

The Definitive Step-By-Step Guide To Shift From

# **Doubt to Destiny: Answering the Call to Embrace Your Life Purpose**



INSTITUTE FOR  
TRANSFORMATIONAL  
& TRANSPERSONAL  
COACHING

**FREE ACTION GUIDE**

**50% of the population has had a significant spiritual experience or awakening that opened them up to something more! Are you one of them?**

# What's inside

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✓	<u>Chapter 1 - How to Make Sure This really IS My Calling</u>	<b>03</b>
✓	<u>Chapter 2 - 5 Ways to Uncover Your Calling</u>	<b>10</b>
✓	<u>Chapter 3 - How to Overcome Imposter Syndrome</u>	<b>26</b>
✓	<u>Chapter 4 - How to Balance Your Calling &amp; Personal Life</u>	<b>31</b>
✓	<u>Chapter 5 - Navigating the Financial Aspects of Your Calling</u>	<b>40</b>
✓	<u>Chapter 6 - What if My Calling Goes Against Societal Norms?</u>	<b>48</b>
✓	<u>Chapter 7 - How Do I Navigate Uncertainty</u>	<b>57</b>
✓	<u>Chapter 8 - How Do I Stay Motivated Through the Ups &amp; Downs</u>	<b>62</b>
✓	<u>Chapter 9- Creating Support Systems for Success</u>	<b>70</b>
✓	<u>Chapter 10 - Measuring Your Success and Impact</u>	<b>76</b>

# WELCOME



Hi! My name is Elizabeth Sabet. I am a lover of life, an adventurer, and passionate about helping people follow their calling! Why?!

I know first-hand what it's like to be called to something more than your current picture of yourself and know how scary and daunting the journey can be!

I was called to walk the Camino de Santiago in 2006, and my life has never been the same. My whole life changed in 34 days!

I have been walking out my calling to create safe spaces for people to **uncover and answer their calling for over 16 years!** Through creating communities, education, and coaching, my life has been dedicated to helping people just like yourself listen to their Spirits and Souls and create plans to bring their soul's desires into full expression.

Oprah said, "I believe there's a calling for all of us. I know that every human being has value and purpose. The real work of our lives is to become aware. And awakened. To answer the call."

I absolutely agree with Oprah! Big or small, one or many, every calling is important, has value, and defines our experience here on earth. **My calling is to empower and support people like yourself to awaken to their calling and to create the space for you to walk it out creatively, powerfully, and successfully.** And to help you out of the traumas of life that hold you back from enjoying as much life as you possibly can while you bring beauty to others and the planet.

**READY? LET'S GO!**

*Elizabeth Sabet*<sup>2</sup>

**How do I know if my  
feelings are a true  
calling or something  
else?**



# 3 Simple Questions to Make Sense of What You Are Feeling

One of the first questions people ask when they hear that still, small inner voice leading them to something more, something different, whether or not they experienced a spiritual experience or awakening, is:

## How do I know this is my calling and not something different?

Anyone who has had an experience of an inner leading, regardless of how it happens, asks this question, especially if the calling resulted from a spiritual experience or awakening. However they happen, no matter how normal or strange they may seem, these experiences open us up to something greater than ourselves.

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### 1. What is a Calling?

First, let's talk about what a calling is. It's a deep sense of purpose and passion that drives you to make a meaningful impact, create something beautiful, or make space for a part of yourself that's been yearning to break free from the bullshit and live boldly. It's a call to stop hiding and playing small. Unlike a passing interest, a calling is something that won't leave you alone. It's something that you feel compelled to pursue for the long haul. It resonates deeply with your values and passions, and you are willing to invest significant time and effort into it. Where a fleeting interest or hobby may be enjoyable at the moment but lacks the enduring commitment and dedication associated with a calling.

**A calling is intricately connected to your sense of fulfillment and personal growth.**

Each person arrived on Earth with specific aspects of their soul to develop. When you reach the dawning of a new developmental phase of the soul, it is not uncommon to be called to engage in a new purpose or function bigger than yourself. Most people don't realize it, but engaging in the activities required to answer your calling will develop new parts of your soul. Answering a call doesn't just fill a need or function for someone else or the planet; it develops YOU too.

## Different Types of Callings

There are many different types of callings, but most often offer the following solutions:

**Innovation - Restoration - Advocacy - Education - Support - Comfort**

Can you recognize your calling by looking at the traditional callings below? Can you see an overlap between one calling and another?

### Your Calling May Reflect Any Combination!

- ✔ Vocational Calling: Refers to a specific profession or career path that aligns with an individual's passions, skills, and purpose. It often involves using one's talents and abilities to make a meaningful contribution to a particular field or industry.
- ✔ Creative Calling: Relates to artistic or creative pursuits, such as writing, painting, music, or any form of self-expression. It involves tapping into one's innate creativity and using it as a means of personal fulfillment and positively impacting others.
- ✔ Service Calling: A service calling involves a deep desire to help others and make a positive difference in the world. It may manifest in various forms, such as volunteering, humanitarian work, advocacy, activism, or any activity aimed at improving the well-being of individuals or communities.
- ✔ Inner or Spiritual Calling: This type of call is deeply connected to wanting to live and express parts of yourself you don't normally operate from. It may or may not be connected to one's spiritual or religious beliefs and experiences. It usually involves a sense of divine purpose or a higher calling that guides an individual's actions, values, and contributions to the world.
- ✔ Relationship Calling: This refers to a calling centered around building and nurturing meaningful relationships. It may involve being a caregiver, mentor, counselor, or any role that focuses on supporting and enriching the lives of others through personal connections.
- ✔ Environmental Calling: An environmental calling relates to a deep passion for environmental sustainability, conservation, and the well-being of the planet. It involves taking action to protect and preserve the natural world and promote sustainable practices.
- ✔ Entrepreneurial Calling: This type of calling is driven by a desire to create and innovate through entrepreneurship. It involves starting and running a business venture based on personal passions and a vision to provide valuable products or services to the market.
- ✔ Educational Calling: An educational calling involves a passion for teaching, sharing knowledge, and facilitating learning. It often leads individuals to pursue careers in education, training, coaching, or any role that involves imparting wisdom and empowering others through education.

## 2. Is this a longing for something more?

This longing is no respecter of age, education, socio-economic status, or the amount of success you've already accomplished. Even young children can have a calling. Longing for something more means having a deep desire or yearning for a greater or higher purpose, fulfillment, or meaning in life. It is a feeling of wanting to go beyond your current state or circumstances, seeking a sense of completeness or satisfaction that is currently absent.

Oftentimes people dismiss this longing as selfishness, a lack of gratitude, or think that there must be something wrong with them for wanting more when they already have so much. And yet, no matter how much they or others dismiss their longing, it won't leave them alone.

### The Call of Your Unfulfilled Potential

This kind of longing arises from a sense of unfulfilled potential, a quest for personal growth, or a search for deeper meaning and purpose in one's existence. It can manifest as restlessness or dissatisfaction with the status quo and a strong drive to explore new possibilities and experiences. The call can look and feel like:

- ✓ You want to use your gifts, skills, and talents in new and more satisfying ways.
- ✓ You may find yourself daydreaming and imagining different scenarios of your life.
- ✓ A strong desire to unleash yourself from expected norms and live more authentically.
- ✓ You are ready to learn new skills and invest time in education and other learning opportunities.

**The call of the unfulfilled potential wants you to live a life true to your innermost desires and dreams. Its a call to live in your greatness and unlock everything you can be.**

### 3. How do I know I'm not losing my mind?

Oftentimes, callings lead you in a direction very different from where you thought you were headed in life. But if you are asking the question, "Am I crazy?" it's pretty likely that you are not. It takes insight and personal integrity to ask that question. Someone who could be accurately diagnosed with the myriad of diagnoses that reflect "crazy" usually doesn't ask that question. They also do not likely have an understanding of what is typically considered normal and what is not. So, if you asked the question, take a deep breath, relax, and read on...

**There are many spiritual experiences and countless other openings that can lead you to your calling**

#### Experiences that create an opening to your calling

Researchers Brown and White have identified over 120 types of non-linear, non-local, spiritual experiences, way too many to list in this guide! They can be subtle and quiet or really loud and strange, and each one can lead you to your calling. But there are other, not-so-strange experiences that can open you to an awareness that you are meant for more...

- ✓ Inspired by a loved one's uncontrollable circumstances that causes you to seek solutions.
- ✓ You received a flash of insight into how to contribute solutions to a problem you have had a long-standing interest in solving.
- ✓ Adverse or significant life events that create the reevaluation of your values, goals, and life direction, such as the death of loved one, loss of a job, etc.,
- ✓ Meeting or engaging with influential people can disrupt your life trajectory, showing you that there are more possibilities for your life than you once thought.
- ✓ You may have unique talents, gifts, and skills that you want to share with the world.

However your calling comes to you, callings always align with your core values and beliefs or point to needing to reprioritize values. It resonates with what you deeply care about and what you believe is important in life and reflects your authentic self.

It's important to note that the journey of discovering one's calling is highly individual, and what opens someone up to a calling can vary significantly from person to person. It often involves a combination of personal introspection, exposure to new experiences, and a willingness to listen to one's inner voice.



## Near-Death-Experiences and other spiritual experiences and Awakenings often lead us in unexpected directions!



### Rebecca Serpe, Spiritual Director

Rebecca's calling came to her after she had a Near-Death-Experience during surgery. To walk in her calling, she is taking classes to learn new skills and begin a whole new chapter in her life. Age and near death have no hold on Rebecca! Read more about her experience and calling below.

"The fingers of death have reached out and touched all of us at some time in our lives. Whether it be the death of a loved one, a friend or acquaintance, or even a beloved pet, no one goes unaffected by it for too long. However, when you "flatline" on the operating room table, the subject of death becomes very personal.

In those first few months following my surgery, it became very clear to me that I was still here for a purpose. **It was time for me to stop looking for the neon lights and flashing signs of affirmation of what I should be doing with my life and to truly listen and pay attention to my heart and soul.** It was time, finally, to open my arms without hesitation and fully embrace the call that I heard and walk ahead confidently into the next steps that lie ahead on my path.

As a senior living in a 55+ community, I see an aging population around me with accrued life experience, work experience, intelligence, and learned wisdom struggling with aging issues. At the same time, I also see a team of seniors with the skills, availability, and desire who are within reach and able to provide the necessary support. Support in the areas of retirement planning, coaching through myriad issues, aging and spirituality, end-of-life issues, or just needed companionship to those who are lonely. Support for those who are faced with some of the most critical dilemmas of human life. Support from someone right around the corner.

**As I hear it, my call is not to give up and give in to aging too soon. It is to "stay in the game" as long as I can and to assist my neighbors in need. I hear my call as being one to not only work in these arenas, but also to help assemble a team of appropriately skilled seniors who also sport white hair and the wrinkles of experience.** It's a stretch for me. But I am ready to take the next step that lies ahead of me in working toward this goal. The voice of a call can come in strange and unexpected ways. For me, I needed a monumental experience to catapult me out of complacency and into a broader life. I'm grateful and richly blessed to be in this place today."



**What if I'm not clear  
about my calling?  
How can I uncover it?**



# 5 Ways to Uncover Your Calling

As the title implies, your calling is already within you! But our daily lives, basic human needs, and countless daily distractions take so much of our attention. Even if we feel a strong calling to something more, it can be hard to find! Read on to learn how to find your calling!

**“If you ask me what I came to do in this world, I, an artist, will answer you: I am here to live out loud.”— Émile Zola**

Finding your calling requires self-awareness and a willingness to explore beyond surface-level distractions. It involves identifying what truly resonates with your soul. Trust that within you lies a calling waiting to be discovered, and make a conscious effort to create space for self-reflection, prioritize what truly matters, and pursue the path that aligns with your deepest desires and values.

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## 1. Exploring the Interests that Energize You

Engage in activities that genuinely excite you, and pay attention to what energizes you and brings a sense of fulfillment. You gain valuable insights into your true interests and passions by paying close attention to what energizes you. It could be moments when you lose track of time, feel a natural sense of motivation and enthusiasm, or experience a deep connection with the task at hand.

### **Notice the activities that make you feel alive, inspired, and fully engaged**

These signals indicate alignment with your authentic self and a potential pathway to fulfillment. The more you intentionally engage in activities that energize you, the more you can cultivate a life in harmony with your passions and purpose. By consistently engaging in activities that bring you fulfillment, you create a life that aligns with your most authentic desires, and you are more likely to find a sense of purpose and satisfaction that can sustain you in the long run. Pay attention to the purpose that arises in these activities - contemplate if you are called to engage the purpose in a deeper, more profound way.

**It doesn't matter who you are, how old you are, or where you come from. It's never too early or late to answer your calling!**

### **Mikaila Ulmer**

Mikaila, born in 2005, developed a passion for bees and the environment from a young age. Inspired by her great-grandmother's recipe for flaxseed lemonade, she combined her love for bees and her desire to make a positive impact to create a business called "Me & the Bees Lemonade."



At the age of four, Mikaila started selling her homemade lemonade at local events and community markets. She also incorporated a social mission into her business by using honey as a sweetener, highlighting the importance of bees in our ecosystem. As her business grew, Mikaila dedicated a portion of her profits to organizations working to protect honeybees.

Mikaila's entrepreneurial journey gained significant attention when she appeared on the TV show "Shark Tank" in 2015. Her passion, business acumen, and dedication to making a difference impressed the investors, leading to a partnership with Daymond John, expanding her lemonade business.

Since then, Me & the Bees Lemonade has grown into a successful and nationally recognized brand. Mikaila has become an advocate for social entrepreneurship, environmental conservation, and youth empowerment. She continues to inspire others, particularly young entrepreneurs, to pursue their passions while positively impacting the world around them.

## 2. Experiment with New Experiences

Each experience acts as a mirror, reflecting back to us what truly resonates with our core values and aspirations. Through these experiences, we have the chance to explore different aspects of ourselves, test our boundaries, and uncover hidden passions and talents. As we engage with new situations, we gain a deeper understanding of what brings us joy, fulfillment, and a sense of purpose.

Some experiences may confirm and strengthen our existing values, while others may challenge and reshape them. By remaining open and receptive, we can extract valuable lessons and apply them to our ongoing quest for self-discovery, gradually aligning our actions and choices with our authentic selves.

### The Joy of Exploration and Experimentation

Exploration and experimentation is your natural form of learning. From the time you were an infant, exploring what your body was capable of, on to toddlerhood and Pre-K, you were an explorer, a scientist. By first grade, most of your natural processes of learning were redirected to very strict and unnatural regiments. Stay seated for long periods of time, don't fidget or move, be quiet...As an early childhood educator, I learned just how developmentally inappropriate and detrimental these forms of control were to children's ability to discover and learn. It's not your fault you lost your ability to know yourself! You have to retrain yourself to explore and experiment!

Remember, finding your calling is a journey, and it may require trying various experiences to uncover your true passions and purpose. Embrace the spirit of exploration and experimentation, be open to new opportunities, and trust that each experience, whether successful or not, brings you closer to discovering your calling.

What lifts your spirits? Excites you? Fulfills you? Run to it! Embrace it and play!

**“Your profession is not what brings home your weekly paycheck; your profession is what you're put here on earth to do, with such passion and such intensity that it becomes spiritual in calling.”**

**— Vincent van Gogh**

### 3. Reflect on Your Values

Oftentimes, callings lead you in a direction very different from where you thought you were headed in life. But if you are asking the question, "Am I crazy?" (as many spiritual experiencers and people going through awakening ask...) it's pretty likely that you are not. It takes insight and personal integrity to ask that question. Someone who could be accurately diagnosed with the myriad of diagnoses that reflect "crazy" usually doesn't ask that question. They also do not likely have an understanding of what is typically considered normal and what is not. So, if you asked the question, take a deep breath, relax, and read on...

**Set up an appointment for my FREE 30-minute Values & Strengths Assessment, and walk away with clarity, direction and a plan to shift into your power!**

[Sign up Now!](#)

### 4. Remember When You Were in Flow and Joy

I like to ask my clients, "When you were a child, what did you want to be when you grew up?" Why do I go back to childhood? Even adults who had many adverse childhood experiences had dreams and interests. The dreams and interests of your youth and innocence often give you clues about the joy of living that once inspired you. Ask yourself what archetypal information you can connect with from what you wanted to be as a child and how that still puts you into flow now.

How does getting into flow help find your calling?

Personally - When I was a young child, I wanted to be an astronaut SO badly!! And to this day, I am still an explorer at heart. Meeting people from different cultures, experiencing how people live differently from me, enjoying new landscapes, cultures, and food...it all still thrills me! As soon as I start planning a trip or a social event, I immediately get into a flow. How did connecting to traveling, exploring, and organizing social events connect me to my calling? If you didn't read my intro, be sure you do to learn how I discovered and followed my calling!

On the next page, write down 4 things that instantly create flow. It could be as simple as attending your child's events or something creative. Remember, some people's chores are other people's flow...like cooking or organizing!



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## 5. Seek Inspiration

To find inspiration from it helps to remove yourself from your daily routines, even if only briefly. The time away gives our minds time to relax. In these moments of departure from the ordinary, we can break free from the limitations of our routine thinking and discover the sparks of inspiration that can fuel personal and creative growth.

- ✔ Retreats - sometimes, you need the opportunity to get away from it all to have time to reflect on your values and gain clarity about what you want from life.
- ✔ Attend Conferences - even attending an academic conference on a topic that interests you but is not connected to your current profession, can open you up to your calling and create inspired action!
- ✔ Vacation - Did you know that simply planning a trip reduces your stress, even if you don't go on the trip?! Whether it's close by or far away, the planning process and visiting new places removes you from day-to-day distractions and creates more access to the right brain.
- ✔ Take a creative class - Art, dance, pottery, creative writing- any class that stimulates your right brain and opens your mind to new possibilities.
- ✔ Read biographies and listen to podcasts of people you admire. Why do you admire them? What is their journey inspiring in you?

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### Malala Yousafzai

Malala is an advocate for girls' education and women's rights. Despite facing threats and violence from the Taliban in her native Pakistan, she continued to speak out and campaign for education, which ultimately led to her being targeted and shot at the age of 14 in 2012. She survived the attack and became a global symbol of courage and determination, continuing her advocacy work on an international scale.





# Putting It All Together

## Defining Your Calling

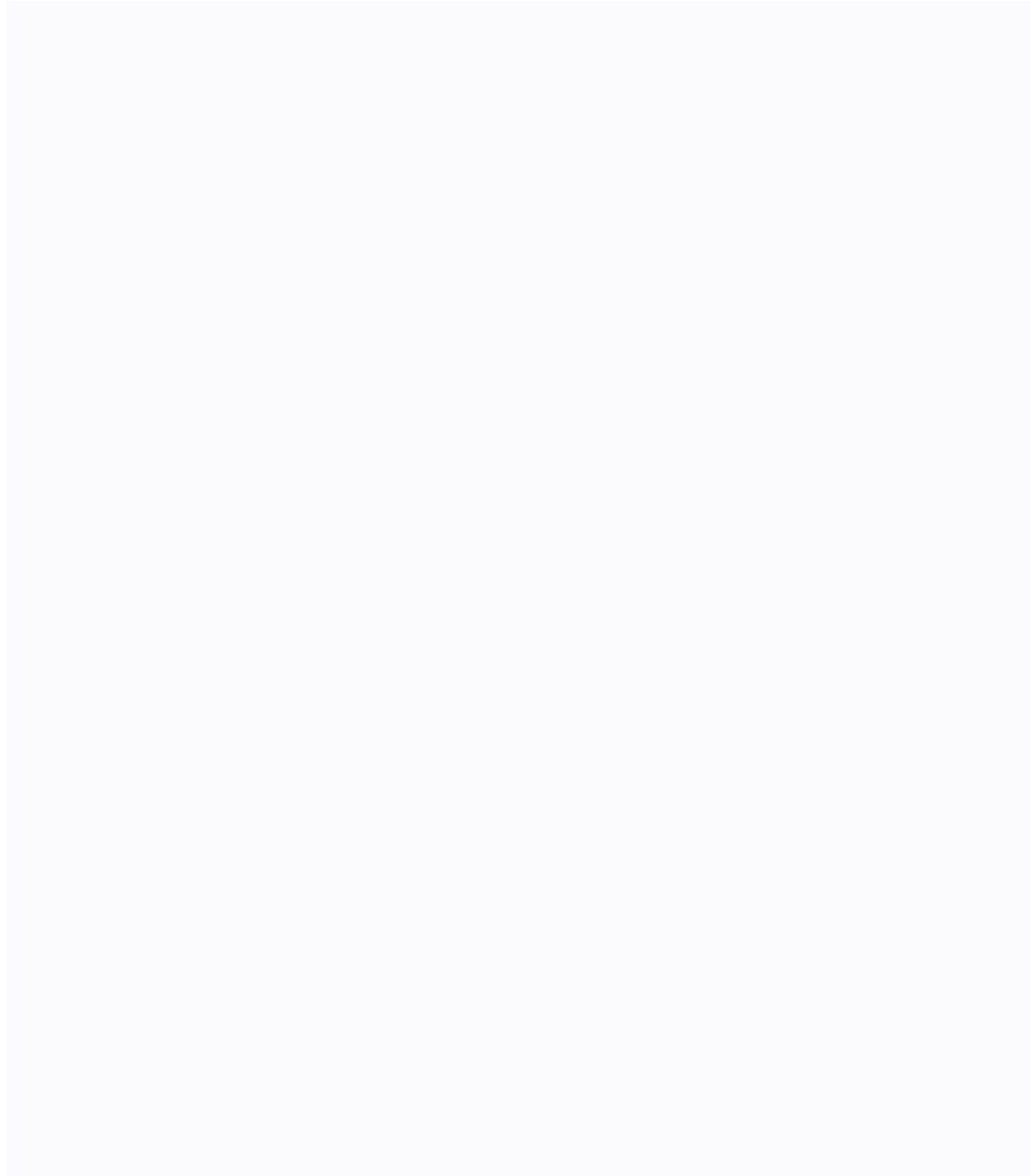
You can define and refine your calling using the following eight worksheet pages. When reaching out to potential collaborators and investors, you will need a well-scripted summary statement and the other information in the worksheets to effectively communicate your needs.

Take your time with the process, and include all your initial collaborators and team members!



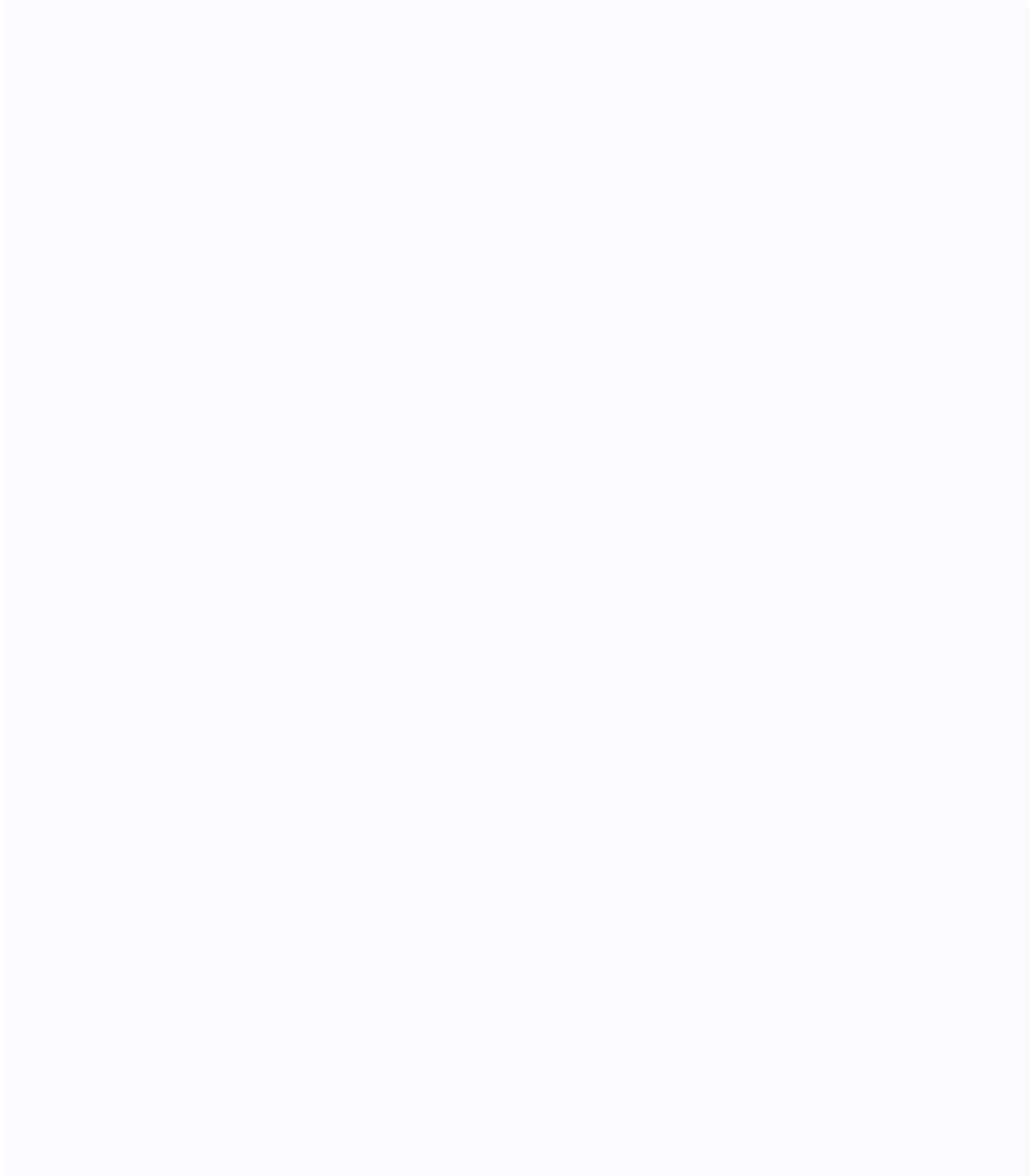
## 1. Reflect

Begin by setting aside dedicated time for self-reflection. Find a quiet and comfortable space where you can focus without distractions. Consider what you're passionate about and why, and the things that bring you joy and fulfillment. Write down your thoughts and reflections on the worksheet.



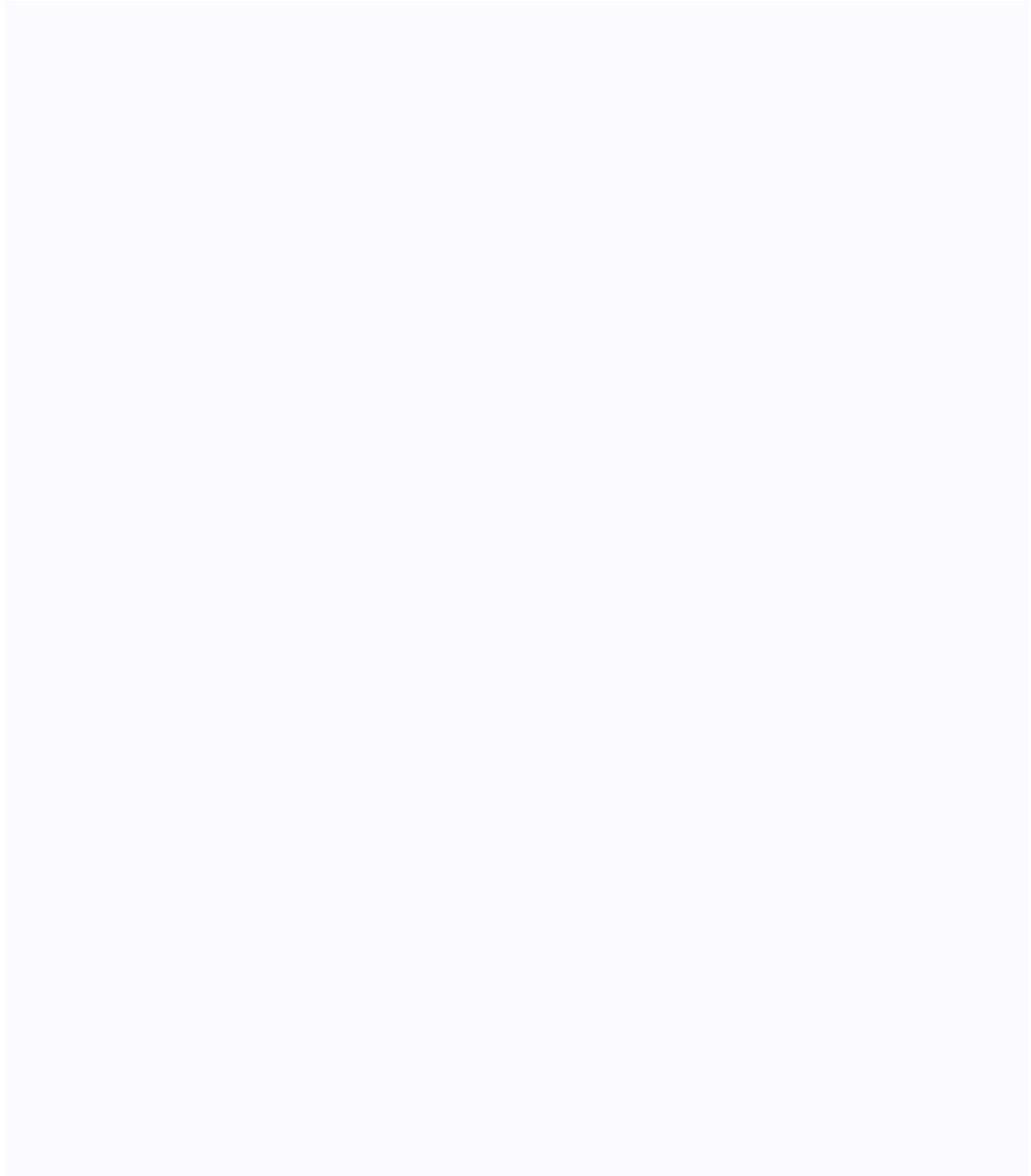
## 2. Identify your core values

Think about the values that are most important to you. These are the guiding principles that shape your decisions and actions. List your core values on the worksheet and reflect on how they align with your potential calling.



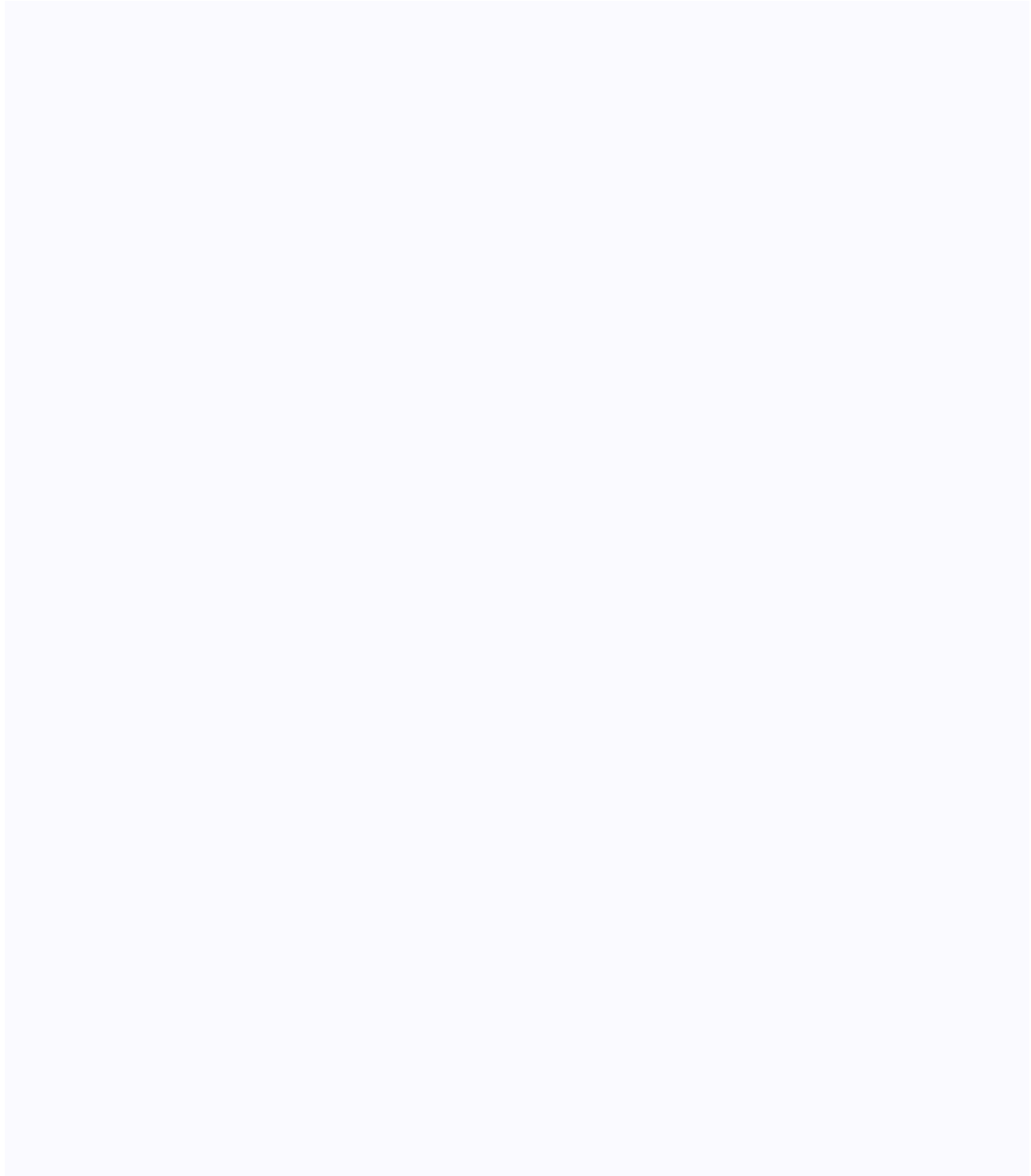
### **3. Explore your strengths and skills**

Identify your unique strengths, talents, and skills. These are the qualities that come naturally to you and that you excel in. Consider the areas where you have expertise or where you feel most confident. Write down your strengths and skills on the worksheet.



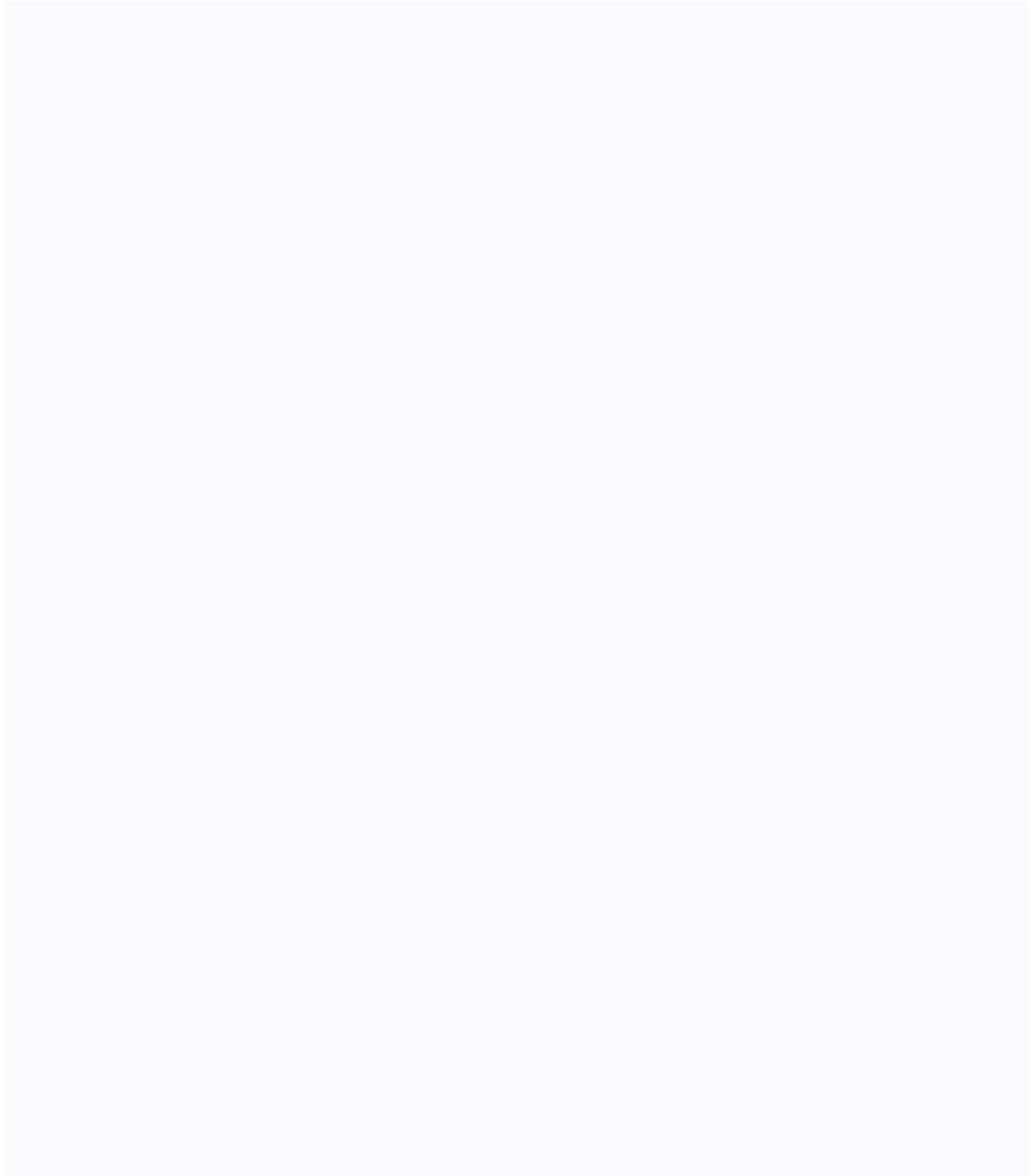
## 4. Reflect on your purpose and impact

Consider the impact you want to make in the world and the purpose behind your calling. Reflect on the positive change you want to create and the difference you want to make in the lives of others. Write down your purpose and desired impact on the worksheet.



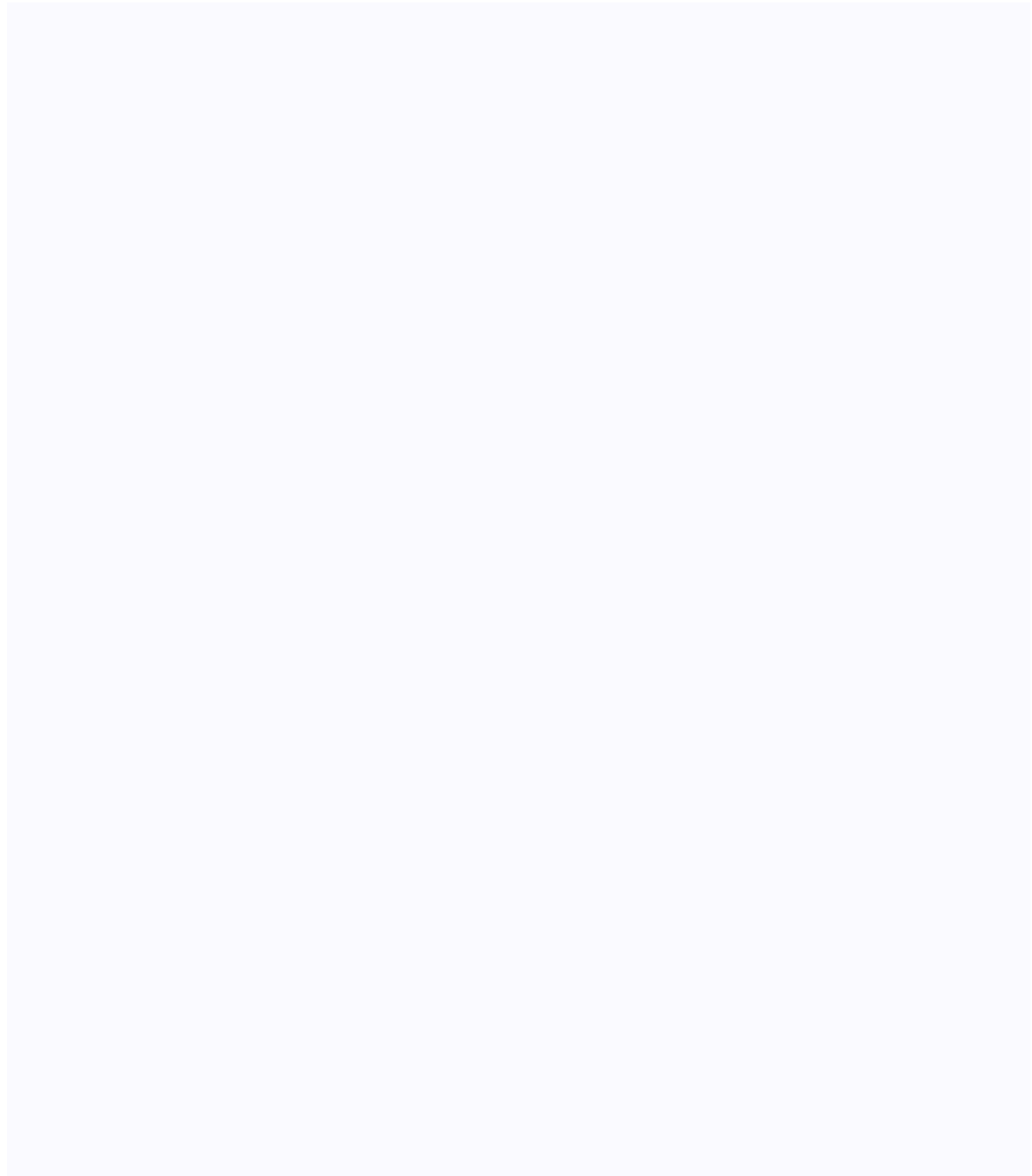
## 5. Identify potential areas of interest

Brainstorm different areas or topics that interest you and resonate with your values, strengths, and purpose. Consider industries, social issues, or specific causes that inspire you. Write down these areas of interest on the worksheet.



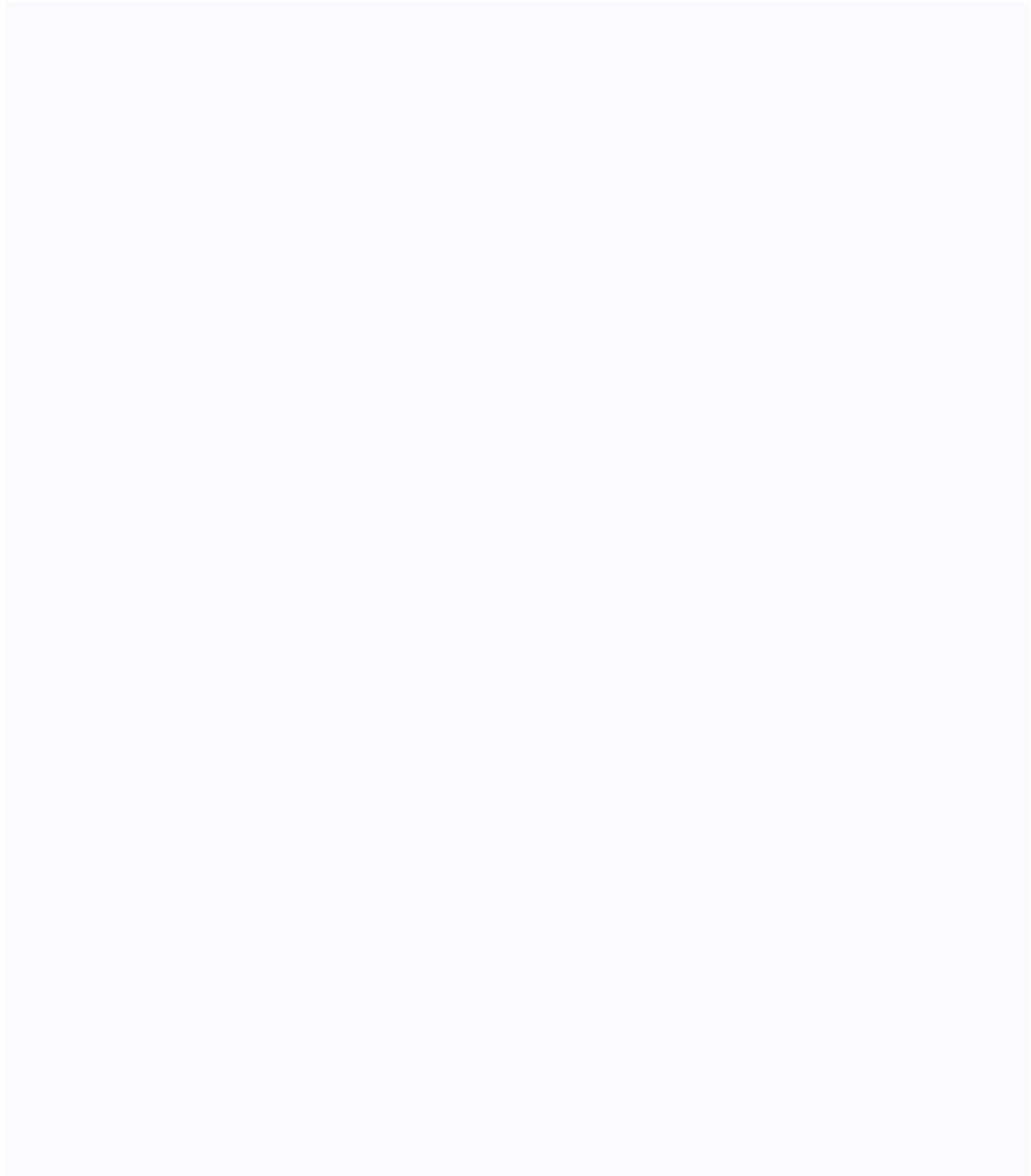
## 6. Connect the dots

Look for connections and patterns among your values, strengths, purpose, and areas of interest. Identify potential themes or common threads that emerge from your reflections. This will help you find clarity and focus in defining your calling. Write down any insights or connections on the worksheet.



## 7. Summarize your calling statement

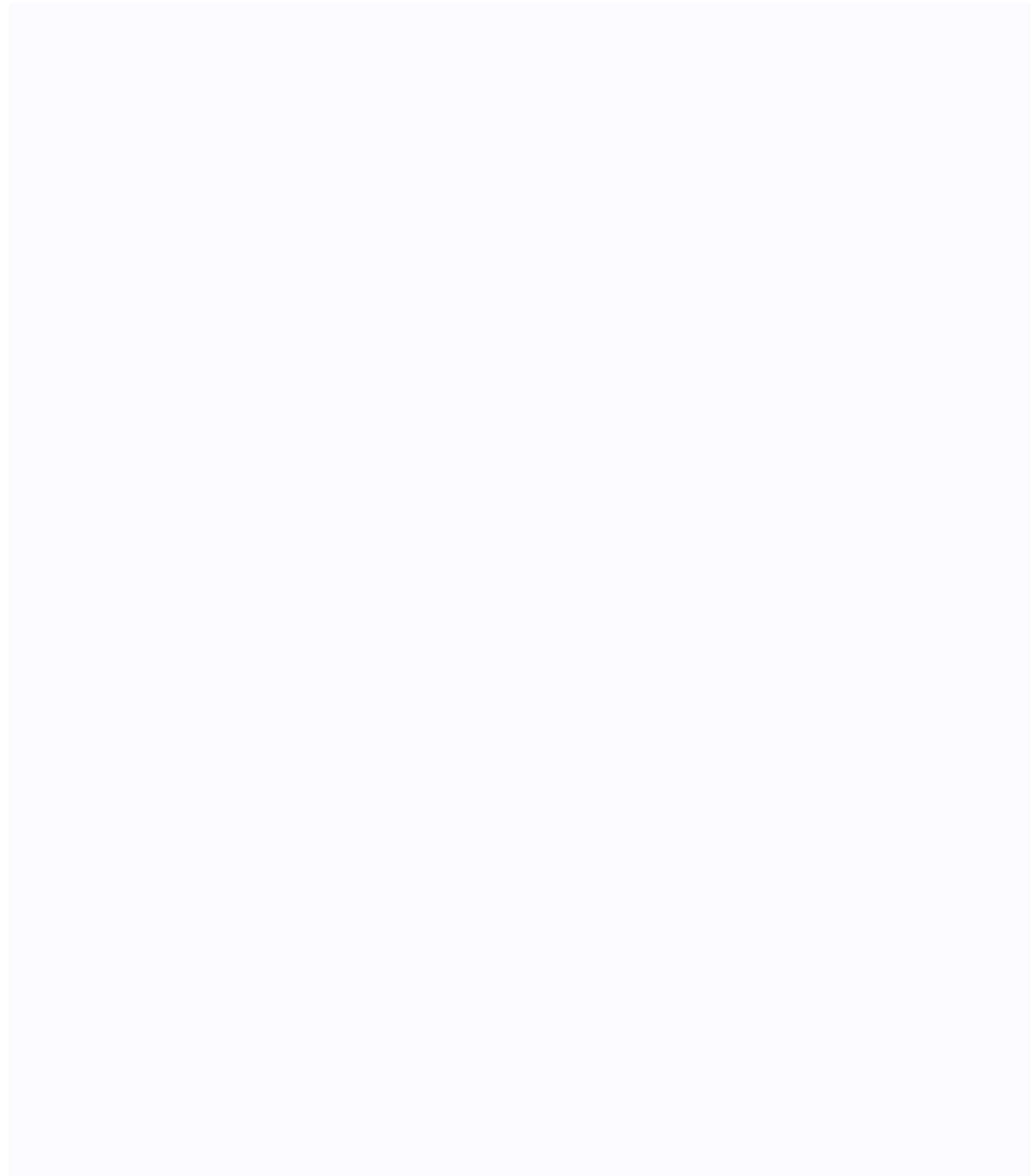
I'd like for you to craft a concise and meaningful calling statement based on the reflections and insights gained from the previous steps. This statement should capture the essence of your calling, including your purpose, values, strengths, and desired impact. Write down your calling statement on the worksheet.





## 8. Review and refine

Take time to review and refine your worksheet. Make adjustments or additions to ensure your calling is accurately captured and articulated. This worksheet will be a reference point for you as you continue to explore and pursue your calling.





**How do I overcome  
imposter syndrome  
related to pursuing my  
calling?**



# How to Move from Feelings of Inadequacy to Integrity & Confidence

Feeling inadequate and experiencing imposter syndrome is common when facing growth edges or upper-limit challenges. The first step in overcoming these feelings is to remember that they do not reflect your true capabilities or potential!

You may need to learn new skills or be willing to take a risk. You weren't just given a calling. You ou were also given the capacity to learn, grow, have courage, and develop the connections and resources to make it happen!

**“Life isn’t meant to be lived perfectly...but merely to be LIVED. Boldly, wildly, beautifully, uncertainly, imperfectly, magically LIVED.”**

**— Mandy Hale, The Single Woman: Life, Love, and a Dash of Sass**

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## What do you know? What do you not know?

Let's put first things first. Do you feel like an imposter because you don't know enough about your calling to move forward, or do you simply not know HOW to move forward? It can be possible that your calling is asking you to learn new skills, become more educated on the topic, or risk sharing your work in public - the big UGH! for introverts! - But just because you don't know how to do something associated with walking out your calling doesn't make you inadequate or an imposter! It simply means you have some learning to do!

Reframing a fear of being inadequate to an honest examination of your skills, gifts, and talents shifts you out of fault-finding and into powerful choice-making!

Instead of finding fault with yourself for not being fully equipped at the beginning of your calling, this gentle reframing process gives you permission to accept the possible steps and stages you'll need to meet instead of stopping you in your tracks because you're not there yet!

## Reframe Your Self-Talk and Focus on Your Strengths

Take time to reflect on your past experiences and situations where you felt confident and performed well. Recognize the skills, qualities, and attributes that contributed to those successes. When faced with challenges or self-doubt, remind yourself of these strengths. Direct your energy and efforts towards leveraging them

in pursuit of your calling. Celebrate your strengths as valuable assets that enable you to make a meaningful impact. By focusing on your strengths, you build self-confidence and develop a clearer understanding of how to apply your unique qualities to achieve your goals.

By regularly celebrating your achievements and acknowledging the positive change you've brought about, you cultivate a mindset of gratitude, resilience, and continued growth on your journey of fulfilling your calling.

### **Celebrate your progress and remind yourself of your positive impact so far!**

Celebrating each small step of your progress and acknowledging their impact on you or others serves as a form of self-care and self-appreciation. It allows you to nurture your well-being and mental health and keeps you focused on your capabilities! Among all the challenges and demands of pursuing your calling, taking the time to celebrate your accomplishments and reflect on the positive difference you've made replenishes your energy and rejuvenates your spirit.



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**WRITE DOWN FOUR SMALL STEPS YOU'VE ALREADY TAKEN AND THEIR IMPACT ABOVE**

## **Surround yourself with supportive and like-minded individuals**

Building the confidence to follow your calling is significantly enhanced when you seek out a community of individuals who share similar aspirations and challenges. The benefits of engaging with supportive, like-minded people in discussions, sharing experiences are:

### **#1 - Being part of a community validates your experiences.**

When you connect with others who are on a similar path, you realize that the challenges, doubts, and struggles you face are not unique to you. This validation helps alleviate feelings of isolation and self-doubt. It reminds you that you are not alone in your journey and that others have faced and overcome similar obstacles.

### **# 2 - A supportive community provides encouragement during moments of self-doubt.**

In times when you question your abilities or face setbacks, having individuals who understand your aspirations can offer valuable perspective and motivation. They can provide encouragement, share their stories of resilience, and offer guidance and advice. Their support can serve as a reminder of your capabilities and help you regain confidence in pursuing your calling.

### **#3 - They offer opportunities for growth and learning.**

Engaging in discussions and sharing experiences allows you to gain insights from different perspectives. You can learn from others' successes and failures, discovering new strategies, resources, and approaches to propel you forward. The collective wisdom and knowledge within the community can broaden your horizons and provide valuable guidance as you navigate the challenges of following your calling.

### **#4 - Being part of a supportive community fosters a sense of belonging.**

We thrive when we feel connected to others who share our passions and aspirations. The shared experiences, understanding, and camaraderie within a community create a supportive environment where you can be your authentic self. This sense of belonging boosts your self-esteem, bolsters your confidence, and encourages you to continue pursuing your calling with a sense of purpose and fulfillment.

### **#5 - A community can serve as a source of accountability.**

When you share your goals and aspirations with others who are invested in your success, you create a system of accountability. The community motivates you to stay committed to your calling and push through challenges. Knowing that others are cheering you on and holding you accountable helps you stay focused and dedicated to your path.



**How do I balance  
pursuing my calling  
with other essential  
aspects of my life?**





# How to Prioritize What Matters Most

Everything matters. Your physical, mental, emotional, financial, and relational well-being matters, and so does your calling. Sometimes your calling can take over your time and attention to the point that you are willing to sacrifice sleep, time with loved ones, and your financial stability. Callings can become dangerous to every part of your life if you are not careful. In extreme cases, a calling can ask us to sacrifice our comfort and, even like Malala Yousafzai, our lives. But happily, most people won't face these types of callings.

For the average person with a calling over their life, sacrifices of life, limb, and finances are not required to have the impact they want to influence.

So to prioritize "What matters most," you must know what fundamental aspects, values, or priorities are most important to you. "What matters most" encompasses the core values and elements that will guide your decision-making and shape the actions contributing to a sense of fulfillment and purpose.

**“If God gives you something you can do, why in God's name wouldn't you do it?”**

**— Stephen King**

## What Matters Most to You?

In pursuing a calling with a high impact, knowing what matters most helps you stay focused on your vision, maintain resilience in the face of challenges, and make choices that align with your purpose and values. It ensures that you are dedicating your efforts to the greatest significant areas and creating meaningful change. Ultimately, understanding what matters most provides a compass for decision-making and a framework for living a purposeful and fulfilling life.

## Getting Clear

Use the next 2 pages to clarify what you are being called to impact, your values, and how you want to protect what matters most to you.

## The Impact

List all the ways successfully engaging your calling will create impact. What will change?

- ✓ \_\_\_\_\_
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## The Values

List the values your calling exemplifies.

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- ✓ \_\_\_\_\_

## Protecting What Matters Most

Reflect on your health, relationships, financial stability, and other high-priority aspects of your life, such as relaxation, play, and other social activities. Now, contemplate when you look back at your life 10 years from now. What do you want to have experienced? What do you want to have impacted and influenced besides your calling?

## Life Goals

What do you want to experience in life besides answering your calling?

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## Protection

For each item listed above, list what you can do to preserve and protect them.

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## The What If Question

What if your calling does require making significant life changes and sacrifices? How DO you navigate those dangerous waters to minimize any risks?

**“Who is She? She is your power, your Feminine source. Big Mama. The Goddess. The Great Mystery. The web-weaver. The life force. The first time, the twentieth time you may not recognize her. Or pretend not to hear. As she fills your body with ripples of terror and delight.**

**But when she calls you will know you’ve been called. Then it is up to you to decide if you will answer.”**

**— Lucy H. Pearce, Burning Woman**

## Examining the Risks and Rewards

At the beginning of answering your call, you won't know all the possible risks. Some of the risks only reveal themselves as you take the journey. Write down the risks you are already aware of and then study the biography or stories of others who have answered their calling to discover other risks you may have to face.

Once you are aware of everything you possibly can be aware of, make plans to minimize the risks.

As you move forward, journaling about the rewards will inspire and strengthen you. Think about keeping a running list where you can see it to keep you motivated!

## Seek Guidance and Advice

Seek guidance and advice from others who have answered callings that required much of them. Ask them what they faced, how they faced it, what they would do differently, and why? Share your calling and ask them, from where they are now, what advice they have for you?

Remember to seek the advice of other professionals related to walking out your callings, such as lawyers, health professionals, and accountants.

## List the Risks

List every risk you can think of - risks to the successful completion of your calling, personally, professionally, etc.

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## Your Team

Who do you need on your team to help minimize the risks?

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## Communicate Effectively with Loved Ones

When communicating with your loved ones about your calling, which may involve significant risks or sacrifices, it's important to approach the conversation with empathy, clarity, openness, and understanding. Here are some tips for effective communication in such situations:

### **#1 - Clearly articulate why your calling is important to you and how it aligns with your values and aspirations.**

Share your passion and the positive impact you hope to create through your pursuit. Use distinguishing language to help them understand the depth of your commitment and the significance of your calling in your life.

### **#2 - Share the potential risks and sacrifices involved in following your calling.**

To foster trust and openness in the conversation, be honest about potential difficulties to help your loved ones understand the realities of your chosen path.

### **#3 - Validate their emotions and perspectives, showing empathy and understanding.**

Demonstrating that you respect their opinions and value their input will foster a stronger foundation for productive conversations. When you demonstrate respect and empathy for their concerns, they may become trusted allies and accountability partners.

### **#4 - Discuss potential strategies to mitigate risks.**

Share your thoughtful plans, backup options, or steps you're taking to minimize negative impacts. You may alleviate some of their worries by showcasing your preparedness and commitment to finding a balance between your calling and their well-being.

### **#5 - Involve your loved ones in decision-making, soliciting their input and ideas for potential solutions.**

Collaboration can help foster a sense of shared ownership and mutual support, allowing you to navigate the challenges together as a family.

### **#6 - Allow them space to process and adjust to the idea of your calling.**

Continued communication, sharing updates on your progress, and demonstrating your commitment to maintaining strong relationships can help build trust and understanding over time.

## Create a Strategic Plan

Once you understand your calling and what it requires to come to fruition, you need to treat it just like you would any serious business venture, even if it's not a traditional business. Strategic plans bring clarity, alignment, and focus to your efforts. It empowers you to overcome challenges, maximize impact, and stay accountable to your goals. By having a well-defined plan, you can navigate the journey of pursuing your calling with intention, purpose, and a greater likelihood of success.

**Remember to delegate what you can. Just because it's your calling doesn't mean you are going to accomplish it on your own!**

## Create a Strategic Plan

To create clarity, focus, alignment to purpose, a roadmap to overcome obstacles and challenges, and to maximize your impact and track your progress, focus on these key 4 elements: Think of this as the "business plan" for your calling. A well thought out plan increases the likelihood of success.

- ✓ Create a well thought out, and researched mission and vision that clearly conveys your calling and desired impact.
- ✓ Set clear goals and objectives that clearly represent the broad outcomes using SMART goals.
- ✓ Create the strategies and initiatives for each goal.
- ✓ Create your metrics for performance measurement and evaluation.

### **Include Rest, Relaxation, and Play Into Your Plan!**

Seriously!! Remember to take care of yourself! Have fun. Take a break. Celebrate the small wins. Invite family and friends for short weekend activities. Never underestimate the power of small breaks. If your calling starts getting too heavy, it's time to let your inner child out to play!







**How do I navigate the financial aspects of pursuing a calling, especially if it's not lucrative?**



# Financial Strategies to Fund Your Calling

Before proceeding with this section, please review page 6 to ensure you know which categories your calling fits into.

**“People who understand how to convert their time into useful products do not complain of boredom.”**

— **Sunday Adelaja, [How To Become Great Through Time Conversion: Are you wasting time, spending time or investing time?](#)**

## Types of Business Models

Now that you know the categories your calling fits into, let's brainstorm possible income streams you can generate from your ideas. There are 4 main business models, see how many models your calling could fit into:

- ✔ Knowledge Based Business - Leveraging your expertise and knowledge to offer educational content, courses, consulting, or coaching services.
- ✔ Community Based Businesses - Building a community or platform where people with similar interests or needs can connect, share resources, and support each other.
- ✔ Product Based Businesses - Creating and selling tangible goods or digital products that align with your calling, such as books, artwork, merchandise, or software.
- ✔ Service Based Businesses - Providing specialized services directly to clients or customers, such as counseling, event planning, design, or professional services.

**When pursuing a calling, especially if it's traditionally seen as not lucrative, it's essential to approach the financial aspects carefully. Don't immediately think that because your calling fits into a service or spiritual calling, it immediately makes it non-lucrative!**

## FINANCIAL PLANNING

Whether your calling requires millions or thousands, the time invested in financial planning will be the foundation of your success. Writing a business plan will help you plan all the important components of walking out your calling.

**Think of writing a business plan as a research project on how to effectively execute the ultimate goal of your calling.**

Remember, when seeking external financing, it's essential to present a compelling business plan, demonstrate a clear value proposition, and articulate how your passion and calling align with market demand and profitability. Each financing option may have specific requirements, terms, and considerations, so thoroughly research and evaluate which options best fit your unique vision and goals. A great website to help you build your plan is [www.liveplan.com](http://www.liveplan.com).

**“To achieve what 1% of the worlds population has (Financial Freedom), you must be willing to do what only 1% dare to do..hard work and perseverance of highest order.”**

**— Manoj Arora, From the Rat Race to Financial Freedom**

**WHOA! My Calling is to support local teachers!**

**NOT to create an organization or business  
I don't need financial planning,**

**THERE IS NO SMALL CALLING!**

Every act of kindness and support lifts the spirits of those you support and creates ripples of goodness into more lives than you will ever know. While you may only need a little money to carry out your calling, you will want to ensure you are not donating more funds than is financially healthy. To protect your personal finances, you may need to seek operational funding.

**TO FUND LOW COST CALLINGS - DO THE EXERCISES ON PAGE #35,  
THEN SKIP TO PAGE 39**

## Funding Your Calling

Funding your calling will be different for everyone. Some people have all the money they need and can engage in their calling without needing it to produce an income that meets their needs, and others will need it to provide a steady income. This small guide can't address all issues for all people, but we will touch on the main factors to consider for each group.

When you have a calling it's important to maintain the integrity of your calling while caring for your personal finances. But there is more than one bottom line in life. Your calling can support your spiritual bottom line, and the needs of your soul's growth while you create a profitable business. You simply need the right support!



Want to develop the business skills you need to turn your calling into a lucrative business while maintaining the integrity of your calling? [JOIN the Conscious Business Development Course at ITTC!](#)

### Keep the Integrity of Your Calling While Building Income or Generating Operational Funds

What aspects of your calling would be diminished if it didn't produce an income? How would it affect your mission if it didn't cover its own expenses and produce income for growth?

- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_

What concerns about needing your calling to make money and impacting the program's integrity, product, or service do you have?

- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_

## High Income Potential

- Create a financial plan: Develop a comprehensive budget and economic strategy that aligns with your calling. Consider your income potential, expenses, and savings goals.
- Diversify income sources: Explore various avenues to generate income related to your calling. This could include offering services, creating products, or seeking funding through grants or sponsorships.
- Save and budget wisely: Prioritize saving a portion of your income and budget carefully to cover essential expenses. Cut unnecessary costs and seek affordable alternatives whenever possible.
- Invest in professional development: Continuously enhance your skills and knowledge in your calling to increase your income potential. Seek opportunities for professional growth and stay updated on industry trends.

### What Matters Most to You?

Bottom line, what are your financial goals? Each person's calling and developmental needs are different, so please take the time to contemplate your needs! Refrain from letting your calling cause you to spiritually bypass all the other essential aspects of living a productive human life!

## Low Income Potential

- Create a personally sustainable financial plan: Acknowledge that your calling may not generate substantial income and focus on financial sustainability. Assess your current financial situation, and determine how much time you can contribute to your calling without creating financial hardship.
- Seek alternative income sources: Explore the options part-time work or side gigs that can provide a supplementary income while allowing you to pursue your calling. Look for flexible opportunities that accommodate your schedule.
- Build a safety net: Establish an emergency fund to handle unexpected financial challenges. Having a cushion will alleviate stress and provide a sense of security.
- Seek financial guidance: Consult with a financial planner or advisor who understands your specific situation. They can help you develop strategies to manage your finances effectively while pursuing your calling.

**Remember, financial planning is highly individualized, and it's crucial to adapt these suggestions to your unique circumstances. Consulting with a professional financial planner can provide personalized guidance tailored to your needs and goals.**

## FUNDING RESOURCES FOR HIGH-COST CALLINGS

- **Self-Funding**

Self-funding involves utilizing your personal savings, assets, or resources to finance your business. This option provides you with full control and ownership of your venture. It requires careful financial planning and budgeting to ensure that your personal finances remain stable while you invest in your business. Self-funding is a common choice for entrepreneurs with accumulated savings or access to personal funds that can be dedicated to their business pursuits.

- **Bootstrapping**

Bootstrapping means starting and growing your business with minimal external funding. Instead, you rely on revenue the business generates to cover operational expenses and fuel growth. This approach often requires careful financial management and resourcefulness to minimize costs, maximize revenue, and reinvest profits back into the business.

Bootstrapping can offer you greater independence and control over your business but may also require longer timeframes for growth and expansion. Ensure your yearly income needs are met through other sources for the two years.

- **Small Business Loans**

Small business loans are a common financing option for entrepreneurs looking to fund their passion and calling. These loans can be obtained from banks, credit unions, or other financial institutions specifically designed to support small businesses. The loan amount and terms vary depending on factors such as your business plan, creditworthiness, and collateral. It is important to carefully assess the terms and interest rates associated with the loan to ensure that it aligns with your business goals and financial capabilities.

- **Crowdfunding**

Crowdfunding is a popular option for entrepreneurs who want to engage a community of supporters and raise funds for their businesses. Through online platforms like Kickstarter, Indiegogo. You can create a campaign to showcase your business idea, explain your passion and calling, and ask for financial contributions. Crowdfunding allows you to tap into a broad network of potential backers who resonate with your mission, providing an opportunity to gather funds while also generating buzz and awareness for your venture.

## FUNDING RESOURCES FOR HIGH-COST CALLINGS

- **Angel Investors**

Angel investors are individuals or groups who provide capital to startups and early-stage businesses in exchange for equity or ownership stakes. These investors are typically experienced entrepreneurs or high-net-worth individuals who believe in your business concept and its potential for growth. Connecting with angel investors through networks, pitch events, or online platforms can provide the financial boost needed to fund your calling-driven business.

- **Venture Capital**

Venture capital firms invest in high-growth potential businesses in exchange for equity. If your passion and calling align with a scalable business model and have the potential for significant returns, seeking venture capital funding may be an option. Venture capitalists often provide capital, strategic guidance, and industry connections to help your business thrive.

- **Business Incubators and Accelerators**

Business incubators and accelerators are programs designed to support early-stage startups. These programs typically offer resources, mentorship, and sometimes funding to help businesses grow and succeed. Joining an incubator or accelerator specific to your industry or niche can provide access to funding opportunities, networking events, and valuable guidance to advance your calling-based business.

- **Strategic Partnerships**

Collaborating with strategic partners can be an effective way to access funding and resources. Look for established businesses or organizations that share similar values or goals and explore partnership opportunities. Strategic partners can offer financial support, access to their customer base, distribution channels, or shared resources, allowing you to leverage their expertise and reach to fuel your business growth.

## FUNDING RESOURCES FOR LOW-COST CALLINGS

- **Grants and Foundations**

Seek grants and funding opportunities from foundations, nonprofit organizations, and government entities supporting causes aligned with your mission. Research and apply for grants that provide financial assistance for projects or initiatives.

- **Donations and Fundraising**

Engage in fundraising efforts by organizing events, campaigns, or seeking individual donations. Utilize online platforms, community partnerships, and networking to gather financial support from individuals who believe in your nonprofit's mission.

- **Corporate Sponsorship**

Build partnerships with corporations or businesses that align with your nonprofit's mission. Seek sponsorships or donations from companies interested in supporting causes related to your work.

- **Social Enterprise**

You can explore the idea of generating revenue through social enterprise activities directly related to your mission. This could involve selling products and services or hosting events that generate income to fund the nonprofit's initiatives.

### LOCAL SOURCES OF FUNDING

~ **Churches**

~ **Locally Owned Businesses**

~ **County Emergency Funds**

~ **Lion's Club**

~ **Rotary Club**

~ **Partner Charities with Similar Missions**

**Remember, each funding option may require careful planning, research, and alignment with legal and regulatory requirements. It is crucial to develop a solid financial strategy, including budgeting, financial projections, and ongoing financial management, to ensure sustainability and success in funding your passion and calling, whether as a business, nonprofit organization, or small project.**





**What if my calling  
goes against cultural  
or societal norms?**



# How to Embrace Your Authentic Calling - When Others Don't

Recognize that your unique journey and aspirations are valid, regardless of whether they align with your family and friends' societal norms. Your calling is an expression of your individuality, and it's important to acknowledge and honor that.

## **Having compassion for those who disagree with you...**

By recognizing that people who disagree with you have equally valid reasons and motives of their own, you avoid elevating yourself or others above one another. This mindset allows you to better understand diverse perspectives and opens up new possibilities. Instead of viewing those who disagree as enemies, you can see them as valuable teachers.

### **VALIDATE YOUR OWN EXPERIENCE!**

**When you know yourself, you know exactly what it took for you to be you, just as you are now. Embrace Yourself!**

## **Seek Inner Clarity**

Reflect deeply on your calling, delving into why it deeply resonates with you. Take the time to clarify your values, motivations, and the impact you desire to make. This introspective process will establish a solid foundation and inner conviction to pursue your calling, even in the face of societal norms that may oppose it. Embrace the clarity that comes from understanding your calling on a profound level, empowering you to navigate any external challenges or resistance with steadfast determination. Trust in your inner guidance and commit to following the path that aligns with your authentic self, regardless of societal expectations.

When your calling goes against cultural or societal norms, it can be a challenging and scary situation. It's common to experience doubt, fear, or hesitation when faced with potential resistance or disapproval from others. However, it's important to remember that following your calling is ultimately about living an authentic and fulfilling life that aligns with your true self. Here are some perspectives to consider when navigating a calling that challenges cultural or societal norms:



### **Rosa Parks**

was an African American civil rights activist, who in 1955, refused to give up her bus seat to a white passenger, defying the racially discriminatory laws of the time. Her civil disobedience sparked a significant protest movement and symbolized resistance against racial segregation. Despite facing backlash and threats, she remained steadfast in her commitment to justice and equality, inspiring generations and leaving an indelible impact on the civil rights movement.

**"It's important to remember that following your calling is ultimately about living an authentic and fulfilling life that aligns with your true self"**

### **Sybil Ludington**

was a young girl during the American Revolutionary War. Acting outside cultural norms, this 16 yearold girl embarked on a dangerous night ride in 1777, covering over 40 miles to alert local militia members of the advancing British forces. Ludington's ride helped mobilize the militia and played a significant role in defending against the British attack. Her courageous act, similar to that of Paul Revere, remains a lesser-known but important example of the contributions made by individuals during the Revolutionary War. I



## EDUCATE AND COMMUNICATE

When it comes to educating and communicating your calling, especially when it diverges from societal and cultural norms, consider the following approaches:

### **Open and empathetic dialogue:**

Engage in open and respectful conversations with others about your calling. Listen to their perspectives and try to understand their concerns or reservations. You can establish common ground through empathetic communication and create a space for mutual understanding.

### **Share personal stories and experiences:**

Connect with others personally by sharing your journey and experiences related to your calling. Use storytelling to convey the emotions, challenges, and victories you have encountered along the way. Authentic storytelling can humanize your calling and make it relatable to others.

### **Provide Informationa and Resources:**

Offer educational resources, articles, books, or documentaries that provide a deeper understanding of the subject matter related to your calling. By providing well-researched information, you can dispel misconceptions and help others grasp the importance and value of your journey.

### **Lead by Example:**

Demonstrate the positive impact of your calling through your actions and accomplishments. Show how your journey aligns with your values and contributes to the well-being of others or the greater community. Lead by example, inspiring others through your commitment and the results you achieve.

**By engaging in open dialogue, sharing personal stories, providing information, and leading by example, you can effectively educate and communicate your calling to others, even when it challenges societal and cultural norms. These approaches can help foster understanding, bridge gaps, and inspire others to consider alternative perspectives.**



### **Nawal El Saadawi**

was an Egyptian writer, feminist, and activist who challenged societal norms and advocated for women's rights in the Arab world. Through her writings and activism, she addressed issues such as female genital mutilation, gender inequality, and religious oppression. Saadawi's bold and outspoken voice made her a powerful figure in the feminist movement and contributed to advancing women's rights and gender equality in Egypt and beyond.

## **Seek Supportive Allies**

Surround yourself with individuals who support and understand your desire to embrace your uniqueness. Seek out like-minded people who share similar values or have embarked on their own non-conventional paths. Building a support network of allies can provide encouragement and understanding during doubt or resistance.

### **Asma Jahangir**

was a Pakistani lawyer, human rights activist, and prominent advocate for women's rights. Throughout her career, Jahangir fearlessly spoke out against religious extremism, discrimination, and gender-based violence. She played a crucial role in advancing human rights and fighting for justice in Pakistan. Despite facing threats and opposition, Jahangir dedicated her life to challenging cultural norms that perpetuated inequality and injustice. Her relentless advocacy and commitment to upholding human rights have left a lasting impact on the legal and social landscape in Pakistan and inspired many others to join the fight for equality.



Establish healthy boundaries to protect your own well-being and preserve your authenticity. Setting boundaries can help maintain a sense of balance and reduce potential conflicts. It's essential to prioritize your own needs and aspirations while respecting the beliefs and choices of others.

“Setting a boundary” means protecting your joy and well-being by telling someone to stop a harmful behavior. Practice setting a boundary try saying: “I can’t let you x. I need y.”  
— Lauren Martin, *Anger is a Storm*

## Establishing Healthy Boundaries

By establishing healthy boundaries, you create a supportive framework for your own well-being and authenticity. It allows you to prioritize your needs while still respecting the beliefs and choices of others.

- ✓ Identify the areas where you feel your authenticity might be compromised or where you need to prioritize yourself.
- ✓ Clearly communicate your limits, desires, and expectations to others.
- ✓ Be assertive and confident in expressing your limits and needs.
- ✓ Prioritize self-care activities that nurture your well-being and help you maintain balance.

Please regularly assess your boundaries to ensure they align with your evolving needs and aspirations. Be willing to adjust and refine your boundaries as necessary. And pay attention to any signs of discomfort or resentment, as they may indicate a need to reassess and reinforce your boundaries.

## Seek Professional Guidance

Consider seeking support from a psychologist, counselor, or life coach who can provide guidance and assistance in navigating this challenging process. They can offer valuable insights, strategies, and tools to help you embrace your uniqueness and manage any emotional or relational difficulties that may arise.

### Jadav Payeng



Also known as the "Forest Man of India," he is an environmental activist and conservationist from Assam, India. Concerned about the rapid deforestation in his region, Payeng took it upon himself to plant trees and transform a barren sandbar into a lush forest over several decades. His relentless dedication and hard work resulted in creating a thriving ecosystem spanning over 1,360 acres. Payeng's selfless efforts have restored biodiversity, provided habitat for various wildlife species, and mitigated the impacts of erosion in the area. His inspiring story showcases the transformative power of one individual's commitment to environmental conservation.

**“If you find what you do each day seems to have no link to any higher purpose, you probably want to rethink what you're doing.”**

**— Ronald Heifetz, *The Practice of Adaptive Leadership: Tools and Tactics for Changing Your Organization and the World***



# What It Takes to Be a TrailBlazer

Being a trailblazer requires courage, resilience, and a willingness to challenge the status quo. By embracing your uniqueness, taking calculated risks, persisting in the face of obstacles, and inspiring others, you can forge new paths, make meaningful contributions, and leave a lasting impact on the world around you.

## Does My Calling Make Me a Trailblazer? Maybe!

### 4 Qualities of a Trailblazer

- ✓ Fierce Persistence - Maintain a strong belief in your purpose and vision, and use challenges as opportunities to learn, adapt, and improve.
- ✓ Inspirational & Empowering Others - Share your knowledge, experiences, and insights with others. Be open to collaboration, mentorship, and building a network of like-minded individuals.
- ✓ Calculated Risk Taker - Assess the potential risks and rewards, and be willing to take calculated risks that align with your vision and values.
- ✓ Unique - I keep saying it throughout this guide and I'll probably repeat it. You have unique perspectives and experiences, OR you are unique because you speak up and find solutions for a common problem people don't typically stand up for. You are a deep thinker that challenges conventional wisdom.

#### **Tarana Burke**

As a trailblazer, Tarana, Founder of the Me Too Movement has worked tirelessly to give voice to survivors and bring the issue of sexual assault into the mainstream conversation. She has organized workshops, spoken at conferences, and partnered with various organizations to promote healing, advocate for policy changes, and work towards ending sexual violence.





# How Do I Navigate Uncertainty and Embrace the Journey?



# 3 Ways to Embrace Your Calling

I have had some incredible spiritual teachers, Dr. Hawkins, Waris Faridi, and others. Their teachings and mentorship gave me valuable insights into navigating uncertainty and embracing my journey of psycho-spiritual development while pursuing my calling. From their perspectives, consider the following guidance:

**“Letting go is like the sudden cessation of an inner pressure or the dropping of a weight. It is accompanied by a sudden feeling of relief and lightness, with an increased happiness and freedom. It is an actual mechanism of the mind, and everyone has experienced it on occasion.”**

**— David R. Hawkins, Letting Go: The Pathway of Surrender**

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## 1. Surrender to the Journey

Embrace the understanding that life's journey is inherently uncertain. Rather than resisting or fearing uncertainty, surrender to it with trust and openness. Allow yourself to flow with the unfolding of your calling, knowing that the path may not always be clear or predictable. Cultivate a mindset of curiosity and willingness to explore new possibilities.

**By cultivating a mindset of curiosity, you invite a sense of wonder and awe into your journey.**

When you surrender to the journey, you enter a state of receptivity and alignment with the greater forces at play. You let go of the need to constantly figure everything out or have all the answers. This surrender invites a sense of spaciousness and freedom, enabling you to embrace the unknown with an open heart and mind. You release the burden of trying to control every aspect of your calling and instead allow yourself to be guided by the unseen forces that shape your path

By cultivating a mindset of curiosity, you invite a sense of wonder and awe into your journey. Each twist and turn becomes an opportunity for growth and learning. You approach the unknown with a sense of adventure, eager to discover new aspects of yourself and your calling. This mindset of curiosity helps you stay engaged and enthusiastic, even in the face of uncertainty. It encourages you to step out of your comfort zone and explore uncharted territories, knowing that growth and fulfillment often lie just beyond the edge of familiarity.

As you surrender to the journey, you develop resilience and adaptability. You learn to flow with the changing currents of life, gracefully navigating the challenges and surprises that arise. Rather than viewing uncertainty as a threat, you see it as an invitation to expand and evolve. Each detour or setback becomes an opportunity for course correction and self-discovery. You embrace the unknown not as something to be feared but as a canvas upon which your calling can unfold unexpectedly and beautifully

Daily meditation and spiritual practices help you stay centered and connected to what matters most.



## 2. Trust Your Intuition

Develop a deep connection with your inner guidance and intuition. Trust the inner knowing that arises within you and use it as a compass to navigate the uncertain terrain. Intuition can provide valuable insights, offering glimpses of the path that aligns with your calling. Learn to discern the difference between the voice of intuition and the chatter of fear or doubt.

- ✓ Develop a strong bond with your intuition and inner guidance, recognizing it as a reliable compass in navigating uncertainty.
- ✓ Trust the wisdom that arises from within, allowing it to illuminate the path that aligns with your calling and purpose.
- ✓ Recognize your intuition's valuable insights and glimpses of clarity, guiding you toward fulfilling your calling.
- ✓ Learn to distinguish between the intuitive whispers of your calling and the noise of fear and doubt, fostering a discerning mindset that honors the wisdom of your intuition.

### 3. Embrace Detachment

From Dr. David R. Hawkins' perspective, embracing detachment is a transformative practice that allows you to release attachment to specific outcomes or expectations. It involves recognizing that the journey itself holds immense value and significance, not just the destination. By embracing detachment, you liberate yourself from the weight of unnecessary burdens and create space for a more fluid and authentic expression of your calling.

“People at the Neutral level are easy to get along with and safe to associate with because they are not interested in conflict, competition, or guilt.”

— David R. Hawkins, *Transcending The Levels Of Consciousness: The Stairway to Enlightenment*

When you let go of attachment to specific outcomes, you open yourself to greater freedom and flexibility. You free yourself from the constraints of rigid expectations and allow the natural flow of life to guide your path. This detachment brings a sense of lightness and ease, enabling you to navigate the twists and turns of your journey with grace.

By embracing detachment, you cultivate a deep trust in the unfolding of life. You recognize that there is a divine timing at play and that the right opportunities and experiences will present themselves at the perfect moment. This trust allows you to surrender to the wisdom of the universe and align with the greater forces that guide your calling. It brings a sense of peace and surrender, knowing that you are supported and guided every step of the way.

Detachment also enables you to maintain a sense of authenticity in pursuing your calling. When you release attachment to specific outcomes, you are less likely to compromise your values or sacrifice your true essence in the pursuit of external validation or success. You can express your calling in a way that is aligned with your deepest truths, unburdened by the expectations or opinions of others. This authenticity brings a profound sense of fulfillment and integrity to your journey.

Ultimately, embracing detachment is an invitation to surrender control and trust in the inherent wisdom of life. It allows you to fully immerse yourself in the present moment and embrace the unfolding of your calling with a sense of wonder and curiosity. By releasing attachment to specific outcomes and expectations, you open yourself up to infinite possibilities, serendipitous encounters, and transformative growth along your path.



# How Do I Stay Motivated Through the Ups and Downs?





# What is So Important That You'll Keep Moving - No Matter What?

The mission behind the calling acts as a guiding force, providing a sense of direction, motivation, and clarity. It helps you define your goals, develop strategies, and take purposeful actions to bring about positive change. It becomes the driving force that inspires you to overcome obstacles, persist in the face of challenges, and make a meaningful difference in your chosen sphere of influence

Create a mission and vision statement now if you haven't already!

## Knowing the Mission Behind the Calling

The mission behind the calling may vary from person to person, as it is deeply personal and influenced by individual values, beliefs, and aspirations. It could involve areas such as social justice, environmental conservation, education, healthcare, or any other field or cause that aligns with the individual's passion and values.

If you haven't created a mission statement for your calling before you face major obstacles, focusing on what matters most may be hard.

Ultimately, the mission behind the calling is about finding purpose beyond yourself and contributing to something larger than your individual desires. It serves as a compass, guiding you on your journey of personal growth and self-fulfillment and positively impacting the world around you.

The mission is the  
manifestation of the calling.

## How to Create a Mission and Vision Statement

Begin by reflecting on your core purpose and values. Consider what drives you, what you are passionate about, and what you believe in. Identify the values that are important to you and that you want to guide your actions. These insights will serve as the foundation for your mission and vision.

A mission statement captures the essence of your purpose and what you aim to achieve. It should be concise and clearly explain the overarching goal or impact you'd like to make. Consider the specific

actions, services, or values that distinguish you. Write a statement that encapsulates your unique value and how you intend to make a difference.

A vision statement paints a vivid picture of the future you aspire to create. It should be inspiring and aspirational, describing the desired state or impact you aim to achieve. Imagine the ideal outcome of your work and how it aligns with your values and mission. Write a statement that captures this vision and inspires you and others to strive towards it.

### What, How, Who



Creating a mission and vision statement is an iterative process.

Refine your statements by seeking feedback from trusted individuals or mentors who can provide valuable insights. Ensure that your statements accurately represent your purpose, values, and aspirations. Continuously revisit and refine them as you grow and evolve on your journey.

Each statement should be at most two or three sentences and express the essence of the importance of your calling.

# Finding Courage When You Can't See The Way Forward

Developing a strong sense of self-belief in your calling is crucial. Reflect on your passion, purpose, and the impact you aspire to create. Build a deep conviction that you're calling matters and that you can navigate challenges. Cultivate a positive mindset that acknowledges setbacks as temporary obstacles and believes in your ability to overcome them.

“It's important to understand that at every point of opposition to who we are or to what God has called us to do, we are presented with the options of either conforming and giving in, or standing our ground and becoming stronger in who God has made us to be”  
— Gabriel Wilson

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Start by setting small goals that push you slightly beyond your current boundaries. As you gradually expand your comfort zone, you'll build confidence and develop the courage to tackle larger challenges.

Embrace fear as a natural part of growth: Instead of viewing fear as something to avoid, embrace it as a natural part of the process. Understand that fear often accompanies growth and stepping outside your comfort zone. See fear as an opportunity for personal development and a sign that you're stretching yourself.

Take action despite fear:  
Courage is not the absence of fear but rather the ability to take action in spite of it.

Acknowledge and embrace your fears, but don't allow them to paralyze you.

# Develop Resiliency

Resilience refers to the ability to bounce back from challenges, adapt to change, and maintain a positive outlook in the face of adversity. It is an essential quality that helps individuals navigate difficult circumstances and overcome obstacles.

Having a strong support system is invaluable in developing resiliency! Go to Chapter 9 to learn how to create the right support system for you.

## 4 Steps to Cultivate a Growth Mindset to Build Resiliency

Shifting from a fixed mindset to a growth mindset involves cultivating a belief in your ability to learn, grow, and improve and seeing adversity as an opportunity to develop strengths and new skills.

- Recognize and understand the fixed mindset:

Begin by becoming aware of the thoughts, beliefs, and behaviors associated with a fixed mindset. A fixed mindset assumes that abilities and intelligence are fixed traits, leading to a fear of failure and a focus on proving oneself. Understand that this mindset limits growth and potential.

- Embrace the power of "yet":

Start incorporating the word "yet" into your vocabulary. When faced with challenges or setbacks, remind yourself that you may not have achieved something "yet," but with effort, learning, and perseverance, you can improve and eventually succeed. Emphasize the idea that skills and abilities can be developed over time.

- Cultivate a love of learning:

Develop a curiosity and passion for learning. Embrace new opportunities, seek out challenges, and approach tasks with an open mind. View setbacks as opportunities for growth and learning rather than personal failures. Celebrate effort, progress, and the process of learning, rather than focusing solely on outcomes or comparisons to others.

- Challenge and reframe limiting beliefs:

Identify and challenge your fixed mindset beliefs. Notice when you are engaging in negative self-talk or limiting beliefs about your abilities. Replace them with more empowering and growth-oriented thoughts. For example, instead of thinking, "I'm not good at this," reframe it as, "I'm still learning, and I can improve with practice and effort."

Developing a growth mindset takes time and practice. Be patient with yourself and embrace the process of growth and learning. By consistently challenging and reframing your beliefs, embracing the power of "yet," and cultivating a love of learning, you can shift from a fixed mindset to a growth mindset and unlock your full potential.

## Do you suffer from Doubt and Overwhelm?

### Take Elizabeth Sabet's 2-Hour Self-Coaching Course

**Experience  
Empowerment and Freedom!**



## **Dolores Huerta**

Dolores Huerta encountered numerous challenges while fighting for the rights of farmworkers, who faced exploitation and harsh working conditions. She faced opposition from powerful agricultural corporations and encountered resistance from those who believed that farmworkers did not deserve fair wages or better working conditions.



Despite these obstacles, Dolores Huerta remained dedicated to her calling. She organized strikes, boycotts, and grassroots movements to bring attention to the plight of farmworkers and advocate for their rights. She played a crucial role in negotiating labor contracts and improving the living and working conditions of farmworkers.

Dolores Huerta's unwavering commitment and perseverance led to significant achievements. She was instrumental in the establishment of California's Agricultural Labor Relations Act, which granted farmworkers the right to organize and bargain collectively. Her tireless advocacy work earned her numerous awards and recognition, including the Presidential Medal of Freedom.

Through her activism and leadership, Dolores Huerta has inspired countless individuals and made a lasting impact on labor rights and civil rights movements. Her courage, resilience, and determination in the face of adversity serve as a powerful example of answering the call to fight for justice and equality.



**What support  
systems or resources  
can help me along  
my journey?**





# 3 Reasons to Create Support Networks

Finding or creating the right support networks is vital to completing your mission and answering your calling!

It begins with knowing your most important support needs:

1. Collaboration and Networking Opportunities
2. Guidance and Mentorship
3. Encouragement and Motivation

## Let's Dig In...

### 1. COLLABORATION AND NETWORKING OPPORTUNITIES

Collaborators play a crucial role in helping you succeed. They help fill in the gaps where you can't:

- They bring a diverse range of skills, expertise, and knowledge - increasing your work's overall effectiveness and impact.
- Working with collaborators allows you to pool resources, whether it's financial, intellectual, or physical. Combining efforts and sharing resources can help overcome limitations and accomplish more than what would be possible individually. Collaborators may have access to networks, funding, equipment, or other resources supporting realizing your vision and mission.
- Collaborating allows you to reach a broader audience and amplify your message.



## Oprah Winfrey

is known for her influential role in the entertainment industry and her dedication to empowering others. But before she became the entertainment mogul she is, she faced serious childhood adversity, poverty, abuse, and instability. Early in her career, she lost jobs and was removed from her television hosting positions. She attributes a significant part of her success to the support and guidance she received from influential figures like Maya Angelou and her viewers, who resonated with her message of self-improvement and personal growth. By surrounding herself with a supportive network, Oprah was able to navigate challenges, make informed decisions, and continually expand her impact.

**Actively seeking guidance, surrounding yourself with knowledgeable and like-minded individuals, and leveraging the collective strength of their networks to propel your vision forward, you can go farther than you can imagine now.**

## Who do YOU know?

Make a list of everyone you know that you admire and why you admire them.

Solicit their support by sharing your calling and mission with them, and when you do, ask them whom THEY know that you could talk to.

**YOU MIGHT BE SURPRISED!**



## 2. GUIDANCE AND MENTORSHIP

A mentor can serve as a trusted accountability partner. They can help you set goals, track progress, and hold you to a higher standard. A mentor can also offer emotional support, serving as a sounding board for your ideas, concerns, and aspirations. Having someone who believes in you and your calling can encourage and motivate you to stay focused and committed, especially during challenging times.

They can help you develop the personal and professional skills, mindset, and competencies necessary to succeed in your calling. They can identify areas for growth and provide constructive feedback. A mentor can help you navigate self-doubt, overcome obstacles, and develop the resilience and mindset needed to navigate the complexities of pursuing your calling.

## 3. ENCOURAGEMENT AND MOTIVATION

The people you include in your network need to have the following qualities to provide the most effective encouragement and motivation:

**Look for these qualities and skills for the people you include in your support network**

1. Expertise and knowledge in your field
2. Empathy and understanding
3. Positive and optimistic outlook
4. Able to provide you accountability and challenge
5. Have a strong network in your field
6. Have a growth mindset
7. Are open-minded and appreciate diversity

When interviewing potential mentors, ask them how they have failed and how they recovered.

## Finding Your People

Now it's to find your people! Do the worksheet below and get out your planner!

After you make your lists of people to contact, set aside a block of time on your calendar on Mondays to reach out to people. Use the rest of the week to follow up with the people you couldn't contact on Monday.

Have your "My Calling Defined" worksheets with you so that you have your scripts at hand. This will help you stay focused when reaching out to the people. It's easy to be distracted by your passion, get nervous, or insecure when talking about your calling, and it helps to have the worksheet in front of you to stay focused.



Want to develop the business skills you need to turn your calling into a lucrative business while maintaining the integrity of your calling?  
[JOIN the Conscious Business Development Course at ITTC!](#)

## Keep the Integrity of Your Calling While Building Income or Generating Operational Funds

What aspects of your calling would be diminished if it didn't produce an income? How would it affect your mission if it didn't cover its own expenses and produce income for growth?

- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_

What concerns about needing your calling to make money and impacting the program's integrity, product, or service do you have?

- ✓ \_\_\_\_\_
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- ✓ \_\_\_\_\_
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# How can I measure or evaluate the impact of my calling?



# 5 Steps to Measure Your Progress

Creating specific metrics to measure your success helps you set specific goals and objectives that align with your purpose, making it easier to stay focused and track your progress.

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Metrics create a sense of accountability by establishing targets and benchmarks for your calling. When you have specific metrics, you can hold yourself accountable to take action and progress toward your goals. Regularly tracking your metrics can also provide motivation and a sense of accomplishment as you see yourself making meaningful strides.

By regularly measuring and assessing your performance against the established metrics, you can identify areas of improvement, adjust your strategies, and make informed decisions about your calling journey. They can reveal patterns, trends, and by analyzing the data from your metrics, you can gain valuable insights into what works and what doesn't.

## 1. Positive Changes

What positive changes or results do you want to see in yourself, others, or the world? Start by clarifying the specific outcomes you hope to achieve through your calling. These outcomes should be aligned with the purpose and mission of your calling.

## 2. Make Them Measurable

Convert your desired outcomes into measurable metrics. Ensure that each metric is quantifiable and can be tracked or observed. For example, if your calling involves improving people's well-being, a metric could be the percentage of individuals reporting increased happiness or life satisfaction.

## 3. Set Specific Targets

Establish specific targets or goals for each metric. These targets should be realistic and attainable within a defined timeframe. For instance, if your metric is the number of people impacted, you might set a target of reaching a certain number of individuals within a year.

**Creating and celebrating these milestones can boost your motivation, confidence, and overall satisfaction with your journey.**

## 4. Consider Qualitative and Quantitative Measures

Include a combination of qualitative and quantitative metrics to capture a more comprehensive view of your impact. Quantitative metrics involve numerical data that can be measured, while qualitative metrics capture subjective experiences and insights. For example, you could also include qualitative feedback on the positive changes observed in their lives alongside the number of people served.

## 5. Review and Refine

Regularly review and refine your metrics to ensure they remain relevant and aligned with your calling. As you gain more insights and experience, you may need to adjust or add new metrics to capture the evolving dimensions of your impact.





# BEFORE YOU GO...

Congratulations!

You're ready to build, take action, and grow your impact!

It's an amazing journey, one that I am thrilled to see you take. But wait! One last tip! I know firsthand what it's like to keep your mission and calling alive by yourself. Don't do it!

I would love you to consider joining me as I take committed people like yourself on the journey of self-discovery, personal and professional growth, and development by helping you answer your calling!

The community is going to be incredible, and I'm excited to welcome you into our exclusive Facebook community. Join us right now, and start connecting with leaders at all stages of the journey of answering their calling!

Meet potential collaborators from around the globe! Learn how they face challenges and create the changes they want to see in the world!

[\*\*JOIN THE GROUP\*\*](#)

All my Love!

Elizabeth Sabet



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