

CATHY  
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COACHING



REACH YOUR POTENTIAL

**Feeling Stuck?**  
**Re find your Purpose**

Name

## Congratulations!

Congratulations for taking the first step in getting 'Unstuck' and re finding your purpose. This workbook could help you through your journey and enable reflection and learning.

Here are tools and resources that may be helpful:

**Journaling:** Journaling can help you gather your thoughts and enable reflection. There are lots of different ways to Journal. I ask myself three simple questions:

- What am I grateful for?
- What would make today amazing? Be specific.
- Affirmation. Positive Affirmations are statements to provide encouragements and motivation. For example, I am not defined by my past, I am driven by my future.

## Reading

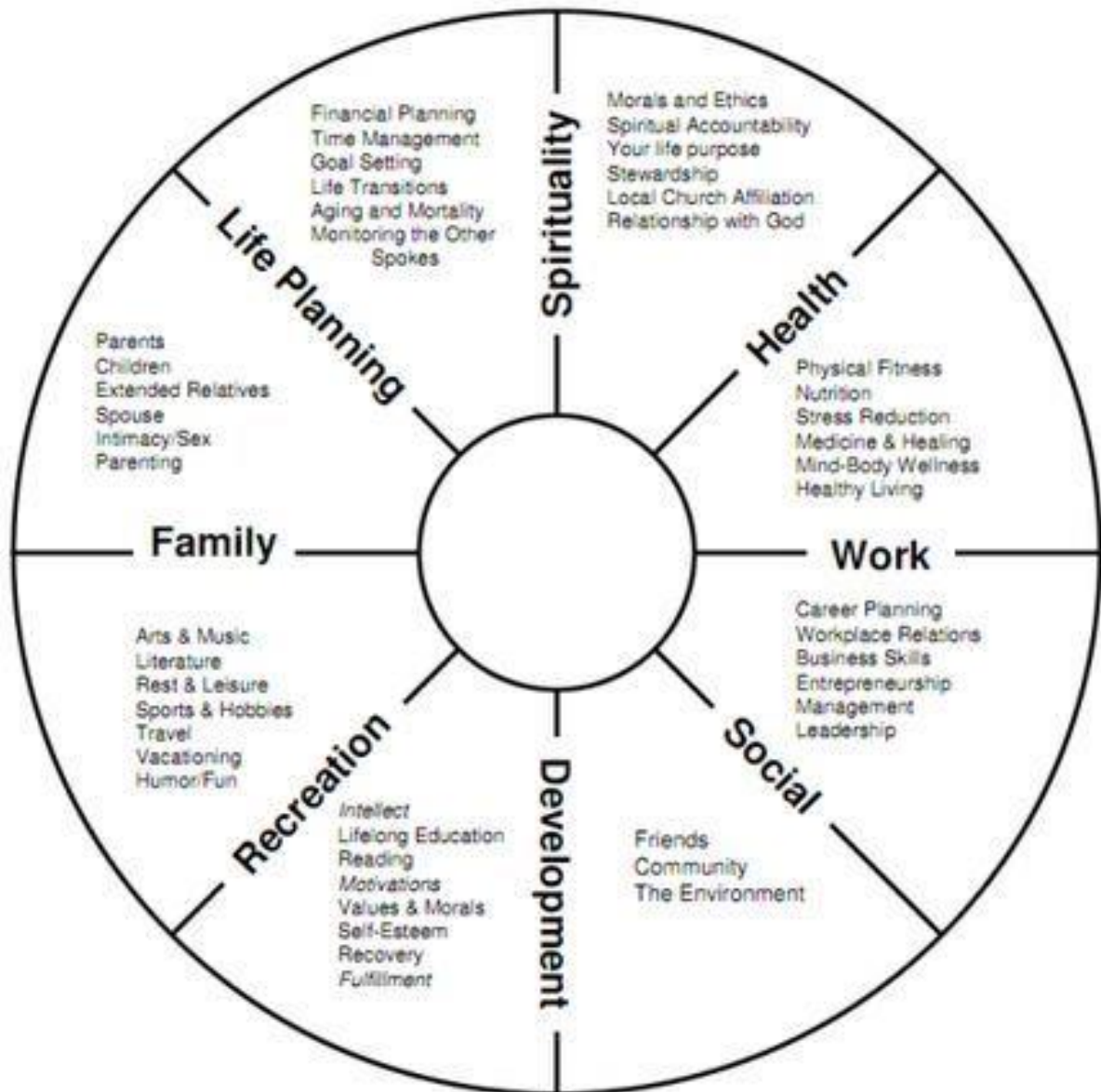


**What's your story?** Take a few minutes to note down all those reasons **why** you decided to take on this adventure and re find your purpose. Make your reasons bright, vivid and powerful. Feel the emotions as you write.

**Think about a time you felt you had a purpose.** What were you doing? Who were you with? How did you know? How did you feel?

**What has changed? What is getting in the way?** These could be limiting beliefs, e.g. You believe that you are too old to make a change. What empowering beliefs can you create to overcome them? What can you change in your personal and professional life, so you focus more on your strengths?

Using the **Wheel of Life** below, rank each section between 1 and 10. 1 means you are least satisfied with it, 10 begin very satisfied with it.



**REFLECTION: List your 3 biggest takeaways** from this experience.  
What was so significant for you about these learnings?