#### **SHAWNA ADAMS**

YOU CAN DO IT!

> Breaking Down the Lies Busting Up the Myths

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EBOOK EDITION

# What is the biggest challenge you're facing in identifying your purpose?

#### \*Myth #1: Somebody lied!

"My biggest challenge in identifying my purpose is accepting my purpose when I thought it was something else."

As with all living things, we grow. With growth comes change. Change does not always demand that you pick up one thing while discarding another. Sometimes change happens in a layering process. Layering is starting with a foundation, and then placing another substance on top of that foundation. The substances can consist of different material.

Purpose does not change but how it manifests may shift as your experience expand. Here is an example. A young man started selling water on the corner to help his single mother to pay bills. After a few years, he began helping other classmates figure out different ways to make extra money. When it was time for him to go college, he chose to study Business Management with a concentration in Entrepreneurship. After he graduated, he opened his own small grocery store in his old neighborhood, hiring students from the local high school.

In this example. this young man started out thinking that he was just supposed to help his mother. He didn't see himself becoming a mentor to other young kids, and he wasn't aware that he would be pushed into business ownership. So his purpose evolved as he evolved. But all of it was connected.

God wastes nothing! If you feel that you are being divinely pulled into another direction, take a closer look to see how it connects to what you are currently doing. Is there some sort of tie between the two - some layering? Just because yit's different doesn't mean you were wrong for where you were at the time.

# What is the biggest challenge you're facing in identifying your purpose?

#### \*Myth #2: History vs. Destiny

"My biggest challenge with identifying my purpose is not allowing where I came from negate the calling that is on my life."

Purpose is not something that we can choose. Instead, we must come into the knowledge of what our purpose. is. It does not change. It is not contingent on our past, our circumstances or our emotions. No matter what trauma has been done to us, as well no matter what trauma we have exacted upon others, purpose does not change.

We have to make a conscious decision to search out purpose. This happens through prayer and paying attention to your history and your destiny. As pertaining to your history, in what area of your life does it seem that you are most attacked? What were your biggest traumas in your life? What were your greatest obstacles or areas of triumph? What were the things that you learned/gained in those instances?

As pertaining to your destiny, What is your passion. what you would do even if you didn't get paid for it? What are you good at? What causes your heart to break when you hear about it? When you dare to dream, what do you see yourself doing?

These questions should help you to understand that it all works together. You didn't go through what you went through for it to not serve you in the future. There is value in seemingly "trashy" places, you just have to dig for it

# What is the biggest challenge you're facing in identifying your purpose?

#### \*Myth #3: I need to see the full picture

"My biggest challenge with identifying my purpose is understanding what my full purpose is and what God wants from me in this season to propel me to the next season."

Isn't it easier to put a puzzle together when you have a picture of the final product to guide you? How else are we to know where each piece goes? My oldest daughter and I are avid puzzle makers, and we strategize together an approach to completing each puzzle. Usually, we keep the box handy as a reference, and in better cases, the puzzle poster when provided!

Though our lives have a destined path that we are to discover, the struggle is not having a "puzzle picture" so that we can see how the pieces go together. But we have been created with an inner yearning that, when submitted to, will guide us to our destiny. Along the way, from season to season, the pieces connect in ways that we may not easily recognize or discern.

Because we may not easily recognize the pieces connecting, we must focus on one thing that we can control and are responsible for - our "YES." As long as you live an available life, your purpose will be the catalyst to propulsion from one season to the next. So what is your "YES?"

Your "YES" is your commitment to obedience. Obedience to what? Great question. Obedience to what is being required of you to produce in the season that you are in. Each day, "not my will but your will be done." Instead of focusing on the next season, be obedient in the current season because there is a principle at work - if you are faithful over a few things, you shall be made ruler of many."

## What is the biggest challenge you're facing in manifesting your dream/passion?

#### \*Myth #1: Consistently inconsistent

"My biggest challenge I'm facing in manifesting my dream/passion is remaining consistent after receiving guidance and discernment on how to work it out of myself."

Inconsistency is rooted in lack of discipline. When unaddressed, lack of discipline is a time-stealer and a vision killer. Some people acquiesce to this state of being, making statements like, "It's just how I am." Examples of this could look like, always being late, unfinished projects, lack of commitment, full of excuses. When you are perceived as undisciplined, people will hesitate trusting you or supporting you. And they most likely will not put in positions where they must depend on your production or execution. The is not okay This is not excellent. Your purpose is too important to navigate through life this way.

This is not something that cannot be eliminated from your life, however it takes a new mindset, a new awareness, and a willingness to be held accountable. Your new mindset demands that you view your life differently. Each day that you awaken is a day full of purpose and assignment. Have a workable plan to which you hold yourself. Go work it!

Your new awareness means that you understand that your very existence means there is a need somewhere that you are to meet. Someone is waiting on you to show up! Go show up!

Your willingness to be held accountable means that your circle should consist of people who will challenge you, check in/ check up on you, and chastise you when necessary - all for your good.

## What is the biggest challenge you're facing in manifesting your dream/passion?

#### \*Myth #2: Equilibrium is off - no balance

"The biggest challenge I'm facing in manifesting my dream/passion is the inability to balance the time needed to make it more successful."

Twenty-four hours is actually just enough time for each individual to produce their daily goals, without sacrificing an abundant life. It becomes difficult when we try to "balance" time instead of "manage" time. There is a difference.

Think back to when you bring groceries into your home. There are multiple bags and you have to decide how much you will carry at a time. Sometimes we overload ourselves and try to "balance" too many bags, usually because we are trying to reduce the number of trips back and forth. But once the bags go toppling to the floor - apples rolling one way and the pasta sauce breaking open around our ankles -we suddenly find value in making more trips. Don't worry, it's happens to us all!

Instead, we must learn how to strategize and manage our time in a way that best avoids the potholes and pitfalls. So, as it pertains to manifesting purpose, **manage the time you HAVE**, instead of trying to balance time that you perceive that you NEED. Sometimes multiple trips is faster in the long run.

I am a fan of having AND using a planner. My planner is my path to my purpose in print. It is an accountability tool that helps me to manage my time. I am not aimlessly moving through life, but I am answering the call and the claim on my life to pour out every day. Some days more than others but nonetheless, I pour.

## What is the biggest challenge you're facing in manifesting your dream/passion?

#### \*Myth #3: Moving to the back of the line - again

"My biggest challenge I'm facing in manifesting my dream/challenge is always putting others needs - and often times, wants - ahead of my own."

I don't know where it started, but self-care had become stigmatized at some point in our culture. Especially for women (sorry brothers but it's true). Women, and more specifically mothers and wives, were responsible to provide stability and consistency for the family. Mothers that had to raise the children, nurture the children, educate the children (homework), shuttle the children to all their activities, be the cheering squad, be the comforter, the cook, and the counselor

Whew! That sounds exhausting, and that's because it is! And I am sure that my brothers have their own testimony of the pulls of life that demand their attention and focus. So, where does that leave time for you to chase, pursue that radical idea that keeps showing up in your dreams? Additionally, how do we do it without feeling guilty of neglecting something or someone?

What if we started believing that we do a greater disservice to our families and friends if we do not show up as our greatest, fullest selves? If we continue to re-present a portion of ourselves to the world, how does that push the community forward? It is not an "either/or" principle but a "both/and possibility."

There is a beautiful dance that happens between purpose and life, and we must feel empowered to join in the dance. Some seasons necessitate different priorities, but some of them MUST necessitate that you put yourself FIRST. Yes, that's right. Without apology, you are required to pursue your greatest potential in a way that satisfies your inner yearning that just won't be silenced. The alternative is dissatisfaction that eats away at your core. That's a price that you can't affort to pay.

## What is the biggest challenge you're facing in manifesting your dream/passion?

#### \*Myth #4: My connection is weakl

"The biggest challenge I'm facing in manifesting my dream/passion finding the right person to position and propel me to the next level."

We live in culture that highly regards connections. Who are you tied to? Who are you friends with? Who is inviting you to the table? And in some regards, social connections have their value. However, there are levels, or categories, of connection and it is imperative that we place people in their proper categories based upon how that connection serves your life.

People cannot position others in their purpose. Purpose is already established when we are born into the earth (actually before, but that's for a different conversation and platform). What people can do is come alongside us to help us walk in our purpose. Even then, this can be done in different ways.

You should have some encouragers that speak positive talk to your self-doubt.

You should have some challengers that will ask you thought-provoking questions that make you check your motives and direction.

You should have a coach. A person that can build up your skills, and be a source of resource for your purpose.

You should have a mentor. A person that has been where you are going, has influence in your life and can call you on your "goofy" moments.

Don't give this kind of access freely and quickly. Be intentional on being sure of who is in what category. Mixing them up can set you up for disappointment because our expectations are off. Don't be afraid to reach out to seemingly "off-limits' people. You might be surprised who would be willing to walk with you.

## What is the biggest challenge you're facing in getting/staying motivated?

#### \*Myth #1: What if it doesn't workl

"My biggest challenge I'm facing in getting/staying motivated the fear of messing up again like I have in the past."

Fear is the number one enemy against the desires of people. Fear of the unknown. Fear of rejection. Fear of failure. Fear of what happened before repeating itself. Even fear of success. Fear can be a strong adversary without arms, legs or even a body, however can bind people.

The only way to overcome fear is to understand that it is an emotion based upon anxiety from the inside anchored to an expected negative outcome, without any definite proof of that outcome being the truth. It is a belief of impending dread or terror.

Ask yourself this question. What is the worst that will happen if I mess up? Then follow up with this question, "What if I DON'T mess up?" Both of them are possible but neither one of them are fatal! Failure is not fatal! What a thought! Failure is the best teacher. There is a lot to gain from our "mess ups." Let's use the story of Formula 409. a very popular household cleaner.

Formula 409 didn't happen on the first try. And it didn't happen on the 101st or the 301st try. It was until bath 409 that they finally hit their mark! And so the name stuck, Formula 409! Imagine how many times fear tried to convince the creators to give up, it will never work. I wonder how many family members and friends tried to convince them to move on to something else.

If you haven't at least hit try number 409, then you need to hang there and keep trying! Once you succeed, who cares about how many tries it to to get there?

## What is the biggest challenge you're facing in getting/staying motivated?

#### \*Myth #2: Still waters mean no progress

"My biggest challenge I'm facing in getting/staying motivated is judging success by my definition of progress"

Progression is a natural sign of healthy growth. Think about a baby. We look for certain milestones to track if the baby is growing as it should. When we don't see those milestones, we get concerned, as we should. It's not so easy with producing purpose. We have these dreams and visions and the longer it takes for it "to" happen, the more it seems that it "won't" happen.

Progress can present itself in many forms. Instead of defining progress, it is better to measure progress. Measuring progress is a great way to check yourself and gives you opportunities to celebrate small wins along the way.

Measuring progress is not about how much work you do, as long as the work that you do moves you to towards your goal. Measuring progress is not only about how far you are away from your goal, but also about how far you have come. These are the moments when it's ok to look back so you can celebrate your wins. Don't wait for someone else to celebrate you!

Finally, measuring progress works best when you clearly identify the type of progress that you need to track. Not outcomes - progress. Make 25 phone calls a day. Contact 5 businesses to pitch your idea. Research 10 competitors in your area and visit their website. Completing tasks like these are the way to slowly but steadily move closer to the goal.

Get rid of your old definition of progress and create a plan for measuring your progress. Daily goals with mini celebrations along the way.

## What is the biggest challenge you're facing in getting/staying motivated?

#### \*Myth #3: I missed my window

"My biggest challenge I'm facing in getting/staying motivated is battling thoughts that I have lost too much time."

Time waits for no one, at least that is what "they" say. Putting off until tomorrow what can be done today might not be the best way to reach your goals or achieve your dreams. What started as tomorrow can soon be years later in the blink of an eye. Did I wait too long? Did I miss my window?

As long as you have purpose and passion, it is not too late. It is an extraordinary fact that we can accomplish nearly impossible feats as long as our mind believes that we can do it. There are countless stories of people who have returned to school later in life, or entered a second career in their 50's. As long as there is breath in your body, you are authorized to chase your dream!

I returned to school after graduating over 15 years prior. I got my bachelor degree in 2011 and I was satisfied! Three years later, I was compelled to go back to school and in 2019, at the age of 45, I earned my master degree. But here is the better thing...in the same year that I earned my master degree, my 79 year old mother earned *her* master degree! Wow! She counted the cost, set her mind to do it, and graduated with honors!

Also, as a woman, and more specifically, as a mother, it seems that your dreams seem to always be pushed to the back burner so that you can push your husband and your children towards their dreams. If that's you, I want to liberate and empower you to declare that now is the time for you to step into the front of the line and pursue your passion. I believe in you!

## What is the biggest challenge you're facing in getting/staying motivated?

#### \*Myth #4: What will momma say?

"My biggest challenge I'm facing in getting/staying motivated is not letting the influence of valued people in my life discourage me."

We all have people in our lives that have more influence than others. Their words carry more weight than others, and their approval (or disapproval) can push us or imprison us. It's easy to turn up the volume of their voices and turn down the volume on our own inner voice.

Pursuing passion comes with the need to define our relationship circles. First is your *small* inner circle, which consists of people that genuinely love and support you. You can trust them to always be there for you when you need them. And you can trust them with your passion. These are the people that have the most influence in your life. These are also the people that will help shape the person that you become, so choose this circle wisely.

Next is your middle circle. These are people that you can hang out and have fun with. You can share opinions but not your innermost thoughts and feelings.

Next is your outer circle. You have relationship with this group on a regular basis, but you don't share innermost thoughts and feelings with them. These are coworkers, schoolmates, social media, etc. This circle is fluid as people flow in and out.

Placing people in their right circles will keep you from being confused and susceptible to being heartbroken and disappointed. Take some time to analyze your relationships and work on moving people into the right circle.

## Question: Are you ready to activate?

#### So now, what's next?

The purpose of this free ebook is to be an agitator for individuals who are frustrated with feeling unfulfilled, and are ready to activate in their purpose. YOU CAN DO IT!

The excuses are gone!
The lies are broken down!
The myths are busted up!

#### Are you ready to activate?

Your success is personal to me! Let me coach you into taking your dream from the pillow to the platform.

#### Are you ready to activate?

### Click <a href="here">here</a> to kick start your purpose pursuit!

Your future will thank you!

To contact Coach Shawna, email purposeactivate@gmail.com Follow Coach Shawna on FB (Activate Your Purpose with Coach Shawna) and on IG (@CoachShawna2020)