

Purpose Discovery to Purpose Actualization

Your Personal Guide to Unleashing Clarity,
Confidence & Calling

*A Transformational Coaching
Companion*

Women School of
TRANSFORMATION

By:

Women School of Transformation

Page 1: Welcome Letter

Dear Purpose Seeker,

Congratulations on taking this bold step towards living a life of meaning, impact, and alignment. This guide is designed to help you move from confusion to clarity, from dreaming to doing, and from wondering to walking in your God-given purpose.

Whether you're just starting or ready to elevate your next chapter, this guide will provide you with personal reflection, strategic tools, and coaching insight to help you unlock purpose—and actualize it.

Let's begin this journey together.

In Purpose & Transformation,

Tosin Opeoluwa, MS., MSW

Certified Transformation Coach, Women School of Transformation

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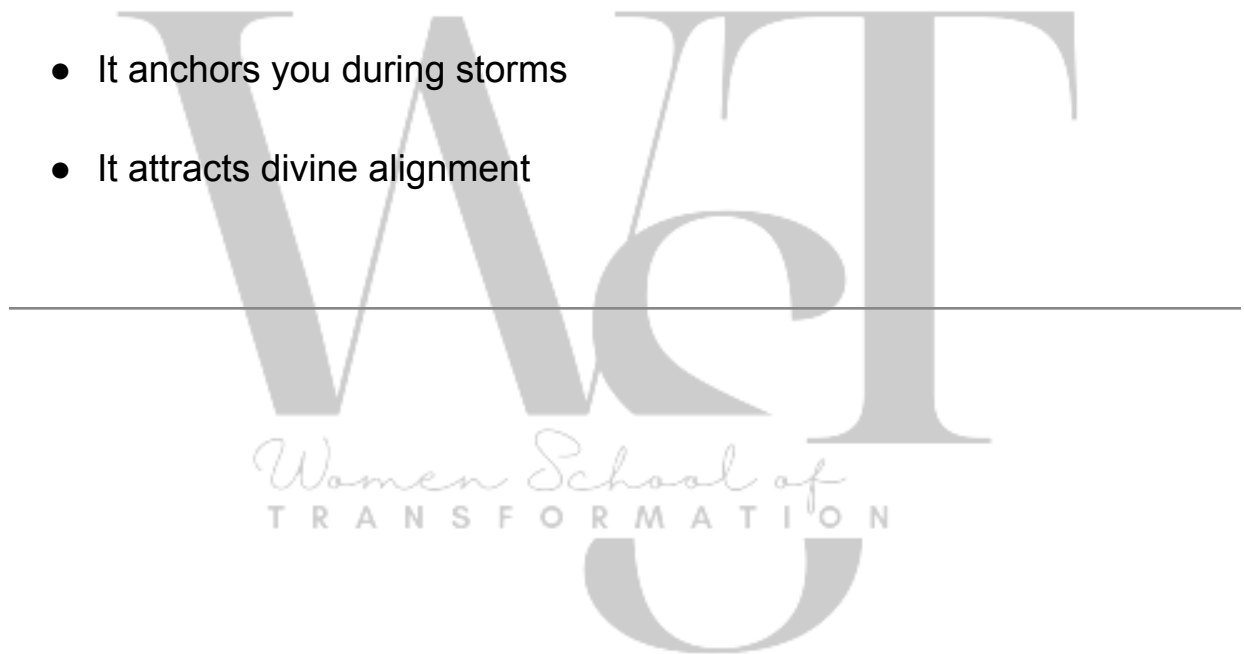
Page 2: What Is Purpose?

Definition:

Purpose is the reason why you exist. It is the divine assignment only you can fulfill in your unique way.

Why Purpose Matters:

- It gives direction to your decisions
- It unlocks joy and fulfillment
- It anchors you during storms
- It attracts divine alignment



Page 3: Phase 1 — Discovering Purpose

Self-Reflection Prompts:

1. What are the moments in my life where I felt fully alive?
2. What are my natural gifts, passions, or burdens?
3. What problems do I feel called to solve?
4. Who am I drawn to help, support, or lead?



Write Your Purpose Clues:

- My top 3 gifts: _____
 - What breaks my heart: _____
 - What energizes me: _____
 - If money wasn't a problem, I'd spend my life doing: _____
-

Page 4: Phase 2 — Defining Your Purpose Statement

Use this framework:

I am called to [DO WHAT] for [WHO] so they can [WHY/IMPACT].

Example:

I am called to empower women survivors of trauma so they can
rebuild their self-worth and walk in divine purpose.

Your Turn:

I am called to _____
for _____
so they can _____

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Page 5: Phase 3 — Purpose Activation

Key Actions to Begin Walking in Purpose:

- Clarify your “next step”
- Set one transformational goal
- Identify mentors, coaches, or accountability
- Create a timeline with realistic milestones

Activation Checklist:

- ☒ Write my Purpose Statement
- ☒ Share it with 1 trusted person
- ☒ Join a purpose coaching program
- ☒ Take one aligned action this week

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☀ Page 6: Phase 4 — Purpose Actualization

Actualization is sustained alignment.

Now that you've discovered your purpose, it's time to **build systems, routines, and relationships** around it.

🔄 Purpose Power Map:

- ☀ **Spiritual:** Daily quiet time/prayer
- 👥 **Relational:** Community that aligns with your purpose
- 🎯 **Professional:** Career aligned with your calling
- 💡 **Creative:** Start the book, podcast, movement

Ask Yourself Weekly:

- Did I live aligned with my purpose this week?
- What drained me? What energized me?

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Page 7: Bonus — Coaching Invitation

Ready to go deeper?

You don't have to walk this journey alone.

Join our **Purpose Coaching Program** to:

- Uncover deeper clarity
- Build a purpose roadmap
- Launch your next-level assignment
- Be mentored by transformational coaches



Schedule your **Free Discovery Call** now:



<https://calendly.com/womenschooloftransformation/30min>



Or email us at: womenschooloftransformation@gmail.com



Website: www.womenschooloftransformation.com



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