



Purpose Driven Membership

Module 2 : Discover your passion



Teany Hidalgo

PurposeDrivenRevolution.com

The Purpose with Passion Program

Fasten your seatbelt for a journey discover your purpose.



Introduction



Module 1

Release your past with **mindset shifts and pattern breaking** coaching



Module 2

Discover your true **passion with purpose** by unlocking your historical core and deep motivations



Module 3

Get a clear understanding of your **true assets** and **what sets you apart** in the workforce



Module 4

Connect to the **key ingredient** and how to solidify that into your purpose



Module 5

Create your own **Personal Passion Brand** to market yourself and become a unique and unstoppable force in the world



Module 6

Evolve to know how to **overcome future challenges** and reach peak performance and happiness
+ BONUS TOPICS

6 months. **Lesson videos, new topics, guest speakers and bonuses.** Fun sheets. **Office hours.**

What you'll learn:

Begin discovering your passions

- Unlock some of your personal history and get to the core of you.
- Start to get a clear picture of your career's compelling future and the deep motivations behind it.

Grab your journal or computer and lets start!



What is purpose?

What its not

It's not a hidden emotion that needs to be triggered.

It's not a life spent casually pursuing varied interests.

It's not just pursuing a standard education to get a practical job.

It's not what your parents, family or friends say they want you to do/be.

It's not what society deems is right to pursue.

You have permission to ignore what doesn't resonate with who you are. THIS IS BIG!



What is purpose?

What it is

Purpose is more powerful than passion alone.

It's the **broader meaning** of your life's journey rather than a focus on small interests. This can be a better motivator than just a feeling of *passion* alone.

GOOD NEWS: Seeking purpose and meaning could be the trigger for your passions in the first place.

If there was a shortcut to passion that bypassed the long journey of developing an interest it would be a calling to fulfill a *higher purpose*. This deep desire can assist in connecting you to growing your interests.

Example: My personal transition from corporate work to massage to coaching all for desire to be in service.





*A shortcut to finding your passion is
being called by your higher purpose.*

Why being purpose-driven matters

You already know it helps you live longer, better, and brings meaning to your life. But also, the world needs it and there are global trends marking this revolution.

10

of jobs average person has in their lifetime and growing...

72

% of millennials planning to be entrepreneurs rather than work in corporate (global trend)

45

of projected years before AI takes over standard jobs

Times are changing...

(Stats: Bureau of Labor Statistics, Forrester Research and Millennial Branding.com)



How do you connect to it

More and more people are itching to find meaning and want to work or purchase from businesses that are purpose-driven. In Japanese culture its called your **ikigai**. It's time to connect to it!

IKIGAI 生き甲斐

THAT WHICH GIVES LIFE A SENSE
OF PURPOSE |
A REASON FOR BEING.

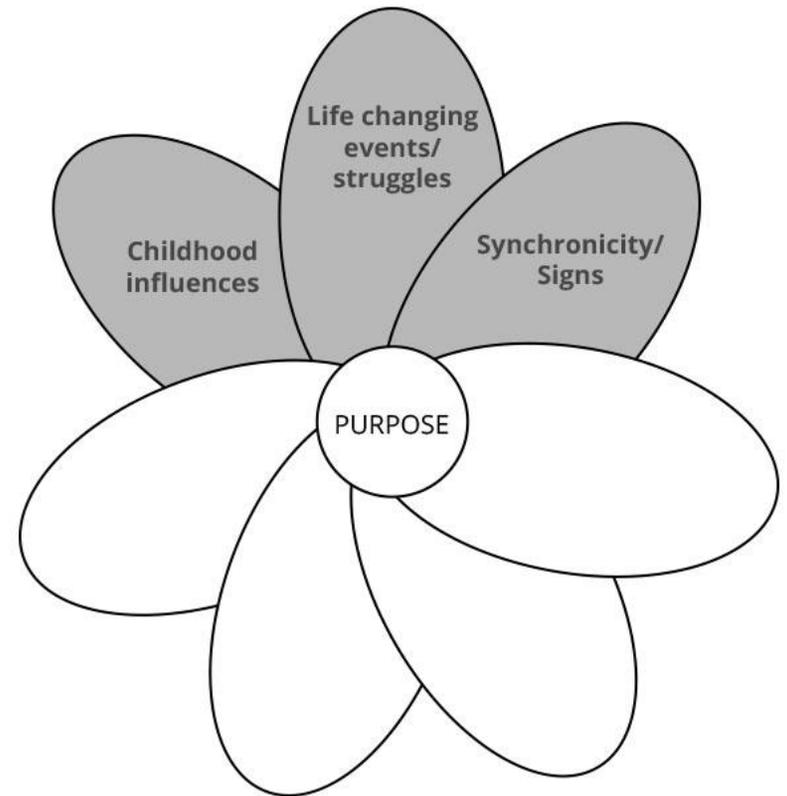
Let's start



Today we'll start with

Things that have impacted you in your life, and help you understand who you are at your core.

- ▶ Signs
- ▶ Childhood Influences
- ▶ Life Changing Events/Struggles
- ▶ Synchronicities



Identifying your signs

Before we begin let's identify a tool to help you get clear.

All of my best decisions in business and in life have been made with heart, intuition, guts... not analysis. - Jeff Bezos (CEO of Amazon)

Do you typically make decisions with your mind or your intuition?

If you work from your mind then you take in all the data and establish the best case scenario to make a choice.

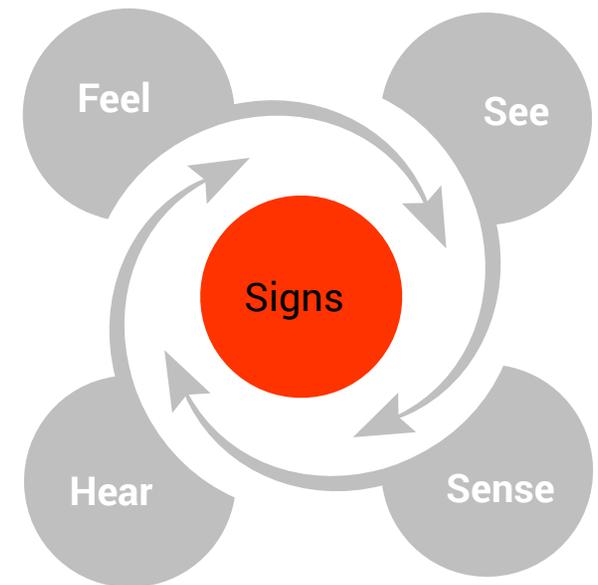
If you work from your intuition you generally follow your heart. Your emotions are sixth sense, if you will, as your guide.

Both lead to a result but often your intuitive response is the most accurate and attuned to who you are and inner most desire.

What if you had a personal intuitive sign that was unique to you?

Example: When I feel something is right for me I get goosebumps or a positive feeling in my body's core or heart. My YES signs.

Before moving forward learn what those intuitive signs are for you and not just the data. It's been proven in psychology that some of the most successful people trust their personal intuitive signs. See Jeff Bezos.



JOURNAL: Think of times when you knew in your gut/intuition something was a YES. What are those signs for you? Write them down.



Coincidences

Synchronicities

Beyond the three-dimensional world of cause and effect, coincidences, often referred to as synchronicities, give us the experience of **that which is beyond**.

When people experience a synchronicity, they are often left in awe, recognizing that this is no “mere coincidence”—some **greater meaning or purpose is behind it**.

“Coincidences” can contain messages. Sometimes you have an experience and you just KNOW it’s a clear sign. Other chance occurrences seem obviously aligned but do not contain any clear meaning.

Your homework will have steps to follow when you experience synchronicities.



Exercise



Answer in your journal

- ▶ **HOME:** Were there any particular coincidences or signs connected with getting your current living space? (house numbers, encounters with neighbors, delays, mix-ups, street names, etc.)
- ▶ **JOB:** How did you get your present job? (How you found out, who you talked to, what messages you received.)
- ▶ **RELATIONSHIP:** Describe how you met your most important relationship. What led up to your being in that place at that time?
- ▶ **Other:** Are there any other coincidences or synchronistic moments that were significant in your life?



Childhood influences



The lie about your childhood

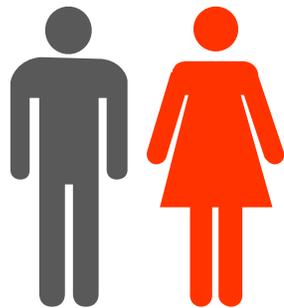
In our society there is a common belief we like to call the “Big Lie”—the idea that our society and childhood upbringing *don't* influence who we are today at the deepest level.

Most people don't deny those things have an impacted, but they think the effect is minimal and resist believing that their actions and beliefs were formed by other people.

Let's take the time to reflect on how much of what we do and think did not originate as our own idea, and let go of things that do not serve us. We are free to embrace beliefs and life choices that genuinely resonate with who we truly are and the life that we want to live.

In this section, we will peel away the layers of inauthentic belief systems(B.S.) and roles that do not serve.

Exercise



Answer in your journal

- ▶ What roles have you played on the stage of life? (caretaker, leader, hardworker, etc.)
- ▶ PICK ONE: where did you learn to play the role, or, who told you (or modeled) how to play the role?
- ▶ How would this role need to look for you to feel that you're living in alignment with your true self?
- ▶ Who, if anyone, would be affected by you letting go of (or change) this role if it doesn't serve you?
- ▶ What benefit do you get from maintaining the role the way it is?
- ▶ What benefit would you get from removing or changing it?
- ▶ Who would you be if the role you don't want to play anymore were to disappear?



Life changing experiences

Life changing experiences

Life is so complex that we sometimes miss patterns or circumstances that have truly influenced us because we are so focused on getting by or thinking about the past or future.

Research studies show that **taking a one-week vacation** impacts your level of happiness as much as a **two-week vacation**.

This means that you probably **don't remember most of what has influenced you** because after it happened you just went back to focusing on living your life, while remembering only the bits that pop up to the surface.

Unfortunately, **things you've missed are often affecting you today**, without your awareness. This is often referred to as the "unconscious mind".



Exercise



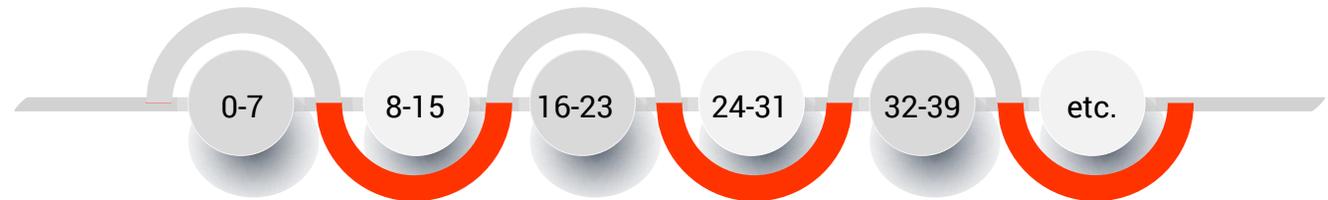
Answer in your journal

By looking at your life on a timeline you can see it more objectively. You may notice a pattern or a series of experiences that led you along, toward where you are today.

Understanding this, you may notice your life has been leading you towards something.

Once something that was unconscious becomes *conscious*, you now have a *choice to change*.

JOURNAL: Starting at birth, make a list of key significant events that occurred until the present that you can remember.



FUN SHEET



JOURNAL

Use what you wrote down in the exercises to fill out these PDF's.

- **Conditioning & childhood influences** Workbook – you'll answer the questions for all roles, plus additional questions.
- **Life changing experiences** Workbook
- **Coincidences** Workbook
- **Ask your People** Workbook

These will fuel your Purpose with Passion and are the deeper seeded patterns, events and signs you can start looking at to see your potential trajectory or path.

Exciting isn't it?



NEXT: Get a clear understanding of your true assets and what sets you apart in the workforce.



Send me your questions for the Q&A.



 info@teanyhidalgo.com

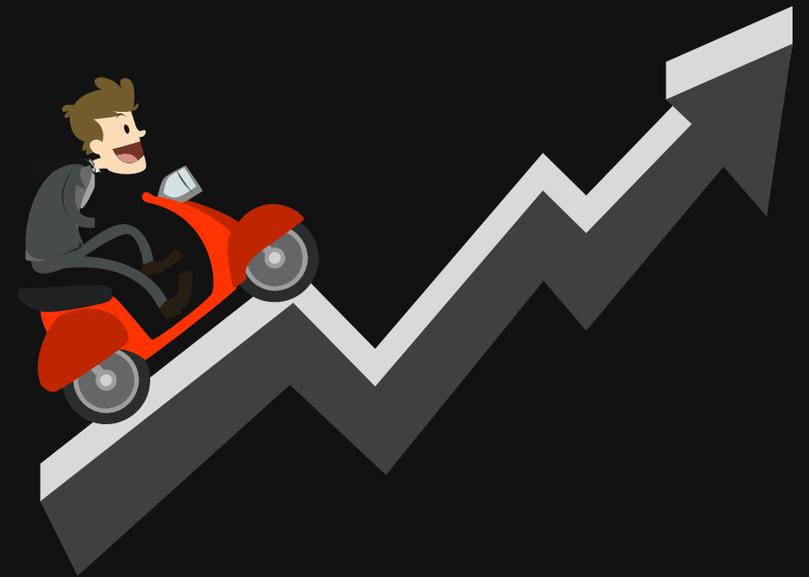
 **GROUP:** Purpose Driven Tribe

Your journey

- You might be at the very beginning for journey where you have no idea where to even begin.
- You may have an idea of what you don't want, but don't know what you do want to do and contribute to the world.
- You may be far along your journey, know where you are leaning, but need some help solidifying it and seeing the next step.

Any of these or in between is OK. This isn't a race, because there is no finish line. Your purpose journey evolves as you do. Understanding where you are helps you change your destination.

And remember we're all on a similar journey.



Now let's get to a tool you're need to help you on your way.