

The AH-HA Moments Purpose Discovery Worksheet

When Your Vision Becomes Visible

"Purpose isn't found in your head. It's recognized in your heart."

You're Ready for This If...

- You've found your voice and want to use it for something bigger
- Success feels good but significance feels better
- You sense a calling but need clarity on the mission
- You're done with "what" and ready for "why"

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Tool #1: The Legacy Letter Exercise

Write from your future self

It's your 90th birthday. Write a letter to yourself today:

Dear [Your Name at current age],

I'm writing to you from [future year]. Let me tell you what mattered...

What I'm most proud of: _____

What I wish I'd started sooner: _____

The lives I touched:

--

The change I created: _____

The courage I finally found to: _____

With love and wisdom, Your 90-year-old self

P.S. The thing you're afraid to start? **Start it now.**

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Tool #2: The Purpose Equation

Where passion meets pain points



Column A

What breaks your heart about the world?

- .
- .
- .

Column B

What unique experiences prepared you?

- .
- .
- .

Column C

What change would make you weep with joy?

- .
- .
- .

 **YOUR PURPOSE LIVES HERE: Where A + B could create C**

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Tool #3: The Vision Board 2.0

Beyond pictures - into precision

IMPACT

In 5 years, I will have helped
_____ people to _____

INFLUENCE

My work will be known for

INCOME

My purpose will generate
_____ while serving _____

INNOVATION

I will pioneer a new way to _____

INTEGRATION

My life and work will model _____

Bold move: Share one of these statements publicly this week.

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Tool #4: The 30-Day Purpose Experiment

Test drive your vision

Design a micro-mission:

1

EXPLORE (Week 1-2)

- Research 3 people already living similar purposes
- Note what resonates and what doesn't

2

EXPERIMENT (Week 3)

- Take ONE small action aligned with your purpose
- Help ONE person in the way you envision

3

EVALUATE (Week 4)

- What felt natural?
- What needs refinement?
- What made your soul sing?



Document everything. Clarity comes through action, not meditation.

Tool #5: The AI Vision Partner Session

Let technology help you see patterns

Use this prompt with Claude or ChatGPT:

"I've discovered these elements of my purpose:
[share your answers from tools 1-3]. Help me:

- See patterns I might be missing
- Identify potential blind spots
- Suggest 3 unconventional ways to live this purpose
- Name potential obstacles and solutions
- Create a one-sentence purpose statement

Challenge my thinking and push me toward clarity."



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Vision Requires Courage

Truth: The moment you see your vision clearly is the moment you become responsible for it.

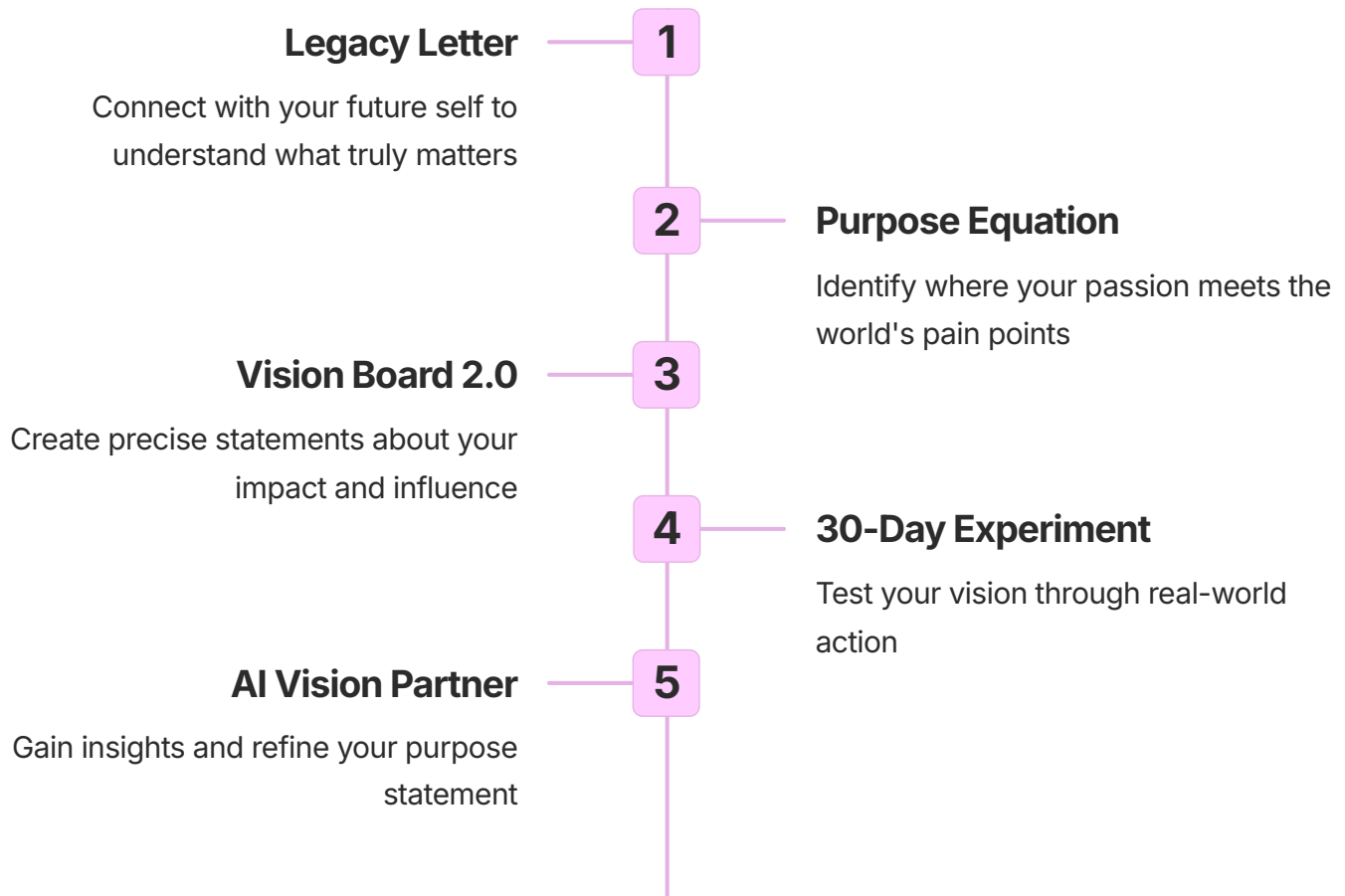
That's why so many successful women stay in the fog. Clarity demands courage.

But here's what else is true: Your vision isn't just for you. Someone is waiting for exactly what you're called to create.

📌 Ready to build momentum? When vision is clear, it's time for the "Building Momentum - Action Planning Template."

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The Purpose Discovery Journey



Each tool builds upon the previous one, creating a comprehensive approach to discovering your unique purpose and bringing it to life with **clarity and courage**.

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Join the Movement

Connect with Like-Minded Visionaries

When women see clearly, they change the world. Join our community of purpose-driven leaders who are turning their visions into reality.



#WhenWomenSeeClearly



#HelpHerRise



#VisionWithPrecision



[Clarify Your Vision](#)

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Your Next Steps

Complete Your Worksheet

Take time to thoughtfully work through each of the five tools in this worksheet.

Share Your Insights

Choose one vision statement to share with a trusted friend or mentor.

Begin Your 30-Day Experiment

Put your purpose into action with small, meaningful steps.

Join Our Community

Connect with others on the same journey at www.ah-hamoments.com

"Courage is contagious. Vision changes everything."

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