. How do you respond to opportunities?

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*“Maybe our purpose has nothing to do with what we do for a living.*

6. Do you like situations that involves risks or do you prefer to stay in your comfort zone?

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*Maybe our purpose is about living authentically and discovering who we really are.”*

7. Are you a follower or leader?

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-unknown

8. Do you like to work in a team or solo?

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9. Do you prefer routine or variety?

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The Good, Bad and Ugly all shape us into who we are and what we are designed for. A woman who has suffered horrific pain earlier in life may be the perfect person to counsel others experiencing PTSD.

In college I (Gail) never realized that my training to facilitate peer groups would play out later in life as I lead coaching groups.

Ready for some brainstorming? Think about your past achievements/experiences in these five areas: **Identify at least three significant achievements in each area.**

*“The deepest form of despair is to choose to be another, other than himself.”*

---S. Kierkegard

**Personally:** *ex: you may have received an award that is especially meaningful to you.*

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**Vocationally:**

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**Relationally:**

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**Educationally:**

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**Spiritually:**

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# Your Abilities, Talents & Strengths

**ABILITY (Talents & Strengths)** Put a check by each that pertain to you. Note, this list is not exhaustive but meant to be a springboard for further exploration.

*“Show me a person who doesn’t know his talents or hasn’t developed them for service to others, and I will show you a person who has little sense of purpose, meaning, motivation & value.”*

--Tom Paterson

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|----------------|--------------|--------------|
| Acting         | Editing      | Painting     |
| Adapting       | Engineering  | Performing   |
| Administration | Facilitating | Pioneering   |
| Analyzing      | Fixing       | Planning     |
| Building       | Forecasting  | Promoting    |
| Coaching       | Implementing | Recruiting   |
| Communicating  | Improving    | Repairing    |
| Competing      | Influencing  | Researching  |
| Computing      | Instructing  | Serving      |
| Connecting     | Landscaping  | Strategizing |
| Consulting     | Leading      | Teaching     |
| Cooking        | Learning     | Thinking     |
| Coordinating   | Marketing    | Translating  |
| Counseling     | Managing     | Traveling    |
| Creating       | Mentoring    | Visualizing  |
| Decorating     | Motivating   | Welcoming    |
| Designing      | Negotiating  | Writing      |
| Developing     | Operating    | _____        |
| Directing      | Organizing   | _____        |



**CORE VALUES** are those beliefs that are your guiding force. These are the traits or qualities that matter most to you as an individual.

*“Core values are the fundamental beliefs of a person or organization. These guiding principles dictate behavior and can help people understand the difference between right and wrong. Core values also help companies to determine if they are on the right path and fulfilling their goals by creating an unwavering guide. There are many different examples of core values in the world, depending upon the context.”*  
 --YourDictionary.com

**What do you value?** (this is not an exhaustive list --- something to get you started). *Circle the values that matter to you*

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|---------------|---------------------|----------------|
| Accuracy      | Achievement         | Adventure      |
| Aesthetics    | Artistic Expression | Authenticity   |
| Acceptance    | Accomplishment      | Balance        |
| Beauty        | Belonging           | Bravery        |
| Challenge     | Commitment          | Compassion     |
| Competency    | Competition         | Conformity     |
| Contribution  | Control             | Cooperation    |
| Creativity    | Challenge           | Clarity        |
| Dependability | Duty                | Drive          |
| Devotion      | Efficiency          | Exploration    |
| Excellence    | Empathy             | Faithfulness   |
| Fairness      | Family              | Favor          |
| Flexibility   | Financially Secure  | Friendship     |
| Fulfillment   | Generosity          | Guidance       |
| Gratitude     | Growth              | Happiness      |
| Hard Word     | Honesty             | Humor          |
| Independence  | Influence           | Integrity      |
| Imagination   | Leisure             | Love           |
| Loyalty       | Learning            | Nature         |
| Nonviolence   | Openness            | Originality    |
| Organization  | Opportunity         | Optimism       |
| Order         | Peace               | Perseverance   |
| Prestige      | Prosperity          | Power          |
| Progress      | Punctuality         | Privacy        |
| Relationships | Reputation          | Responsibility |
| Respect       | Safety              | Security       |
| Self-Respect  | Service             | Success        |
| Selflessness  | Skill               | Simplicity     |
| Teamwork      | Tolerance           | Tradition      |
| Truth         | Tranquility         | Teamwork       |
| Timeliness    | Trust               | Variety        |
| Well-being    | Wisdom              | Unity          |
| Other:        |                     |                |

**Summarize Core Values;** Now go back and think about your Top 10. List them below:

- 1. \_\_\_\_\_ 2. \_\_\_\_\_
- 3. \_\_\_\_\_ 4. \_\_\_\_\_
- 5. \_\_\_\_\_ 6. \_\_\_\_\_
- 7. \_\_\_\_\_ 8. \_\_\_\_\_
- 9. \_\_\_\_\_ 10. \_\_\_\_\_

Unhappiness on the job affects one-fourth of the American Work Force. Many of these employees view their jobs as the number one stressor in their lives and go to work without enthusiasm.

Does this describe you?

**Now Go back and circle your top 3**

In the space below please reflect on ways these values manifest themselves in your unique design.

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Your values are your GPS navigation system for life. The below series of questions will help you evaluate and refine what is truly important to you and what matters most in life.

*“Your Core Values  
are your  
GPS navigation  
system for life.”*

**1. Think back to when you were a child from age 6 to 12.**

**What were 5 to 10 qualities that were true of you?**

*(Don't take a lot of time with this. Do quickly.)*

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**Which qualities are still true of you?**

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**2. Think of things people cannot stop you from doing:**

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**3. Who is the person I respect most in life? What are their core values?**

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**4. What are the three things I hate?** *(e.g. cruelty to animals, children's rights,)*

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**5. Which personality trait, attribute or quality do people compliment me on the most?**

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**6. What are the three most important values I want to pass on to my children?**

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Eric Liddel, the Scottish Gold Medalist in the 1924 Olympics is reported to have said “When I run, I feel God’s pleasure.”

Exciters are the little things that pull you through on a bad hair day. To identify your passion, follow your energy. Are you ready to explore what stirs you heart?

“Passion is the underlying motivation & energy behind our life purpose. Our passions define what’s important to us, what we really care about, and what we energetically pursue. They’re the urges that compel us to do something”.

--T. Stoltzfus

**1. What dreams and desires do you often drift toward?**

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**2. Are there any causes that make your heart race?** *(What topic, issues or circumstance captures your attention so that you want to do something about it.)*

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**3. Who are the people groups that give you a sense of enthusiasm when you are with them?**

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**4. If money were no object and you knew you could not fail, what would you do?**

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**Dig Deeper:**

I love to do Vision Board Programs. Imagine a group getting together to create a collage of pictures that resonate with their spirit. Suggestion: pull together a bunch of magazines and start cutting out pictures that speak to you.

**What do you see? What is speaking to your heart?**

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**ANIMAL UNIVERSITY**

*There's a short story I love (author unknown) which talks about animals uniting together to organize a school and designing the curriculum. However to make it easy all the animals took the same curriculum and not just the ones they were focused on.*

Hence, **the duck** was excellent in swimming, but had only passing grades in flying and also failed in running.

**The rabbit** did well in running, but developed a nervous twitch while swimming.

**The Eagle** was a problem child and was severely disciplined for being a non-conformist. In climbing classes he beat all the others to the top of the tree, but insisted on using his own way to get there.

**The obvious moral of the story is a simple one – each creature has its own set of capabilities in which it will naturally excel – for which he was created for.**

**A duck is a duck – and only a duck. It is built to swim, not to run or fly and certainly not to climb.**

**What have you been created for?**

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**What do you excel at?**

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*“You can be  
EVERYTHING  
God wants you  
to be!”*

# What Were You Created For?

Do you remember VENN Diagramming for school? A Venn Diagram showed all the interactions and relationships between certain subjects. We are going to do something similar. Please take some time now to reflect on the themes that jumped out as you went through this handbook.. We will chart this out on the following page.

*“Maybe our purpose has nothing to do with what we do for a living. Maybe our purpose is about living authentically and discovering who we really are.”*

## Personality

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## Experiences

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## Abilities

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## Core Values

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## Exciters

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# Putting it all together

Now it's time to put it all together. Take your reflections and insights and add under the appropriate columns.

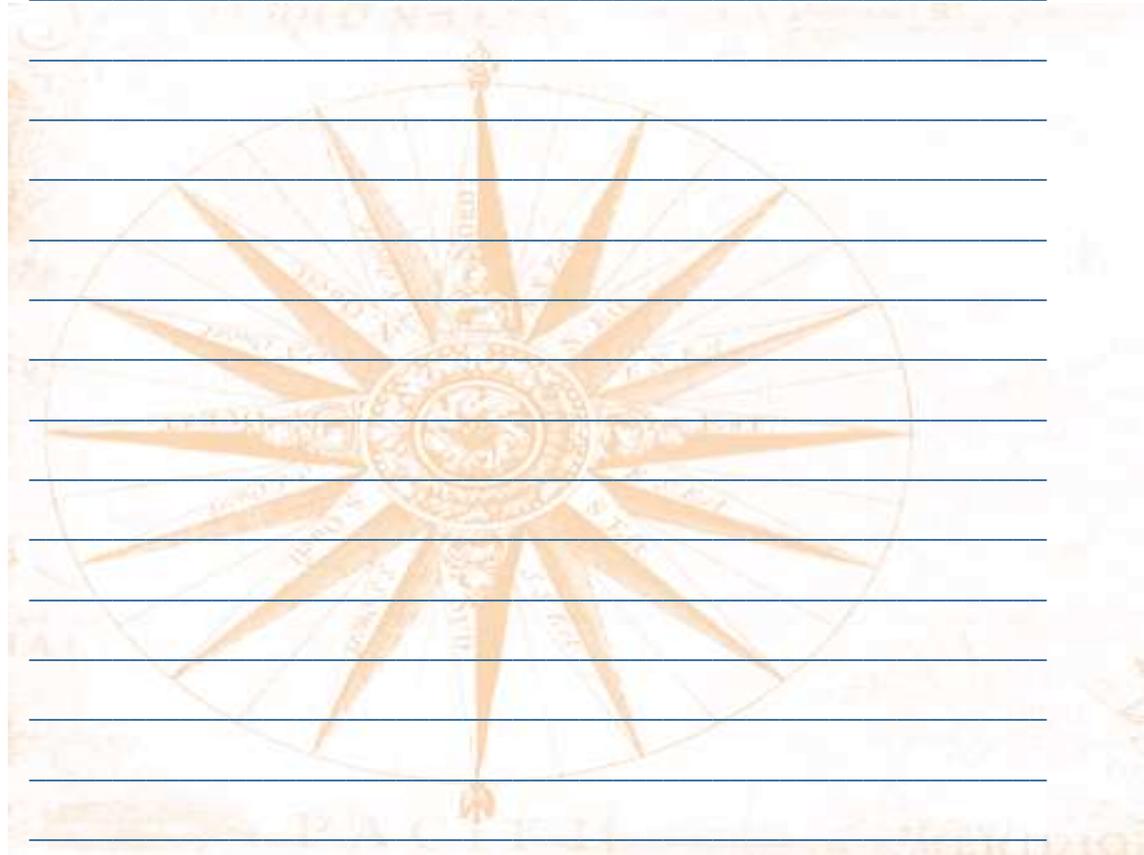
	Childhood	Highschool	
Personality	<i>Ex; talked to strangers</i>	<i>Ex: Facilitated student peer groups</i>	
Experiences			
Abilities			
Core Values			
Exciters			

Circle the common themes and traits. What do you see? Does anything stand out?

Take some time to write out your discoveries on the following pages.

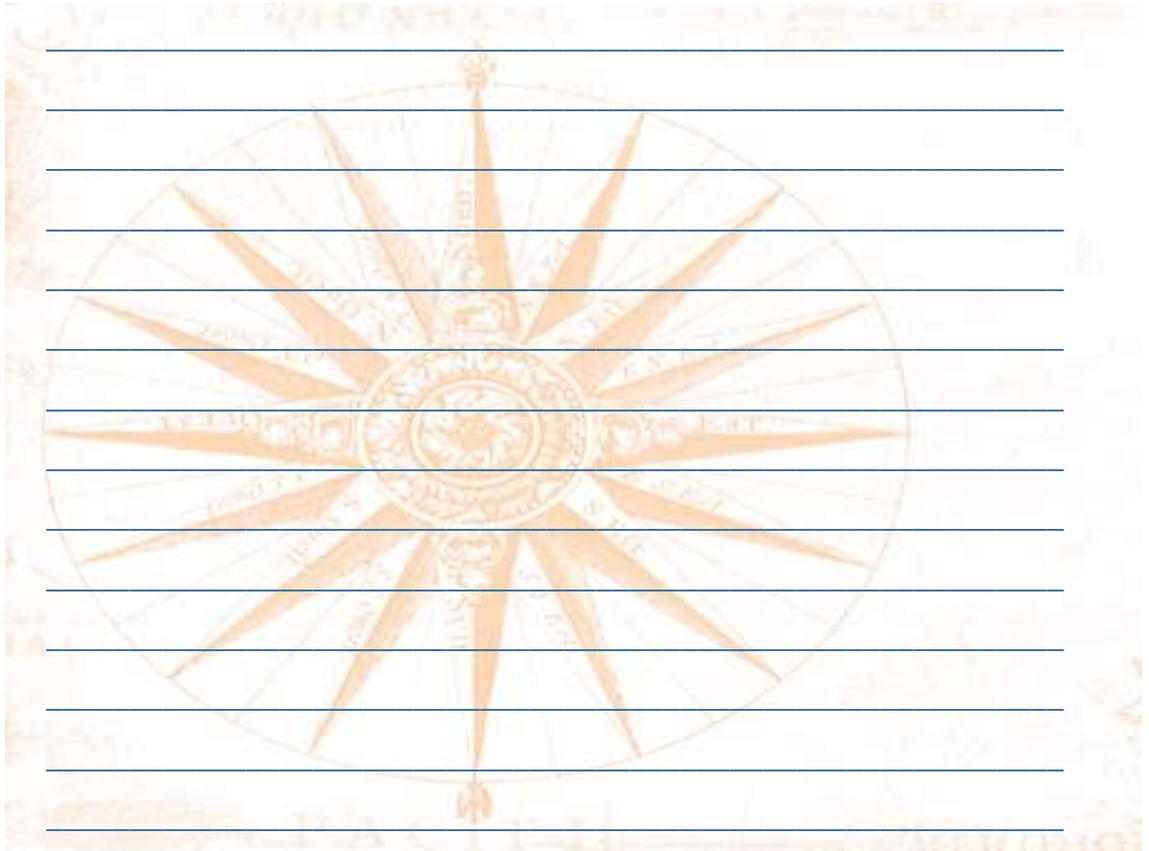


You are not an accident. God never does anything accidentally and he never makes mistakes. He has a reason for everything he creates. If there was not a God, we would all be accidents, the result of astronomical random chance in the universe. Life would have no purpose or meaning or significance. There would be no right or wrong, and no hope beyond your brief years here on earth.



*“Whatever is at the center of our life will be the source of our security, guidance, wisdom, and power.”*

*--Stephen R. Covey*



*“You weren’t an  
accident. You  
weren’t mass  
produced.*

*You aren’t an  
assembly line  
product.*

*You were  
deliberately  
planned,  
specifically  
gifted,  
and lovingly  
positioned on  
the earth  
by the Master  
Craftsman.”*

Max Lucado

### Suggested Reading:

**Blueprint for Life Study Guide (Discovering the Life You Were Born to Live)** The Blueprint for Life study helps you identify and design a strategic life plan—a personal blueprint for your life—and create intentional action steps to experience the life you were born to live in five major areas of life; spiritual, relational, physical, financial and career. **Available from [www.blueprintforlife.com](http://www.blueprintforlife.com)**

**S.H.A.P.E. Finding & Fulfilling your unique Purpose for Life.**  
Erik Rees

**Get Unstuck- Be unstoppable.** Valorie Burton

**Cure for the Common Life; Living in Your Sweet Spot.**  
Max Lucado

**The P.E.A.C.E. Process for Personal Life-Purpose Discovery**  
Kathryn M. Leslie

**Purpose Driven Life.** Rick Warren

**Strength Finders 2.0** Thomas Rath. Includes an online assessment tool.

### My Favorite Personality Discovery Tools:

**Enneagram.** Free online test at

<https://www.eclecticenergies.com/enneagram/test>

**DISC profiles**

<https://uniquelyyou.org/catalog/online-profiles/disc-profiles>

**Interested in more? Let’s schedule a coffee (either face to face or virtually). I would love to help you in your journey.**

**Email me to set up a time. [HisAssociatesCoaching@gmail.com](mailto:HisAssociatesCoaching@gmail.com)**

*Gail*



If this workbook stirred within you a deeper desire  
To find your why, i.e. find out for what purpose you were created,  
please contact me.

It is my prayer that you will get to know your CREATOR  
and Live in Your DIVINE DESIGN.

I would love to bless you with

**ONE complimentary  
Life Purpose Discovery session**



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