



FREE LIFE PURPOSE COACHING



BY LEGEND DURAND COACHING



- ❖ Session 1: Understanding Your Purpose and Living Authentically
- ❖ Objective:
 - ❖ Discover the core drivers of your purpose.
 - ❖ Begin embracing your authentic self.
 - ❖ Step-by-Step Plan:
 - ❖ Reflect on Purpose:
 - ❖ Write down moments when you felt most alive or fulfilled.
 - ❖ Prompt: “What activities or experiences make me lose track of time?”
 - ❖ Identify Core Values:
 - ❖ List 5-7 values that resonate with who you are. Examples: honesty, creativity, compassion.
 - ❖ Activity: Match these values with your daily actions.
 - ❖ Embrace Authenticity:
 - ❖ Explore areas where you may be living out of alignment with your values.
 - ❖ Exercise: Complete the sentence, “If I were truly myself, I would _____.”
 - ❖ Progress Measurement:
 - ❖ At the end of this session, participants will have a clear understanding of their values and at least 3

areas where they can align more authentically with their purpose.

- ❖ Session 2: Embracing Change and Discovering Life's Meaning

- ❖ Objective:

- ❖ Recognize the power of change as a tool for growth.

- ❖ Define what life gives meaning.

- ❖ Step-by-Step Plan:

- ❖ Reframe Change:

- ❖ Identify recent changes in your life, both positive and challenging.

- ❖ Exercise: Write how each change has shaped or could shape you for the better.

- ❖ Uncover Meaning:

- ❖ Ask yourself: "What does a meaningful life look like to me?"

- ❖ Activity: Write a short paragraph on what legacy you'd like to leave behind.

- ❖ Mindset Shift:

- ❖ Replace fear of change with curiosity.

- ❖ Affirmation practice: "Change brings me closer to my purpose."

- ❖ Progress Measurement:

- ❖ By the end of this session, participants will list at least 3 ways change has positively impacted their lives and articulate what brings them meaning in life.
- ❖ Session 3: Vision, Goal setting, and Living Your True Purpose
- ❖ Objective:
 - ❖ Craft a vision for your life.
 - ❖ Set actionable goals to live your true purpose.
 - ❖ Step-by-Step Plan:
 - ❖ Visualize Your Ideal Life:
 - ❖ Close your eyes and picture your dream life 5-10 years from now.
 - ❖ Activity: Write down what you see—include details about your career, relationships, and daily activities.
 - ❖ Set SMART Goals (Specific, Measurable, Achievable, Relevant, Time-bound):
 - ❖ Break your vision into smaller, actionable steps.
 - ❖ Example: “To write a book about my experiences, I will dedicate 30 minutes each day for the next 3 months.”
 - ❖ Plan for Accountability:
 - ❖ Share your goals with someone you trust or set reminders.

- ❖ Activity: Create a weekly plan that includes one action toward your purpose.
- ❖ Progress Measurement:
 - ❖ By the end of this session, participants will have a written vision statement and at least 3 SMART goals aligned with their true purpose.
 - ❖ Key Takeaways from the Course:
 - ❖ Session 1: Self-awareness and authenticity pave the way for purpose.
 - ❖ Session 2: Embracing change unlocks growth and meaning in life.
 - ❖ Session 3: Clear vision and actionable goals are essential to achieving your purpose.
 - ❖ Final Measurable Progress:
 - ❖ Clarity: Participants can define their life purpose in one sentence.
 - ❖ Plan: Participants have at least 3 actionable goals to work toward their vision.
 - ❖ Empowerment: Participants feel more aligned and prepared to live authentically.
 - ❖ This course will empower you to align with your values, embrace life's changes, and step confidently into a purposeful life.

