

BE. DO. HAVE. ON PURPOSE.

A 30-MINUTE MINI COURSE FOR A WOMAN IN A NEW SEASON

A simple, practical way to move forward when you're craving more purpose, clarity, or direction in this season of life.

You're not lost.

You're just in a new season.

For many women, there comes a point where life looks fine on the outside—but something inside is asking for more.

More meaning.

More fulfillment.

More contribution.

More joy in how your time is spent.

That “more” doesn't always come with a clear answer.

And that's where most women get stuck—not because they don't care, but because they're waiting for clarity before they move.

This mini course was created for that moment.

This isn't motivation.

It's a way to lead yourself forward.

Be. Do. Have. On Purpose teaches a simple, repeatable process for moving forward intentionally—without overthinking, pressure, or needing everything figured out first.

TAP BELOW TO ACCESS YOUR TRAINING VIDEO
<https://vimeo.com/1161267838/251e6d4ea5>

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MOVING FORWARD ON PURPOSE WORKSHEET

This mini course isn't about reinventing your life or figuring everything out today. It's a quick transformative step in moving forward on purpose—without waiting, without pressure, and feels doable.

The Framework We're Using

This is a simple process I've learned and lived by for years:

Be → Do → Have

This is already something you do unconsciously but we now want to be more purposeful. It's a formula that you can rinse and repeat as a way of guiding yourself again and again as life changes. We're going to walk through it using something that might feel relevant to your life right now.

STEP 1: BE — CHOOSE HOW YOU'RE SHOWING UP

Purpose doesn't start with a plan. It starts with a decision.

So instead of asking, "What should I do next with my life?"

We start with a more useful question: Who do I want to be in this season?

Choose a word that aligns for you. *For example, Peaceful, Adventurous, Confident, Generous, Creative, Grounded, Energized*

My one word I want to be is: _____

STEP 2: DO — TAKE ONE STEP THAT MATCHES WHO YOU'RE BEING

Now we move into action. You don't need a full plan. Just one step that fits the way you chose to show up today, this week or this month.

Ask yourself: If I were being this version of me, what would I do today or next?

For example: If I wanted to be more energized, I would take a line dancing class, walk in the woods, or learn a new dance off of YouTube.

I plan to take this action that aligns with my word:

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STEP 3: HAVE – WHAT COMES BACK

Pay close attention. After you take that action step, notice what you have and write it down.

For example, that might look like: more energy, clearer direction, feedback from others, new ideas or opportunities, confidence you didn't expect, new relationships, etc.

These are results you can build on. Results aren't just outcomes. They're information.

The result I noticed was:

Was this positive or negative for me? Will I attempt something like this again?

What other action step can I take to experience this word?

THE LOOP (THIS IS WHERE PURPOSE IS BUILT)

Here's where it gets fun and builds on itself. You don't stop after the HAVE.

You assess, feel it out, and you adjust.

And you choose again.

You reflect, decide how you want to show up, take the next aligned step, observe the result

And repeat the same or differently.

This process is how your purpose becomes clearer, how your life fulfillment grows deeper and how results compound.

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WHY THIS WORKS

You don't need to know your purpose in advance.

Purpose emerges when:

- your actions match your values and intentions
- your skills are used
- your results guide you forward

I can't wait to hear your results!

Don't forget you can listen to my podcast, [Our Reimagined Life](#) and join Goal Reimagined Masterclass [here](#).

UNTIL OUR PATHS CROSS AGAIN,

I LOVE YOU!

JULIE