



Purpose with Passion

Module 1: Releasing your past



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Before we begin

- Thank yourself
- Take 3 deep breaths
- Set an intention

What you'll learn:

Gain awareness of your work patterns by...

- Being honest about where you are right now, no better, no worse
- Uncovering the underlying beliefs that are influencing your behaviors and attitude about your purpose, career and your current journey.



What you'll learn:

Break free of negative disempowering work patterns and establish positive ones by:

- breaking the unconscious patterns
- Becoming the expert of your life with empowering patterns that help you move forward
- Learn to be consistent

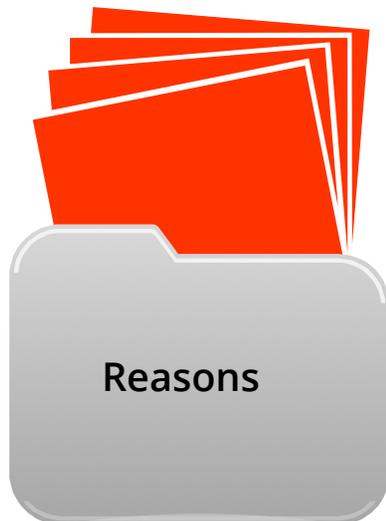




*So much of **where** you are is **where**
you've been.*

Where you've been

Let's start by being honest about the reason you're here.

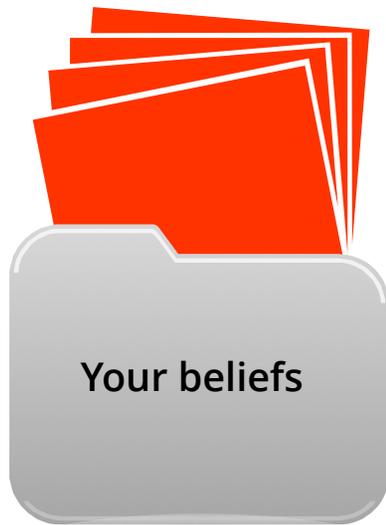


1. "I don't like what I do anymore, and I need to find my passion."
2. "I'd do what I love if I knew what it was!"
3. "It's easy to know what I don't want, but that doesn't mean I know what I'd rather be doing."
4. "I think I know what I want but how do I actually get it?"
5. "What if I'm not passionate about anything?"
6. "What if I have too many passions, and I don't know which one to choose?"
7. "I'm tired of working for someone else and it's not serving a higher purpose or igniting my passion!"

Which one(s) resonate with you? Write it down.

What you believe about it

These are the stressful themes influencing you.



1. Being unemployed, not getting paid what you're worth, feeling unstable, ungrounded, unsafe and uncomfortable.
2. Feeling bored, fearful, in chaos, conflict/crisis
3. Being relied on too much without return, or feeling insignificant or not cared about
4. Not liking the people you work with, being around too much drama
5. Not growing or learning, not advancing in position
6. Not helping anyone or contributing to a higher cause or purpose

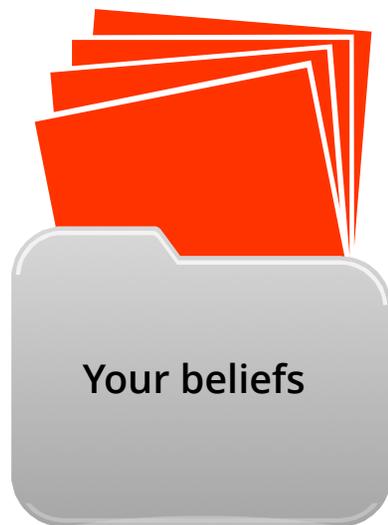
Which one(s) resonate with you? Write it down.



*“Human **needs** are usually tied to human **purpose.**” - Maslov*

What you believe about it

These are the stressful themes influencing you.



- ▶ 1. **Security** - Being unemployed, not getting paid what I'm worth, feeling unstable, ungrounded, unsafe and uncomfortable.
- ▶ 2. **Variety/Uncertainty** - feeling bored, fearful, in chaos, conflict/crisis
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- ▶ 4. **Connection** - not liking the people you work with, being around too much drama
- ▶ 5. **Growth** - not growing or learning, not advancing in position
- ▶ 6. **Contribution** - not helping anyone or contributing to a higher cause or purpose

Look back on your answers. Which is the #1 need bringing you stress? Stress on your needs stress your purpose.

What are your feelings about it?

Download the emotions sheet.

	Happiness	Caring	Depression	Inadequateness	Fear	Confusion	Hurt	Anger	Loneliness	Remorse
Strong	Delighted	Adoring	Alienated	Blemished	Alarmed	Baffled	Abused	Affronted	Abandoned	Abashed
	Ebullient	Ardent	Barren	Blotched	Appalled	Befuddled	Aching	Belligerent	Black	Debased
	Ecstatic	Cherishing	Beaten	Broken	Desperate	Chaotic	Angushed	Bitter	Cut off	Degraded
	Elated	Compassionate	Bleak	Crippled	Distressed	Confounded	Crushed	Burned up	Deserted	Delinquent
	Energetic	Crazy about	Bleeding	Damaged	Frightened	Confused	Degraded	Enraged	Destroyed	Depraved
	Enthusiastic	Devoted	Dejected	False	Horried	Dizzy	Destroyed	Fuming	Empty	Disgraced
	Euphoric	Doting	Depressed	Feeble	Intimidated	Flustered	Devastated	Furious	Forsaken	Evil
	Excited	Fervent	Desolate	Finished	Panicky	Rattled	Discarded	Heated	Isolated	Exposed
	Exhilarated	Idolizing	Despondent	Flawed	Paralyzed	Reeling	Disgraced	Incensed	Marooned	Humiliated
	Overjoyed	Infatuated	Dismal	Helpless	Petrified	Shocked	Forsaken	Infuriated	Neglected	Judged
	Thrilled	Passionate	Empty	Impotent	Shocked	Shook up	Humiliated	Intense	Ostracized	Mortified
	Tickled pink	Wild about	Gloomy	Inferior	Terrified	Speechless	Mocked	Outraged	Outcast	Shamed
	Turned on	Worshipful	Grieved	Invalid	Terror-stricken	Startled	Punished	Provoked	Rejected	Sinful
Vibrant	Zealous	Grim	Powerless	Wrecked	Stumped	Rejected	Seething	Shunned	Wicked	
Zippy		Hopeless	Useless		Stunned	Ridiculed	Storming		Wrong	
		In despair	Washed up		Taken-aback	Ruined	Truculent			
		Woeful	Whipped		Thrown	Scorned	Vengeful			
		Worried	Worthless		Thunderstruck	Stabbed	Vindictive			
			Zero		Trapped	Tortured	Wild			
Medium	Aglow	Admiring	Awful	Ailing	Afraid	Adrift	Annoyed	Aggravated	Alienated	Apologetic
	Booyant	Affectionate	Blue	Defeated	Apprehensive	Ambivalent	Belittled	Annoyed	Alone	Ashamed
	Cheerful	Attached	Crestfallen	Deficient	Awkward	Bewildered	Chespened	Antagonistic	Apart	Contrite
	Elevated	Fond	Demoralized	Dopey	Defensive	Puzzled	Criticized	Crabby	Cheerless	Culpable
	Gleeful	Fond of	Devalued	Feeble	Fearful	Blurred	Damaged	Damaged	Cranky	Companionless
	Happy	Huggy	Discouraged	Helpless	Fidgety	Disconcerted	Depreciated	Exasperated	Dejected	Downhearted
	In high spirits	Kind	Dispirited	Impaired	Fretful	Disordered	Devalued	Fuming	Despondent	Flustered
	Jovial	Kind-hearted	Distressed	Imperfect	Jumpy	Disorganized	Discredited	Grouchy	Estranged	Guilty
	Light-hearted	Loving	Downcast	Incapable	Nervous	Disquieted	Distressed	Hostile	Excluded	Penitent
	Lively	Partial	Downhearted	Incompetent	Scared	Disturbed	Impaired	Ill-tempered	Left out	Regretful
	Merry	Soft on	Fed up	Incomplete	Shaky	Foggy	Injured	Indignant	Leftover	Remorseful
	Riding high	Sympathetic	Lost	Ineffective	Skittish	Frustrated	Maligned	Irate	Lonely	Repentant
	Sparkling	Tender	Melancholy	Inept	Spineless	Misled	Marred	Irritated	Oppressed	Shamefaced
Up	Trusting	Miserable	Insignificant	Taut	Mistaken	Miffed	Offended	Uncherished	Sorrowful	
	Warm-hearted	Regretful	Lacking	Threatened	Misunderstood	Mistreated	Ratty		Sorry	
		Rotien	Lame	Troubled	Mixed up	Resentful	Resentful			
		Sorrowful	Overwhelmed	Wired	Perplexed	Troubled	Sore			
		Tearful	Small		Troubled	Used	Spiteful			
		Upset	Substandard			Wounded	Testy			
		Weepy	Unimportant				Ticked off			
Light	Contented	Appreciative	Blah	Dry	Anxious	Distracted	Let down	Bugged	Blue	Bashful
	Cool	Attentive	Disappointed	Incomplete	Careful	Uncertain	Minimized	Chagrined	Detached	Blushing
	Fine	Considerate	Down	Meager	Cautious	Uncomfortable	Neglected	Dismayed	Discouraged	Chagrined
	Genial	Friendly	Funk	Puny	Disquieted	Undecided	Put away	Galled	Distant	Chastened
	Glad	Interested in	Glum	Tenuous	Goose-bumpy	Unsettled	Put down	Grim	Insulated	Crestfallen
	Gratified	Kind	Low	Tiny	Shy	Unsure	Rueful	Impatient	Melancholy	Embarrassed
	Keen	Like	Moody	Uncertain	Tense		Tender	Irked	Remote	Hesitant
	Pleasant	Respecting	Morose	Unconvincing	Timid		Touched	Petulant	Separate	Humble
	Pleased	Thoughtful	Somber	Unsure	Uneasy		Unhappy	Resentful	Withdrawn	Meek
	Satisfied	Tolerant	Subdued	Weak	Unsure			Sullen		Regretful
	Serene	Warm toward	Uncomfortable	Wishful	Watchful			Uptight		Reluctant
	Sunny	Yielding	Unhappy		Worried					Sheepish



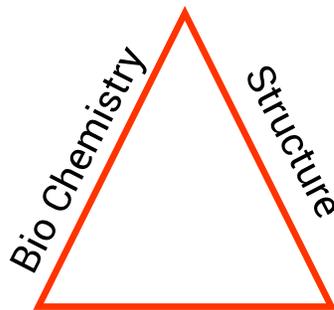
Emotions are natural, but ***feelings***
are based on beliefs.

Example: I am hurt about what happened and therefore I feel angry about it because I believe I didn't deserve it.

How did you get here?

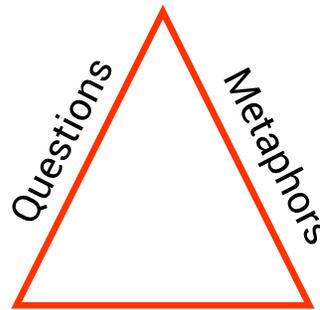
Let's piece together everything we just covered about where you are into 3 key areas.

PHYSIOLOGY



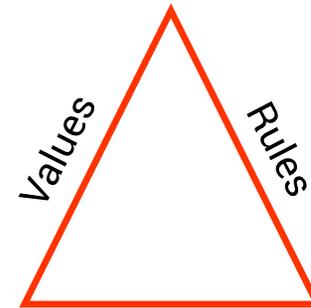
Movement

LANGUAGE



Incantations

FOCUS/BELIEFS



Global beliefs/Identity

Beliefs/feelings are just some of the things influencing your overall state in any situation.

STATE = physiology + language + focus/beliefs

Practicing this state consistently affects your life. **ie. why you are where you are.**

Exercise



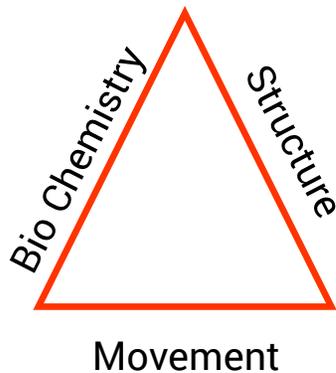
Select one of the needs you are most stressed by now.

- ▶ 1. **Security** - Being unemployed, not getting paid what I'm worth, feeling unstable, ungrounded, unsafe and uncomfortable.
- ▶ 2. **Variety/Uncertainty** – feeling bored, fearful, in chaos, conflict/crisis
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Ask yourself

When I am stress about X need:

PHYSIOLOGY



- How do I stand?
- How do I move or walk?
- Does my face get tense or relaxed?
- How would my hands be? Would they be tense or relaxed?
- How do I breath?
- How deeply?
- At what pace?

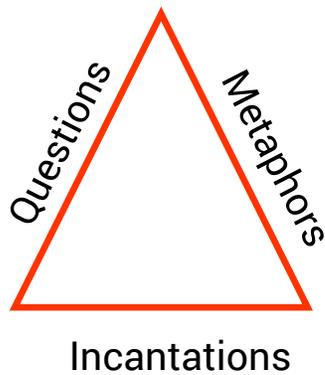
Example: Depression when I was in college about my career direction.

NOTE: The *fastest* way to affect your state is through your physiology.

Ask yourself

When I am stress about X need:

LANGUAGE



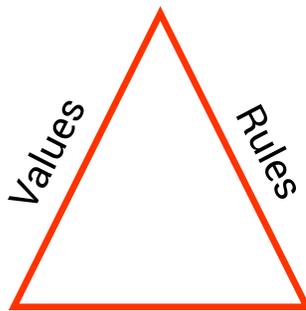
- What language am I using?
- What incantations do I say over and over?
- What questions do I keep asking?

Example: Depression when I was in college about my career direction.

Ask yourself

When I am stress about X need:

FOCUS/BELIEFS



Global beliefs/Identity

- What would I have to believe to feel this way?
- Who am I really when I'm in this place? (my identity)
- How might I be using it to serve a need?
- What can I focus on instead that can serve me?

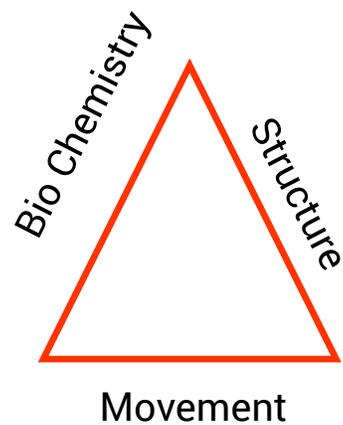
Example: Depression when I was in college about my career direction.

Exercise

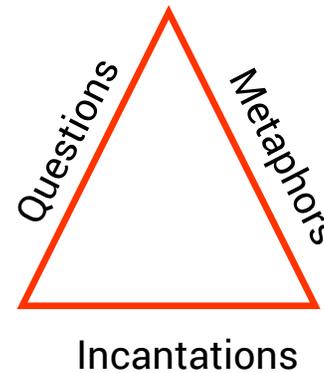


Pick one of your happiest moments. What was your version of the TRIAD? What happens when you are in this state? How does it effect your environment, family, job, etc?

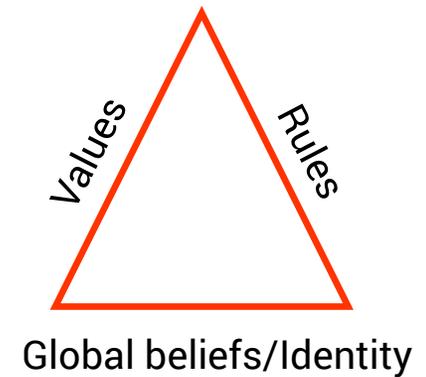
PHYSIOLOGY



LANGUAGE



FOCUS/BELIEFS



STATE = physiology + language + focus/beliefs

Practicing this state consistently affects your life. ie. why you are where you are.

REPETITION, CONSISTENCY OF YOUR STATE FORMS A HABIT **NOT A TRUTH.**

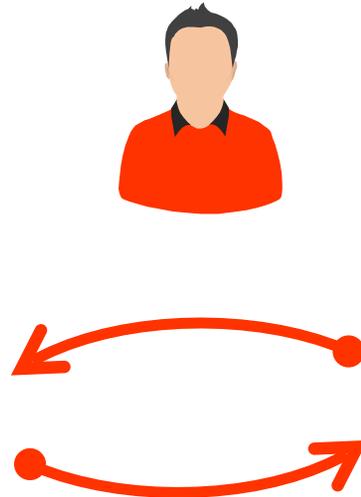
Repetition is the
mother of skill.

Tony Robbins

How to break the cycle

and get what you actually want:

Understand
your beliefs
(Via Triad)
and **reverse
engineer it**



**Shift and
align
consistently**



LETS WORK BACKWARDS.

*change your **physiology + language + focus/beliefs** to produce your **STATE***

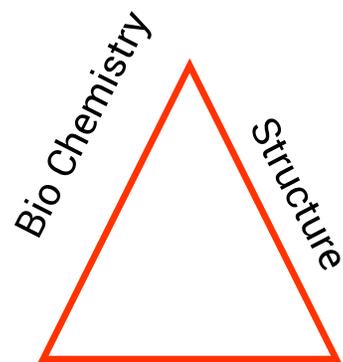
Reverse Exercise



LETS WORK BACKWARDS NOW.

Think of your stresser. What version of the TRIAD will be most effective and resourceful the next time? What happens when you are in this state? How much easier is it to handle what arises?

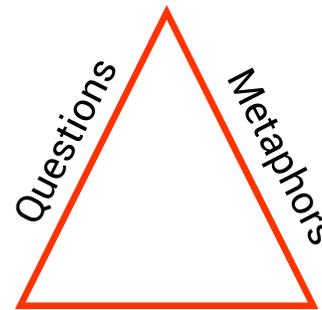
PHYSIOLOGY



Movement

- How can I shift my physiology ?

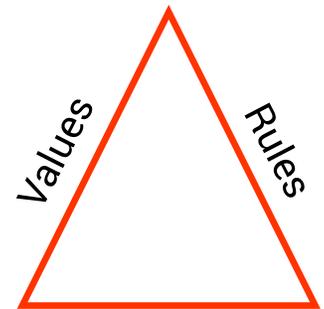
LANGUAGE



Incantations

- How can I shift the language/words?

FOCUS/BELIEFS



Global beliefs/Identity

- What can I now believe and focus on about this that will serve me?

TIP



PHYSIOLOGY

Select one of the needs you are most stressed by now. Practice changing your state through your physiology.

- ▶ Stand up
- ▶ Walk around or change your location
- ▶ Inhale deeply
- ▶ Use priming exercising that pump oxygen into your lungs. (Look up Tony Robbins on Priming)

TIP



LANGUAGE

Select one of the needs you are most stressed by now. Let's do some NLP(NeuroLinguistic Programming).

- ▶ Imagine your stressor or problem is a big rocket with lots of fire/fumes and picture launching it into space and exploding it.
- ▶ Rename people, places or things that cause you grief into other things to transmute the feeling.
Ex. My stress at work is a big pineapple I can cut up into little pieces and feed to monkeys.
- ▶ **BIG ONE!** Remember a time when you overcame something similar and the words you used or who you became to get through it.

Exercise



FOCUS/BELIEFS

Select one of the needs you are most stressed by now. Let's create a new story!

- ▶ Reframe negative circumstances into empowering one's where you can become the hero or where you learned something.
- ▶ Create a new identity with personality/values/language/demeanor that helps you step into your true power and bring him/her out. (we will cover later)
Similar to language, use a past story to tell a different ending to this one. And find areas in your life that already match the values you care for the most. Find ways to expand on it.
- ▶

Focus on the solution instead of the problem, OR go general about it instead of diving into the details.

Moving Forward

Before you speak....

T H I N K !

T - is it true?

h - is it helpful?

i - is it inspiring?

n - is it necessary?

k - is it kind?

Now that you've learned some tools to realign you to who you are and where you want to be, USE this easy formula to get back on track at work and in any rough situation.



Now you're setting a new standard.
Practice this consistently!



REMEMBER: *You bring yourself wherever you go. If you're leaving a situation/job negatively or with a chip you'll bring that into the next one. Handle your state with it before it handles you.*

FUN SHEET



JOURNAL

- Where are you in your emotional life when it comes to your purpose? Be honest with yourself.
- What's the stresser? What needs are not being satisfied? (Certainty, Variety, Connection, Significance, Growth, Contribution) How is this being expressed in your triad (physiology, focus and language)? What do I believe?
- How can I reframe these to work in my favor? How can I make a better situation where I am now? What tools can I use? what new story can you tell? Everyday for this week practice this new story anytime it comes up, before you go to bed and when you wake up in the morning.

Example: I hate what I do at work and can't wait to leave this job.

Reframe: How can I use my skills/talents to make this job work for me?

- Take the Personality Test here: <https://www.16personalities.com/>
- Fill out the 'Take your power back' Workbook



Monthly Topic: Creating Rapport - critical in helping to build relationships at work and understand the levels appreciation including your own.



Contact Us



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GROUP: Purpose Driven Tribe