

12 STEPS TO STEPPING INTO YOUR PURPOSE-DRIVEN LIFE



**A Guided Workbook for Women Ready to
Walk in Clarity, Confidence, and Calling**

By Dr. Val Harris



By Dr. Val Harris

I empower purpose-driven women leaders, educators, and authors to transform their life lessons and leadership into legacy-driven books, meaningful coaching programs, and sustainable income—without burnout or self-doubt.

www.steppingoutwithpurpose.com

TABLE OF CONTENT

- **Welcome**

- **How to Use This Workbook**

Step 1: Pause & Pray – Invite God Into Your Process

Step 2: Remember Your Story – Seeing Purpose in Your Journey

Step 3: Clarify Your “Why” – What Drives Your Calling

Step 4: Identify Your God-Given Gifts & Strengths

Step 5: Define Your Values & Non-Negotiables

Step 6: Envision Your Purpose-Driven Life

Step 7: Discern Your Next Assignment

Step 8: Release Fear, Guilt & Comparison

Step 9: Build Supportive Habits & Boundaries

Step 10: Find Your Purpose Partners & Community

Step 11: Take Bold, Imperfect Action

Step 12: Commit to Legacy & Lifelong Growth

.

Reflection & Notes (optional extra pages)

Your Next Step: From Clarity to Cash Mini Lab



12 Steps to Stepping into Your Purpose- Driven Life

WELCOME +

Welcome, Purpose-Driven Woman

You are not reading this by accident.

Somewhere deep inside, you know there is more:

More impact. More clarity. More alignment. More courage.

You've poured into others, carried responsibilities, and navigated transitions—but this season is about **stepping into the purpose-driven life you were created for.**

This workbook is your simple, 12-step guide to:

- Slow down and listen to what God has been whispering
- Clarify who you are and what you're called to do
- Take practical, doable steps toward your next level

You don't need to have it all figured out.

You just need to be willing to take **one step at a time.**

How to Use This Workbook

Pray first. Invite God into this process.

Go at your pace. You can do one step per day, one per week, or one whenever you're ready.

Write honestly. This is a safe place—no judgment, no “right answers.”

Take action. Every step includes a small action to build momentum.

You'll also see gentle nods to my 7 Pillars of Transformation:

Prayer, Passion, Purpose, Potential, Preparation, Positive Mindset, Persistence.

These pillars support you as you step into a life that's both purpose-driven and sustainable.

At the end, I'll share a simple next step if you'd like personal support mapping out your path.

Grab your favorite pen, your journal, and an open heart. Let's step in together. 

STEPPING INTO YOUR PURPOSE-DRIVEN LIFE

There comes a moment when “playing small” no longer fits who you are. You feel it in your spirit: a pull toward more—more alignment, more impact, more obedience to what God has placed inside of you.

This workbook, “**12 Steps to Stepping Into Your Purpose-Driven Life**,” was created to help you honor that pull.

Inside, you’ll find simple, heart-centered steps that walk you through:

- Reflecting on your story and how God has shaped you
- Recognizing your gifts, strengths, and values
- Clarifying your “why” and your next assignment
- Releasing fear, comparison, and doubt
- Taking bold, practical action toward a life that reflects your calling

You don’t need to have everything figured out.

You just need to be willing to take the next step.

As you move through each page, pray, reflect, and write honestly. This is your space to dream, heal, and plan—with God at the center.

My prayer is that this workbook becomes a turning point—a moment where you stop shrinking back and start stepping out with purpose into the life you were created to live.

With love and belief in you,

Dr. Valarie W. Harris
Stepping Out with Purpose, LLC

STEP 1 – PAUSE & PRAY: INVITE GOD INTO YOUR PROCESS

(Pillar: Prayer)

Scripture to Reflect On:

Consider reading Psalm 37:23; Matthew 6:33.

When life feels busy or confusing, our first instinct is often to “do more.” But purpose begins with presence—slowing down long enough to ask, *“Lord, what are You saying about this season of my life?”*

Stepping into a purpose-driven life is not about hustling harder, it’s about aligning with God’s direction for you.

Reflection Questions

1. Where in my life do I feel the most restless or unsettled right now?

2. Where do I sense God nudging me to slow down and listen?

3. How have I seen God guide my steps in past seasons?

Journal Prompt

Write a short prayer inviting God to lead you in this journey. Be specific about areas where you need clarity, courage, or peace.

Action Step

Set aside 10–15 minutes today to sit quietly, breathe, and pray.

Write one sentence that begins:

In this season, I believe God is inviting me to_____”

STEP 2 – REMEMBER YOUR STORY

(Pillar: Purpose)

Scripture to Reflect On:

Romans 8:28

Your story is not a random collection of events. Your pain, victories, detours, and breakthroughs are all ingredients God can use to shape your purpose.

Reflection Questions

1. What are 3 defining moments in my life that changed me?

2. What challenges have I overcome that others often ask me about?

3. What parts of my story do I usually hide—but could actually help someone else?

Journal Prompt

Choose one defining moment and write what you learned about God, yourself, and others through that experience.

Action Step

Make a simple list of:

3 struggles you've faced

3 lessons you've learned

3 ways you might use those lessons to help others

STEP 3 – CLARIFY YOUR “WHY”

(Pillar: Passion)

Scripture to Reflect On:

Habakkuk 2:2; Romans 12:11.

Passion fuels perseverance. Your “why” keeps you going when it’s not easy, when you’re tired, or when others don’t understand your vision.

Reflection Questions

1. What breaks my heart or makes me righteously angry?

2. Who do I feel deeply drawn to help?

3. If I could fix or change one thing in the world, what would it be?

Journal Prompt

Finish this sentence:

“I feel called to help _____ so they can _____ because _____.”

Action Step

Write your “why statement” on a sticky note or card and place it where you’ll see it daily (desk, mirror, journal).

STEP 4 - IDENTIFY YOUR GOD-GIVEN GIFTS & STRENGTHS

(Pillar: Potential)

Scripture to Reflect On:

1 Peter 4:10; Romans 12:6

You are not empty-handed. God has already placed gifts, strengths, and skills inside you—some spiritual, some natural, some developed through experience.

Reflection Questions

- 1. What do people consistently thank me for or compliment me on?**

- 2. What comes easily to me that feels hard for others?**

- 3. When I'm using my gifts, how do I feel?**

Journal Prompt

List at least 10 strengths, gifts, or skills you have (yes, 10!). Include things like listening, organizing, encouraging, teaching, creating, solving problems, etc.

Action Step

Ask 2–3 trusted people (friend, leader, spouse, colleague):

1. “What are three strengths you see in me?”

2. Add their answers to your list.

STEP 5 - DEFINE YOUR VALUES & NON-NEGOTIABLES

(Pillar: Positive Mindset & Preparation)

Scripture to Reflect On

Micah 6:8; Joshua 24:15.

Purpose-driven living isn't just about what you **do**, but ***how*** you do it. Values act as guardrails to protect your peace and integrity.

Reflection Questions

1. What matters to me more than money or recognition?

2. What kind of woman do I want to be known as?

3. Where in my life am I currently out of alignment with my values?

Journal Prompt

Write 5-7 core values (e.g., faith, integrity, generosity, family, excellence, service, health). Under each one, write one sentence about what that value looks like in action.

Action Step

Circle one value you will honor more intentionally this week and decide one concrete change to support it.

STEP 6 – ENVISION YOUR PURPOSE-DRIVEN LIFE

(Pillar: Purpose & Passion)

Scripture to Reflect On:

Proverbs 29:18.

Vision gives your steps direction. It doesn't have to be perfect—but it does need to be written.

Reflection Questions

If nothing was blocking me (time, money, fear), what would my ideal purpose-driven life look like in 3-5 years?

o How would I spend my time?

o Who would I be serving?

o What kind of impact would I be making?

Journal Prompt

Write a one-page “future letter” from your future self, describing your purpose-driven life: where you live, how you serve, how you feel, and what God has done. **Write your future letter in your personal journal.**

Action Step

Pull out 3 key phrases from your vision and highlight them. These become clues for your next steps.

STEP 7 – DISCERN YOUR NEXT ASSIGNMENT

(Pillar: Preparation)

Scripture to Reflect On:

Psalm 37:23; Proverbs 3:5–6.

You don't need the full 10-year plan. You need the next assignment. Purpose becomes clearer as you walk, not just as you think.

Reflection Questions

Based on my story, gifts, and vision, what “next assignment” keeps coming up in my heart?

(Start the book? Launch the group? Start the business? Serve at church? Mentor someone?)

- **What am I afraid to say yes to?**

Journal Prompt

Write out 2–3 possible “assignments” you feel nudged toward. Circle the one that feels both stretching and aligned.

Action Step

Name your one main assignment for the next 90 days:

“For the next 90 days, my primary assignment is to _____.”

STEP 8 – RELEASE FEAR, GUILT & COMPARISON

(Pillar: Positive Mindset)

Scripture to Reflect On:

Isaiah 41:10; 2 Timothy 1:7.

Fear, guilt, and comparison are purpose killers. You cannot step fully into your life while holding onto the voices that say, “Who do you think you are?” or “It’s too late.”

Reflection Questions

1. What thoughts or fears show up when I think about stepping into my purpose?

2. Whose voice (real or imagined) am I afraid of hearing?

3. Where am I comparing myself to others and minimizing my own journey?

Journal Prompt

Write a “release letter” to God, naming fears, guilt, or comparison you’re ready to surrender. Then write a short response as if God is reminding you of who you are in Him.

Action Step

Choose one new truth statement (affirmation rooted in faith), e.g.:

“I have greatness inside of me that the world needs.”

Speak it aloud daily for the next 7 days.

STEP 9 – BUILD SUPPORTIVE HABITS & BOUNDARIES

(Pillar: Persistence & Preparation)

Scripture to Reflect On:

Galatians 6:9; Hebrews 12:1.

Purpose is not powered by bursts of inspiration alone. It's sustained by habits and boundaries that protect your energy and focus.

Reflection Questions

1. What habits are currently draining my energy or distracting me from purpose?
2. Where do I say “yes” too easily, and where do I need to say “no” more often?
3. What small habit could I add that would strengthen me spiritually, mentally, or physically?

Journal Prompt

List 3 habits you want to release and 3 habits you want to build in this season.

Action Step

Choose ****one habit to start** (e.g., morning prayer, 15-minute reading, daily walk) and **one boundary to set** (e.g., no emails after 9 PM, limit social scrolling).

STEP 10 – FIND YOUR PURPOSE PARTNERS

(Pillar: Passion & Persistence)

Scripture to Reflect On:

Ecclesiastes 4:9-10.

Purpose is not a solo project. You need encouragers, truth-tellers, and builders around you.

Reflection Questions

1. Who in my life genuinely wants to see me win?

2. Who drains me, distracts me, or pulls me away from purpose?

3. What kind of community or mentorship have I been missing?

Journal Prompt

Make two lists: “**People Who Fuel Me**” and “**People/Spaces That Drain Me**.” Reflect on how you might lean into the first and set healthier limits with the second.

People Who Fuel Me: _____

People/Spaces That Drain Me: _____

Action Step

Reach out to one person who could be a purpose partner (friend, mentor, coach, leader) and share one thing you’re working on.

STEP 11 – TAKE BOLD, IMPERFECT ACTION

(Pillar: Persistence)

Scripture to Reflect On:

James 2:17; Joshua 1:9.

Clarity grows through **motion**. At some point, you have to stop editing the vision and start walking it out—messy, learning, adjusting as you go.

Reflection Questions

1. What is one action I've been delaying because I'm waiting to "feel ready"?

2. What is the worst that could happen if I try? What is the best that could happen?

Journal Prompt

Describe one bold, imperfect action you will take in the next 7 days toward your assignment.

Action Step

1. Schedule that action on your calendar (go live, make the phone call, send the email, outline the book, book a strategy session, etc.).
2. Share with someone you trust for accountability.

STEP 12 – COMMIT TO LEGACY & LIFELONG GROWTH

(Pillar: Prayer, Purpose, Persistence)

Scripture to Reflect On:

Philippians 1:6; Psalm 145:4

Stepping into a purpose-driven life is not a one-time event. It's a journey—of obedience, growth, and legacy. Your life, your story, your obedience will impact people you may never meet.

Reflection Questions

1. What kind of legacy do I want to leave—spiritually, emotionally, financially, professionally?

2. How do I want my children, mentees, or community to describe my life and leadership?

3. What am I willing to keep learning, practicing, and refining?

Journal Prompt

Write 1-2 paragraphs as if you are at the end of your life, looking back with gratitude. What are you proud you said “yes” to? What did God do through your obedience?

Action Step

- o Choose one ongoing growth commitment:
- o Joining a community
- o Working with a coach or mentor
- o Reading one leadership or faith book per month
- o Attending a workshop, conference, or program

Write:

“I commit to continuing my growth by _____.”

YOUR NEXT STEP

You've Started the Journey—Now Let's Map Your Path

WOW!

You've just walked through 12 powerful steps to stepping into your purpose-driven life. You've prayed, reflected, journaled, and identified assignments, habits, and next moves.

Now the question is: What will you do with this clarity?

If you're ready to:

1. Turn your reflections into a clear offer or assignment,
2. Map out your next 60–90 days with support,
3. And stop second-guessing your calling.

I'd love to personally walk with you in my Clarity-to-Cash Mini Lab.

In 60 minutes, we take what you started in this workbook and:

1. Clarify who you serve and what you offer
2. Create a simple Message & Offer Map
3. Design a 7-Day Action Plan so you know exactly what to say, post, and do next

👉 Learn more & book your session here:

[Insert your link]

Remember:

You have greatness inside of you that the world needs.

Your purpose is not a distant dream—it's a journey you are already on.

Keep stepping out with purpose. ❤

Dr. Val

YOUR THOUGHTS:

JOURNAL HERE

DATES :

NEED MORE INSIGHT & SUPPORT?

I empower purpose-driven women leaders, educators, and authors to transform their life lessons and leadership into legacy-driven books, meaningful coaching programs, and sustainable income—without burnout or self-doubt.

12 Steps to Stepping Into Your Purpose- Driven Life



A GUIDED WORKBOOK FOR WOMEN READY TO WALK IN CLARITY,
CONFIDENCE, AND CALLING