

10 STEPS TO FINDING YOUR PURPOSE

WHAT GIVES
YOU
MEANING?

PAMALA J VINCENT

Multi-Tasking with your hair on fire!

10 Steps to put the fire out!

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Why I wrote this booklet:

My hope is that we can all grow to our best while we're being kinder to ourselves. As women we move in and out of phases and seasons at breakneck speed. Sometimes we need a mentor to point out what's coming. Mentoring each other helps us to avoid the pitfalls made before. You know the saying, "Listen to your elders, you won't live long enough to make all the mistakes yourself" is never truer than when today's woman is multi-tasking with her hair on fire. Too often we get comfortable in our lives until the day we wake up and wonder if this is all there is.

This booklet serves to add a few tips, laugh at ourselves, and find a respite spot for a moment, while we continue in our roles as women.

When we shine, we illuminate the way for others who come behind us.

If after this, you would like more, Dare to Be a Badass book has 52 lifehacks to sharpen our skills and win the battles. You can find it [here](#)

Pamala J Vincent

Pick Up Your Sword & Find Your Purpose!

Did you wake up this morning and wonder, “Is this it?” Some days feel like chasing marbles on a slanted table. I plan my life as a wife, mother, entrepreneur, gardener, and community citizen but somewhere it all spun out of control. I found myself doing the day-to-day details essential to life and managing a family, but lacking cheerfulness. Joy escaped me, and I didn’t know why.

Women today often find ourselves in a marathon sprint from the moment our feet hit the floor until long after everyone has gone to bed. Gone are the days where the only job we have is to cook, clean and raise babies. We’ve added to the list of daily duties: jobs, school volunteering, sporting events (that use to be a one-to-two-day commitment but now involves 6 days a week), church activities, and _____. ← you fill in the blank.

Most households today require two incomes to survive, otherwise one spouse carries all the income weight and misses out on co-parenting, or many single parents struggle to hold down two jobs while wearing the hats of two parents.

Buying into the American Dream we often live beyond our means. We no longer are a society that works to live, we’ve become the slaves of living to work. More than income, and finances, let’s talk about the stress factor in today’s world. Stress is the number one cause of many of the deadly diseases we face in our society. Our philosophy of “If I work harder, longer, faster, I’ll get ahead.” Unfortunately, the only place we’ll be first with that attitude is the morgue.

Stress is paramount to relationship destruction. When we need to plan our day by the minutes, we are anything but calm and responsive. At breakneck speed, we lack clarity, artistry, transparency, and precision. We eat too fast, make poor choices because the choices are in a fast-food drive through, we skip essential rest and workouts. We all know the facts regarding longevity, mobility, heart protecting movement, foods, and sleep, but we often ignore them until there’s a crisis that forces us to reconsider our life. I’m suggesting if we can do it when it’s a matter of life and death, why not do it before we’ve painted ourselves into a corner?

Our current lifestyles may teach us new words to google, such as: anxiety, diabetes, high blood pressure, stroke, impotence, COPD, PTSD, fertility issues, weight gain, Alzheimer’s, depression, ulcerative colitis, ATF, sleep disorders, chronic fatigue, _____<--again, you fill in the blank.

Today’s distractions can keep us spun out of whack and running on a rodent wheel getting nowhere. When we used to talk, or sit quietly with our thoughts, fish, play, have tea, cuddle, or a wide variety of soul filling activities, instead now we fill our time with distractions. Most homes have a TV in every room, several computers, cell phones, iPads, Laptops, Facebook, twitter, Tiktok, or ten other new things that will come out before I put the last period on this page.

We can’t think when our lives are run at the speed of sound. Our children grow from Pampers to anxiety meds with only a short stop in the middle to be called ADD or ADHD.

What about defining our purpose? That 'thing' that makes getting up in the morning worthwhile. Besides the people in our lives that we love, life should be lived giving and bringing purpose to others and thus bringing fulfillment to us. When we are purposeless, we don't just invite depression, affairs, addictions, disconnect, debt, and disease into our lives, we fling the door wide open and enthusiastically welcome the monsters in.

Am I saying slow down? YES! But with a plan. LIVING ON PURPOSE.

This guide to living on purpose does not have a magic formula to copy and paste into your life. What it does have is a plan. Everyone has the same 24 hours a day to use or lose. When you subtract eight hours for sleep (I know you're not sleeping that much, but you should be so let's plan for it), eight hours for work (let's learn how to build a passive income so you can cut your hours down), two hours a day for eating (planning and preparing 3 meals a day), 2 hours of preparation (showering, dressing, etc.) and commute time, 1 hour of Facebook, cell and email time (I know I'm WAY underestimating this) and 1.5 hours of daily chores essential for surviving (shopping, laundry, dishes, animals, etc.). That leaves 90 minutes every day to build a dream.

How will you use your 90 minutes?

Ninety minutes doesn't seem like a lot of time to build an entire dream. And it's not, but if you plan the time wisely, and consistently commit to the 90 minutes, you'll be amazed at the things you can accomplish. This is my 'eating an elephant one spoonful at a time' theory.

No one can possibly eat an entire elephant in one sitting. Most people will fail to start because the task looks too massive. However, if every day (supposing you could keep an elephant fresh for 90 days) you ate a spoonful, within a short amount of time, you would finish the task or at the very least make a large dent in it. If you show up daily, with the task in mind, you'll soon satisfy the dream.

What's your dream? Is it to build your income, lose weight, organize your house, learn a foreign language, or build a house? Do you want to build a non-profit organization or travel the world? Perhaps you have more than one dream, that's ok, this plan will still move you toward success.

List your dreams:

1. _____
2. _____
3. _____
4. _____
5. _____

Perhaps today is the first time in a very long time that you've even asked yourself, what your dream is. Let yourself be still. Alone with your thoughts, ask yourself,

"What do I want?" Remember dreams often change as we mature, environment changes, life cycles change, etc. Take the time today to ask what you want. If you don't want anything more in your life, then today you've framed your own happiness and maybe all you needed was to realize it.

For some of us, asking the question and coming up with an answer might be the hardest part of this journey. It's easy to complain, to blame shift our happiness, or to simply stay on the merry-go-round without time to ask.

To get started moving forward, let's answer these questions:

1. What are you naturally good at?

2. What is your gifting?

3. What season of your life are you in?

4. What is your energy level like? Morning or night person? A-Type? Or B-Type?

5. Are you an introvert or an extrovert?

6. What self-care makes you feel renewed?

7. Are you honoring yourself in mind, body, and spirit?

All these questions are important to understand about ourselves before we take on the world with our dreams and purpose.

A year ago, someone challenged me to simply sit still, away from all distractions, alone with my thoughts for ten minutes a day. They gave me a journal that I was to fill out following the ten minutes. As an A type personality, I poo pooed the idea and figured it would be a cinch. It wasn't.

Quieting my mind from the day's activities was tough. Giving myself permission to sit still was tough. Pushing myself to have something to write in the journal was frustrating. Until one day I simply gave up. I sat on a bench by our koi pond. I did nothing. I looked around. I breathed. I noticed things around me. I cleared my mind.

I gained clarity, felt centered, refreshed, and relaxed. When I returned to my work, I took all those things with me and got twice as much done in half the time.

Another thing that helped me be productive was a knee injury. Yes, I said a knee injury. Because I did not opt for the surgery, I had to commit to following the physical therapist's directions exactly. One of those instructions was to never sit more than 90 minutes. As a freelance writer, my job is completed sitting. At the end of 90 minutes, I had to change activities. I would do the laundry, dishes, walk the dogs, vacuum, and fill the wood box. After moving, I could go back to my chair for another 90 minutes.

I had to set the clock on my phone to remind me to get up. The thing that amazed me most was that I now was extremely aware of the clock ticking and dug into my work, completing more things that I had in the past. I'm using it right now to clear my article deadlines.

Here's the thing: 90 minutes is 90 minutes. We can waste them, or we can use them to our advantage. But for 90 minutes every day use them to bring you closer to your dreams.

For instance, if you want to lose weight, take 90 minutes a day to plan for your success. Start your day with 30 minutes of work out, and take an hour to plan, shop, and make your food for the day. I like to make our dinner in the crock pot while I'm cooking my breakfast immediately following my workout. I also do the dishes while I'm cooking. And somehow because I've started the day with activity, planning my food, and a clean kitchen, the 'get it done' mentality seems to perpetuate a momentum for the entire day.

It takes some forethought and some organization to get you on the road to living your dream. But 90 minutes a day, doesn't rob from anyone, and it creates better time management for the rest of the day for your home, your family, and your friends.

I am a strong proponent of organizing my day on a calendar.

Once you see your life on paper, you can begin to eliminate wasteful time. Maybe your phone needs to go in a drawer to avoid distractions. Our world today is filled with distractions, so setting strong boundaries is vital to living intentionally.

Here are 10 hard fast boundaries or rules to live by:

Set hard start and stop times

I have a hard rule that my family calls, “No Crap before 9 a.m.” I do not pay bills, make phone calls, answer texts, emails, and the like before 9 a.m. unless there is blood, or something is on fire. I need to protect the morning time self-care. I spend time with my husband before he goes to work, do my workouts, drink my coffee, and read my Bible. I refuse to start my day at a sprint because it sets the tone for the rest of the day. Before long, I’ll be back in that working longer, harder, faster mode we talked about earlier. And equally as important, I end my day at 9 pm. I might watch tv, or read a magazine but I work hard to not work after 9 P.M.

I’ve learned to compartmentalize my life into before work and after work hours. I don’t work when it’s family time, play time, chore time, meditation time and dinner time. But when it’s work time, I work. I work in 90-minute cycles. Each cycle has its purpose. I don’t do crossover purposes. For instance, I don’t multitask my marketing time and my writing time. Those activities use very different parts of the brain. When I used to multi-task, I found I did several things half well, or at the least less than my best. The 90-minute purpose helps me to 1) define what will happen during the 90 minutes, 2) give me a time limit to attain the goal, 3) keep me from being stuck and move on to the next task. I keep a quote near my desk that reminds me to keep moving forward on my goals. It says:

*If you can’t fly, then run,
If you can’t run, then walk,
If you can’t walk, then crawl,
But whatever you do,
You have to keep moving forward.
~ Martin Luther King*

Defining Your Success

What does success look like to you? Go ahead, ponder it, write it down, analyze it and then work it backwards. If it’s income, set a goal. For example: I want to sell one million books in 1 year. Divide 1,000,000 by 12 which is 83,334 books I’ll have to sell each month. I’ll need to sell 20,834 books per week or 2,976 books a day. Is that attainable? Maybe I need to adjust my goal or increase the places I can sell. Having a defined goal helps to see clearly when we are on task or off.

If you’ve answered the question, “What do I want,” now you need to answer the question- “How will I get it?” Success can look very different to every person.

Look back on your “What do I want” choices, and number them in order of priority, then let’s work with your number one choice.

What is it today that is stopping you from getting what you want?

Paying the Bills

I preach entrepreneurship to any friend or foe that will listen. There are so many benefits working for yourself. You pick the people you work with or if you work with anyone else (other than clients). You don't have to call in for sick days! Or feel guilty taking them. Business expenses are tax write offs. Need gravel and plants for landscaping? Write off! Need to travel to meet a client? Write off.

You set your work schedule. I don't want to lead you astray, entrepreneurship is hard work, but you live and die financially by your own hand. You can work as much or as little as you like and make as much as you like. You will need to set monthly, weekly, and daily goals, but it's up to you if you work from 8-12am or 8-12pm. I often split my day up and work first thing in the morning, workout, complete household chores and then work again in the evening for several hours. I often work three long days and then two short days. You are free to decide how you work best.

The benefits of working for yourself can be widely varying, but so can the consequences. Because you can set your own work hours, it can be tempting to be undisciplined. Without a boss leaning over your shoulder, you'll need to set your own timelines and deadlines. But if you're great at self-discipline and accountability the universe is your workspace. I also highly recommend a mentor, someone to whom you must be accountable to.

You'll need a workspace. Not a spot in the middle of high household traffic or a spot you share with others, but a designated workspace. You'll need to have items at your fingertips that help you complete your jobs like:

- Legal pads for making lists of things to do
- Pens, post-it notes, stamps, calculator, 3x5 cards, card file box
- Shredder, garbage can
- Desk calendar (I like the big squares for writing events down)
- File cabinet, file folders
- Mail basket for the in-coming and the out-going mail.

There are many tools you can keep on your phone or computer. I use a year-at-a-glance calendar, so I can avoid double booking myself or putting too many events close together.

Our monthly newsletter will keep you up to date on new home-based business ideas, tips, and strategies. Dare to be a Badass also teaches the basic fundamentals of setting up a business. I've already made all the mistakes and spent too much money learning the do's and don'ts, so let me save you time and protect your budget.

Start with the end in mind

If people you know were invited to stand up and speak on your behalf at your funeral, what would they say about you? What would they say you stand for? What would they say are your greatest assets?

We all leave a legacy; good, bad, or ugly—we all leave a legacy. What do you want yours to be? By beginning at the end of our lives, we can take steps backward to where we are and decide which events in our lives are pulling us forward to that vision or distracting our efforts. If you don't like where you are, change it. It might be difficult, but not impossible. Begin today to live the life you determine is your purpose.

Intentional Living

James 1:6-8 says “But when you ask, you must believe and not doubt, because the one who doubts is like a wave of the sea, blown and tossed by the wind. That person should not expect to receive anything from the Lord. Such a person is double-minded and unstable in all they do.”

Intentional women are proactive rather than letting life run over the top of them. They are not purposeless. Intentional women respond to life's circumstances rather than reacting.

Finding your Value

You are valuable. God created you intentionally just the way you are. Can we mature and grow wiser? OF COURSE! But our passions, our talents, our bents were created by the Master to enhance our lives and to serve others. It's time to stop measuring the color of our hair, the size of our thighs and the \$\$ in our bank accounts. Once we embrace who we are, love our design and seek to build our skills as best we can, we will discover our purpose AND OUR VALUE.

Ephesians 2:10 says “For we are God's masterpiece. He has created us anew in Christ Jesus, so that we can do the good things He planned for us long ago.”

Bring Value to everyone around you

Once we determine our own value, we can confidently bring value to others.

Ephesians 1:11-12 promises, *“It's in Christ that we find out who we are and what we are living for. Long before we first heard of Christ and got our hopes up, he had his eye on us, had designs on us for glorious living, part of the overall purpose he is working out in everything and everyone.”*

Set yourself free

Too often we lock ourselves into a form expected by others. We live by rules that serve no purpose. It's time to take stock of us, our goals, our crowd of witnesses watching how we live our lives. It's time to make where we are answer to where we want to be. Include the Master who created our passions and set a plan that frees the old life and moves toward the new.

Philippians 3:12-14 reminds us: *"I'm not saying that I have this all together, that I have it made. But I am well on my way, reaching out for Christ, who has so wondrously reached out for me. Friends don't get me wrong: By now means do I count myself an expert in all of this, but I've got my eye on the goal, where God is beckoning us onward—to Jesus. I'm off and running, and I'm not turning back."* (The message)

Move Forward Afraid

Setting out to reach goals and live your purpose can be scary. Move forward afraid anyway. Take the first step and then another, and then another. Before you know it, you'll have run the race. Pressing on has its rewards and growing through the journey is worth running the race.

Once more we are promised if we live our purpose we will be filled with abundant life. Isaiah 58:6-12 calls to us:

"This is the kind of fast day I'm after:

*to break the chains of injustice,
get rid of exploitation in the workplace,
free the oppressed,
cancel debts.*

What I'm interested in seeing you do is:

*sharing your food with the hungry,
inviting the homeless poor into your homes,
putting clothes on the shivering ill-clad,
being available to your own families.*

Do this and the lights will turn on,

and your lives will turn around at once.

Your righteousness will pave your way.

The God of glory will secure your passage.

Then when you pray, God will answer.

You'll call out for help and I'll say, 'Here I am.'

⁹⁻¹² *"If you get rid of unfair practices,*

*quit blaming victims,
quit gossiping about other people's sins,*

*If you are generous with the hungry
and start giving yourselves to the down-and-out,
Your lives will begin to glow in the darkness,
your shadowed lives will be bathed in sunlight.
I will always show you where to go.
I'll give you a full life in the emptiest of places—
firm muscles, strong bones.
You'll be like a well-watered garden,
a gurgling spring that never runs dry.
You'll use the old rubble of past lives to build a new,
rebuild the foundations from out of your past.
You'll be known as those who can fix anything,
restore old ruins, rebuild and renovate,
make the community livable again.*

'Nuff said?!!

GET STARTED!

There are many who will build a plan, and few who work it. Don't be the kind of person who talks about doing. Putting off getting started until you're more stable, mature, or in a better situated, may be the death of your purpose. Move forward in spite of the perfect timing. Be willing to make mistakes, they are the lessons for the future. Get moving and let the world catch up with you. We're promised when we commit to being all God intended us to be that we can not fail.

Deuteronomy 28:1-14

"If you listen obediently to the Voice of God, your God, and heartily obey all his commandments that I command you today, God, your God, will place you on high, high above all the nations of the world. All these blessings will come down on you and spread out beyond you because you have responded to the Voice of God, your God:

*God's blessing inside the city,
God's blessing in the country;
God's blessing on your children,
the crops of your land,
the young of your livestock,
the calves of your herds,
the lambs of your flocks.
God's blessing on your basket and bread bowl;*

*God's blessing in your coming in,
God's blessing in your going out.*

⁷ God will defeat your enemies who attack you. They'll come at you on one road and run away on seven roads.

⁸ God will order a blessing on your barns and workplaces; he'll bless you in the land that God, your God, is giving you.

⁹ God will form you as a people holy to him, just as he promised you, if you keep the commandments of God, your God, and live the way he has shown you.

¹⁰ All the peoples on Earth will see you living under the Name of God and hold you in respectful awe.

¹¹⁻¹⁴ God will lavish you with good things: children from your womb, offspring from your animals, and crops from your land, the land that God promised your ancestors that he would give you. God will throw open the doors of his sky vaults and pour rain on your land on schedule and bless the work you take in hand. You will lend to many nations but you yourself won't have to take out a loan. God will make you the head, not the tail; you'll always be the top dog, never the underdog, as you obediently listen to and diligently keep the commands of God, your God, that I am commanding you today."

Maybe you're looking at this 90-minutes and thinking, "I don't have that kind of time." Then start with 10 minutes and work up to 30 minutes, adding 10 minutes until you get to 90 minutes a day. The goal of this short planning time is to recognize where we're going and then taking 1 step toward the goal.

If Covid in 2020 and 2021 has taught us anything, it is this...we may not have tomorrow. We've also learned that we can slow down, stop the noise and balance more than we ever thought we could from our homes.

You were created to be a Badass, a woman that is strong, and able to persevere. A generation of younger than each of us is watching to see how we handle life. Let's be the generation that shines the light in such a way that their path is illuminated.

PICK UP YOUR SWORD! YOU'VE GOT THIS!

Sign up for our email list, our Take Charge Tuesday newsletters send out great ideas for building warrior woman strategies for more than surviving life. Get to know our Featured Warrior Women called S'Heroes!

Always feel free to email your ideas and questions directly to Pam pjvincent@rconnects.com