



PLANNING 4 PURPOSE

# UNFINISHED BUSINESS JOURNEY SHEETS

Steps to conquering obstacles and avoiding  
distractions to refocus yourself and your decisions

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**THE P4P JOURNAL**

LAConsulting Services

This Journey Journal is a tool to help you with logging your thoughts and the challenges that you face aiding in you repeating the same cycle and paralyzing you from moving forward. You will work through a series of thought provoking questions connected with the LiveStream being held this week. Please take your time to answer the questions carefully. Some questions you will be able to answer quickly while others may require a little more time---but that's a good thing. Remember these questions are designed to help you go back and revisit where your biggest barriers rest. Assess your paralyzing factor(s) that have overrides what you heard regarding your Purpose and Who you Are destined to become. Working through this will help aide in you taking a step towards your heart goals and owning your part in the delay.

I'm excited about being a part of your journey and I look forward to seeing you F.L.O.W. as a Woman on the Move.

Helping you Plan 4 Purpose,

LA

Purpose Planning Leadership Coach

## Purpose Journal

Use these journal sheets as a place to empty your thoughts and even begin to roadmap your next steps to moving from where you are to where you desire to be. Writing the vision and all things that we struggle with can be a productive way to begin to utilizing tools that build us up and help prevent a cycle repeat.

### Impact Step 1 - What did you hear 1st?

We know what we heard when it was said, either in our spirit or in our "knower". The problem comes when we entertain conversations and emotions outside of that space. It's important to shut down everything that's contrary to adding to the productivity of your movement towards your purpose. It's time to bring order to our ear gates.

### Impact Step 2 - How did I get HERE?

This is the question many of us have asked our selves when we find that the place we are in was not where we thought we would be and sometimes, where there only due to our decisions, but getting back on the right road is definitely obtainable.

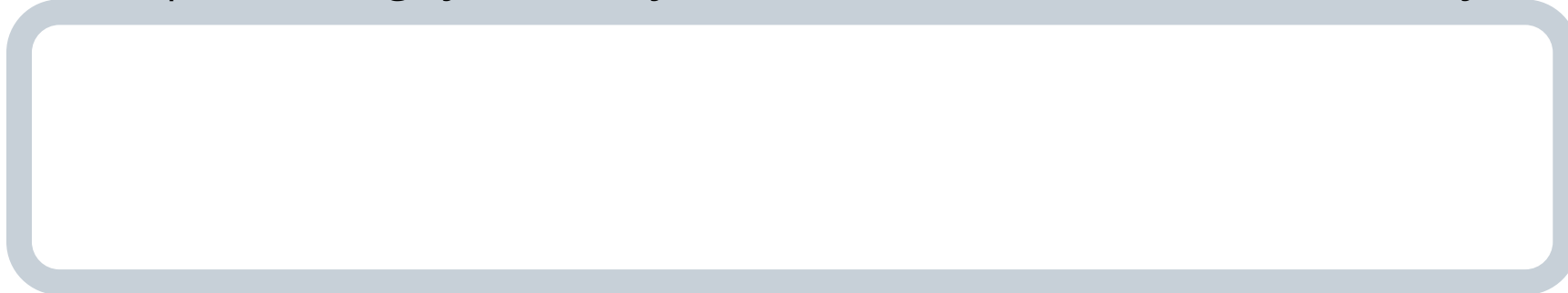
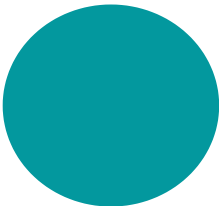
### Impact Step 2 - The Assignment

Your assignment is bigger and greater than who you are---which is why it can seem so impossible to complete. Whatever the steps are to getting there, just know that it will grow you and allow you to experience opportunities that only come to those who endure until the end.

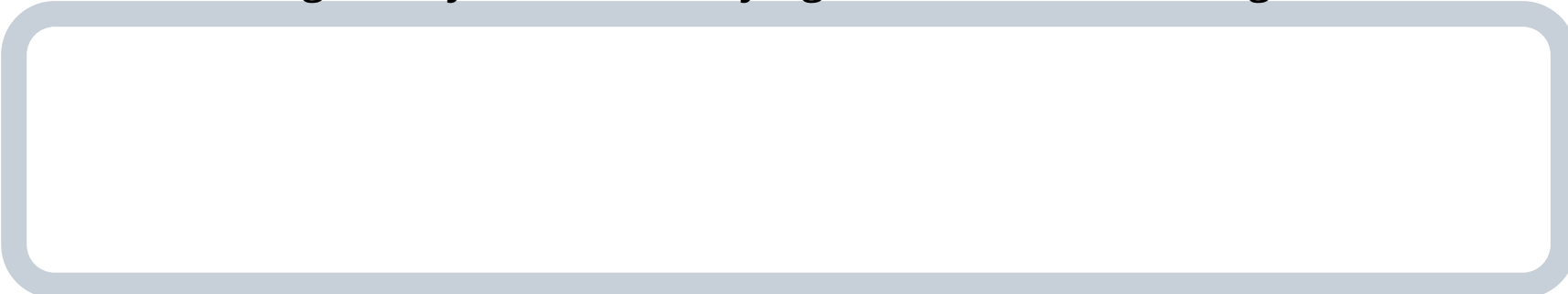
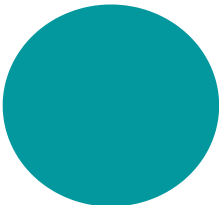
DEAL WITH IT

## WHAT DID YOU HEAR

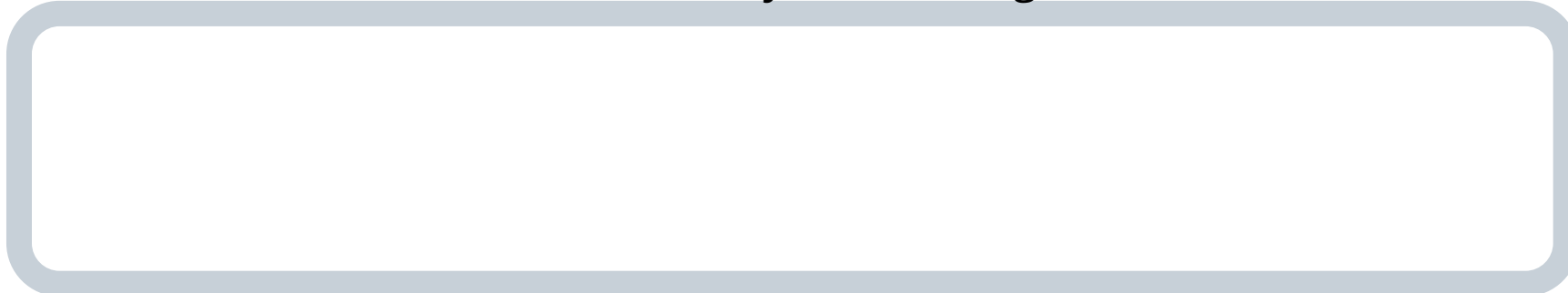
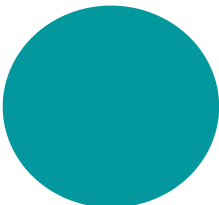
List 3 specific things you know you are called to do but are not currently doing



What challenges do you face in staying focused and avoiding distractions?



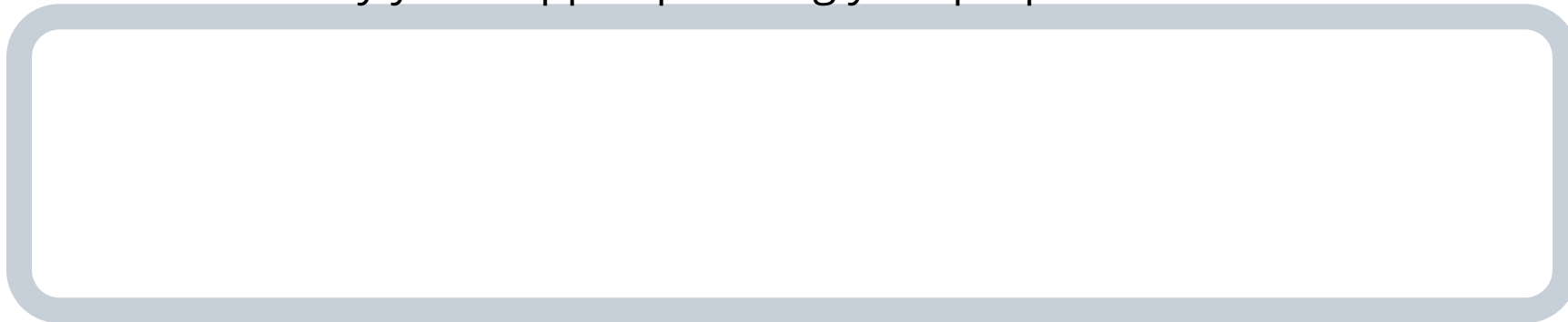
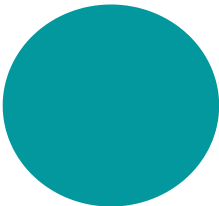
List Next Steps and Changes you will make to embrace the requirements  
associated with your dream goals



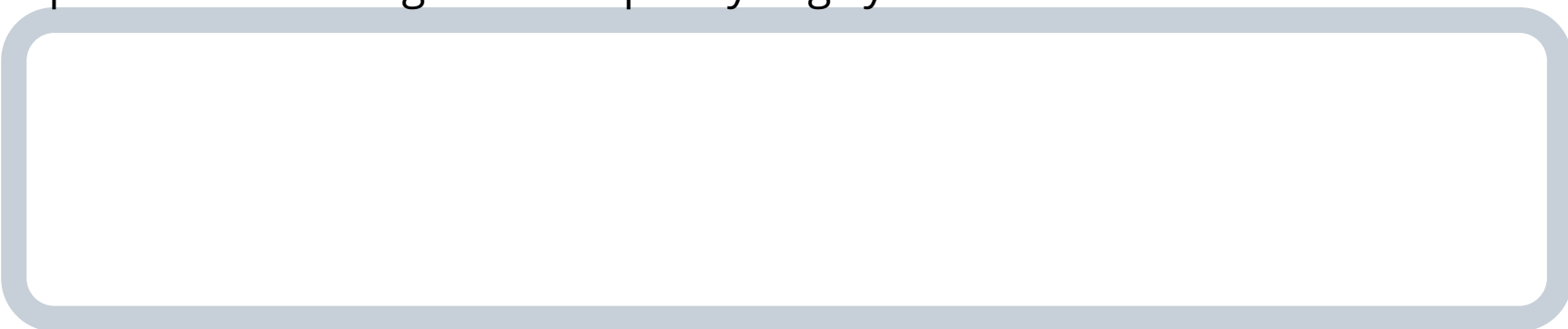
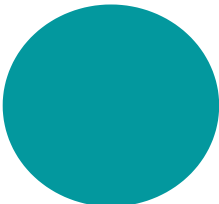
DEAL WITH IT

## HOW'D I GET HERE

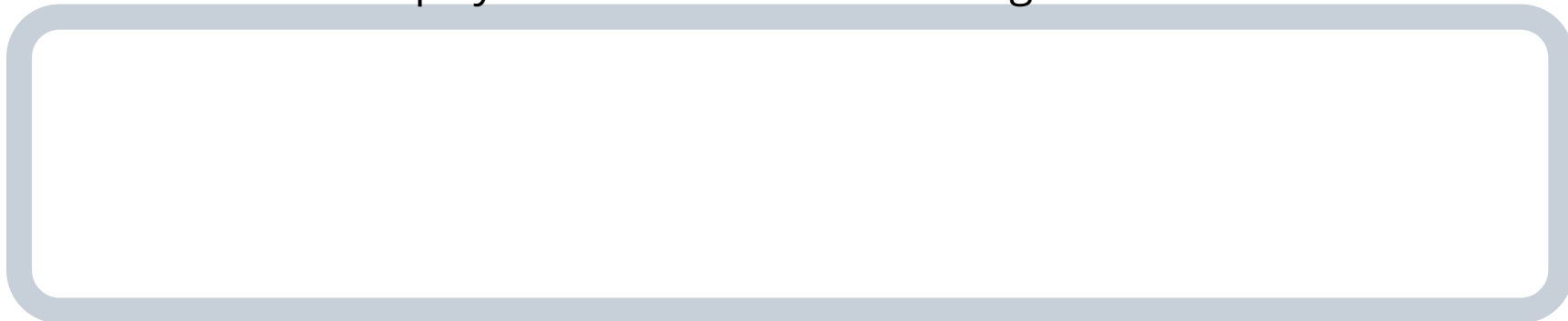
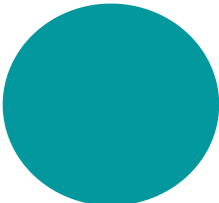
List 3 reasons why you stopped pursuing your purpose dream



What obstacles/struggles have been a continual in your life causing you to repeat the same negative and paralyzing cycle?



List 3 immediate steps you will commit to take to get back on track



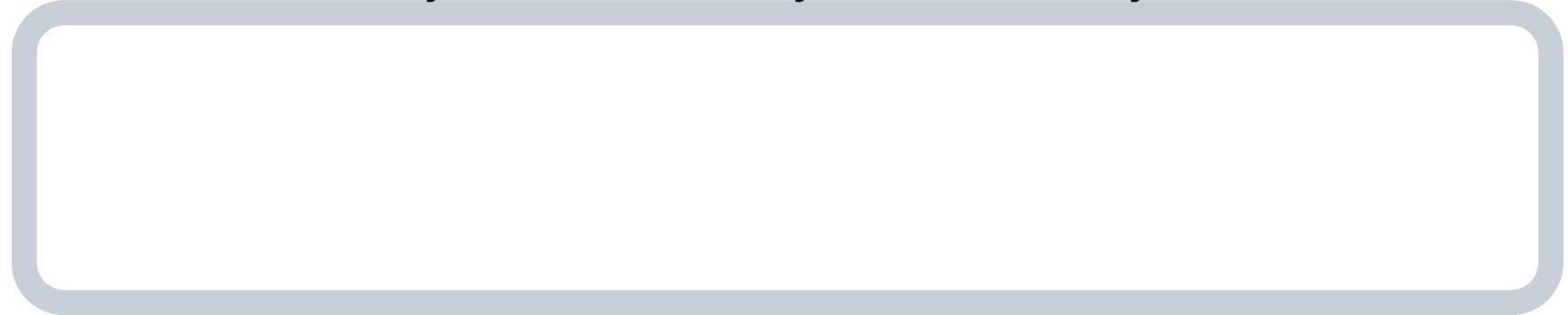
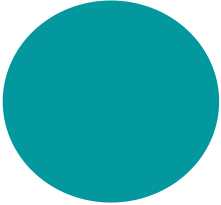
DEAL WITH IT

## THE ASSIGNMENT

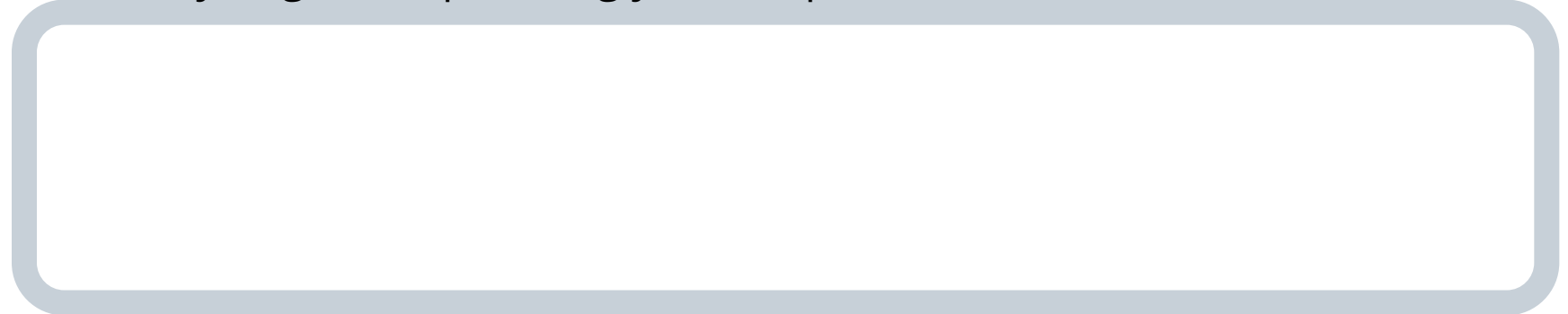
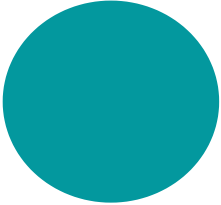
What do you feel your MAJOR assignment is regarding IMPACTING others lives



What hindrances do you have externally and emotionally?



How can you grow in pursuing your Purpose?



## 7 F.L.O.W. STEPS

**I will** remember the bigger picture in moments that are tough and become difficult

**I will** not allow negative voices or negative people to overshadow what I know to be true and what I heard in my spirit

**I will** embrace the requirements connected to my assignment and see them as an opportunity

**I will** not rest in my failures or wrong turns, but I will identify the what happened and begin again

**I will** not argue with Purpose just because it takes me out of my comfort zone

**I will** see my purpose and me as one and not separate

**I will** become intentional about including purpose steps in my everyday life





Thank you for beginning your journey  
towards returning to the path of  
achieving your purpose dream goals.  
It is my desire to help others not make  
the same mistakes I did or take as long  
getting to the finish line of their goals.  
Remember you have everything you need  
that pertains to you being, doing and  
fulfilling the assignment on your life, you  
just have to avoid distractions and keep  
moving forward until you accomplish  
your purpose.

**LACS**