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YOUR PURPOSE COACH™

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How Are Mal

I'm excited to share this freebie with you! I've curated some things I've learned from being an entrepreneur for over 20 years, being a certified integrative wellness life coach, and writing lifestyle articles for some of the world's top entertainment and media brands.

I've crafted a fun, easy-to-follow workbook to help you have faith and ask God to help you fulfill your purpose filled visions. Enjoy the journey!



I HAVE A STORY FOR YA! WANT TO HEAR IT? HERE IT GOES...

Are you wondering, "How can I find a clearer direction in life if I don't even know my purpose?" Believe it or not, part of this uncertainty comes from not being fully mindful of what you truly want. Don't get me wrong, finding your purpose is essential for a fulfilling life. But being mindful of your desires is just as important.

I bet you're also curious about why I picked 300 for your vision. I know, it's pretty huge! The truth is, this idea sparked when I heard Steve Harvey talking about his list. I thought it should be more personal and meaningful, so here we are! My motivation actually comes from an inspiring story in the Bible.

JUDGES CHAPTERS 6-7

The story is about a man named Gideon, also known as Jerub-Baal. He was from the tribe of Manasseh. He lived during a time when Israel was oppressed by the Midianites due to their disobedience to God. Gideon was initially a hesitant and somewhat doubtful character. God called him while he was threshing wheat in a winepress to hide it from the Midianites. An angel of the Lord appeared to him and called him a "mighty warrior," telling him he was chosen to deliver Israel from the Midianite oppression (Judges 6:11-12).

Gideon was uncertain about his calling and asked for multiple signs from God to confirm that he was indeed chosen to save Israel. These signs included the famous test of the fleece, where he asked God to make a fleece wet with dew while keeping the ground dry, and then the reverse (Judges 6:36-40).

Judges Chapter 7 tells the story of Gideon's remarkable victory over the Midianites. Gideon assembles an army to confront the Midianites. However, God informs Gideon that his army is too large and instructs him to reduce it. First, Gideon sends home those who are fearful, reducing the troops from 32,000 to 10,000. God further narrows it down to 300 men based on how they drink water.

To further reduce the number, God instructs Gideon to take the men to the water and observe how they drink. God tells Gideon to separate the men based on this behavior. Those who lapped the water with their hands to their mouths numbered 300, and those who knelt down to drink directly from the water were sent home.



God chose the 300 men who lapped the water to accompany Gideon, ensuring that the victory would be attributed to divine intervention rather than human strength.

To encourage Gideon, God instructs him to go down to the Midianite camp, where Gideon overhears a Midianite recounting a dream that predicts Gideon's victory. Bolstered by this, Gideon worships God and returns to his camp.

Gideon then divides his 300 men into three companies, each equipped with trumpets, jars, and torches inside the jars. They surround the Midianite camp at night, and on Gideon's signal, they blow the trumpets, break the jars, and hold up the torches, creating the illusion of a large army. The Midianites panicked, turned on each other, and fled. Gideon calls for reinforcements from the tribes of Naphtali, Asher, and Manasseh to pursue the fleeing Midianites. Finally, Gideon sends messengers to the Ephraimites to cut off the Midianites at the Jordan River. The Ephraimites capture and kill the Midianite leaders, Oreb and Zeeb, bringing their heads to Gideon. This chapter highlights God's power and provision, demonstrating that victory is achieved through faith and obedience to God's instructions, not by human strength or numbers.

After the victory, Gideon led Israel for a period of peace that lasted 40 years. However, his later years were marked by controversy. He made an ephod (a priestly garment) from the gold taken as spoils of war, which eventually became an object of idolatry for the Israelites (Judges 8:27). Despite his flaws, Gideon is remembered as a hero of faith in the New Testament (Hebrews 11:32).

Now you see why I chose 300! I knew I needed to increase my asking so God could increase His giving. I was open to receiving and walking into a new season of overflow.

Gideon's life and actions provide valuable lessons on faith, trust in God's guidance, and the dangers of falling intso idolatry and pride. Remember, God is not a genie who just goes around granting wishes. You need to make sure your desires align with His word and your purpose. And most of all, remember this...



For as the body without the spirit is dead, so faith without works is dead also.

(JAMES 2:26, KJV)





Here are two other Bible scriptures I recommend you read, **Habakkuk 2:2** and **James 4:2**. Then do the following. Within a year, you should be able to check off 10% of your desires. If you can manifest more, that's great. If you don't reach 30, don't worry. You are still making progress.

Now faith is the substance of things hoped for, the evidence of things not seen.

(HEBREWS 11:1, KJV)



#1	Write down 300 desires you want God to provide and be specific about what you want.
#2	Read your list every morning when you wake up and before you go to bed. Read with the expectation and faith that God will answer your prayers.
#3	One year from the day you created your list, check off everything that God has provided.

DIRECTIONS

I created this list so you wouldn't feel overwhelmed or discouraged. Your desires will be for many different areas of life, so I broke the list down into 12 categories (listed on the next page). I'm sure you can think of at least 25 for each category, resulting in 300. It took me five hours to complete my list. Within a year, a little over thirty of my visions were fulfilled.

However, you shouldn't consider creating your list a race against the clock. I wanted to show you how to compartmentalize your thoughts and meditate on one area at a time so your desires can flow freely. You may also realize other desires while focusing on another area of your life. Remember to write in the present tense ("I have a house at the beach"). Avoid writing in the future tense as it does not claim position or ownership.

I want to add the importance of believing in the finished works of God. "Seek ye first the kingdom of God, and his righteousness, and all these things shall be added unto you," Matthew 6:33 (KJV). Take the time to build an intimate relationship with Him. Look at this as something other than just a checklist of demands. Remember, your results are always a reflection of your intentions.

I intentionally didn't make this a fillable PDF because the point is to write it down. You need to create your list with intention, and typing it doesn't make the cut.



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Career	Health	
Community	Home	
Family	Lifestyle	
Finances	Mental	
Friends	Spiritual	
Giving	Wellness	
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Ye lust, and have not: ye kill, and desire to have, and cannot obtain: ye fight and war, yet ye have not, because ye ask not.

(JAMES 4:2, KJV)



HOW'S IT GOING?

I'd love to hear about how you're manifesting your visions, how it's going, and what you we able to manifest. Shoot me an email so we both can share. I look forward to hearing from you!

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