SIS EMPOWERMENT

Discovering Direction

A printable workbook for finding purpose and choosing your next faithful step

You Are Not Alone.
You Are Becoming.

PRINTABLE WORKBOOK

Faith-centered encouragement and practical guidance for women ready to heal, grow, and move forward.

Welcome

Purpose is not always one dramatic assignment. Often it becomes clearer when you notice what matters to you, name what you carry well, and take the next faithful step available in this season.

Use this workbook slowly. Honest answers are more useful than impressive answers. Pray, reflect, and return to any page that needs more time.

By the end, you will have a simple purpose statement and a 30-day action plan.

1 Name What Matters

Your values help you recognize what feels aligned and what quietly drains you.

Circle or mark five values that matter most right now.

- Faith
- Family
- Freedom
- Service
- Creativity
- Peace
- Learning
- Justice
- Community
- Leadership
- Health
- Courage

Narrow the list to your top three. Why does each one matter?

2 Notice Your Gifts

Your gifts include natural strengths, learned skills, lived wisdom, and the ways people already trust you.

What do people regularly ask me to help with?

What can I explain, organize, create, or improve well?

What hard season taught me something I can now offer another woman?

When do I feel useful, energized, or deeply present?

3 Follow the Clues in Your Story

Your story is not a sentence against you. It may contain evidence of your resilience, compassion, and calling.

A moment that changed how I see myself

A challenge I survived that grew something in me

A person or need I feel drawn to serve

A dream I keep returning to even when I dismiss it

4 Understand This Season

Purpose has a direction, but it also has a pace. Your current responsibilities and capacity matter.

Right now, I am in a season of...

- Healing and rebuilding
- Learning and preparing
- Creating and launching
- Serving and leading
- Resting and receiving support
- Changing direction

What does this season require from me? What can wait?

5 Write a Working Purpose Statement

Use this as a working sentence, not a lifelong contract. It may grow as you do.

I use my _____ and _____ to help _____ experience _____ through _____.

Draft 1

Draft 2

The version that feels most honest right now

6 Choose One Next Step

Clarity often comes after movement. Pick one step small enough to begin and meaningful enough to matter.

- Have one conversation with someone already doing this work
- Read or complete one focused learning resource
- Volunteer or test the idea in a low-pressure setting
- Create a small sample, outline, or pilot
- Set one boundary that protects time for this direction
- Ask a trusted person for specific feedback

My next faithful step is

I will complete it by

My 30 Day Direction Plan

Week	Focus	One action	What I learned
1	Listen		
2	Explore		
3	Practice		
4	Review		

Prayer for direction

God, help me recognize what You have placed in me and what You are inviting me to do in this season. Give me courage for the next step, wisdom for the right pace, and peace when the whole path is not yet visible. Amen.