



Stephanie
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Speaker | Life Transformation Expert

THE POWER OF PURPOSE

How to Unlock Your Potential
and Thrive in Challenging Times



WELCOME

Stephanie Puente is the President of CoreFactor Transformative Coaching and is a Certified Life Coach and Transformation Expert. She's passionate about helping individuals and professionals hone in on their authentic life path and empowering them to create and live a life they love living. In between teaching and coaching, Stephanie is also a sought-after speaker and offers engaging and interactive workshops around the U.S. to organizations both large and small.

In addition to more than 20 years of study in personal development, her professional career includes two decades in marketing and communications, business administration, and event planning for the Four Seasons Hotel in New York City; Christie's Great Estates, the real estate division of Christie's Auction House in Santa Fe, NM; an international law firm in Washington, D.C.; and an award-winning children's music school in Austin, TX. She earned her bachelor's degree in Liberal Arts from the University of Texas in Austin and continues to invest in advanced training and education through the Brave Thinking Institute. She has been happily married for more than 20 years to her husband and has two daughters.

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THERE ARE POWERS INSIDE OF YOU WHICH, IF YOU COULD DISCOVER AND USE, WOULD MAKE OF YOU EVERYTHING YOU EVER DREAMED OR IMAGINED YOU COULD BECOME.

- ORISON SWETT MARDEN

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THE FIRST STEP TOWARDS GETTING
SOMEWHERE IS TO DECIDE YOU'RE NOT
GOING TO STAY WHERE YOU ARE

JOHN PIERPONT "J.P." MORGAN

INTRODUCTION

No matter who you are, or what walk of life you come from, this once-in-a-century pandemic has brought change to your life. You've come across new challenges and opportunities that didn't exist before. Maybe those challenges and opportunities were always there, but with life as you know it coming to a halt, they've risen to the surface and you've been able to see them. And perhaps that's the gift in all of this.

You are seeing with a new perspective, and are likely realizing what matters most. **None of us are going back to the world as we knew it before, so now is your chance to really make the changes you want to make.** And I'm here today to give you some guidance in doing that..

The purpose of this eBook is to help you reveal the gift that is here for you in this moment, become magnetic to a higher way of being, uncover your purpose and take steps toward living your more fulfilled and rewarding life today.

Whether you feel knee-deep in difficulties right now, or you're doing pretty well but just want to get attuned to your purpose and your vision, this book is for you. **The goal is for you to be more empowered in this moment, no matter where you're starting from,** even if it feels overwhelming, challenging or even impossible.

By following the guidance in this book you can discover the purpose that is already within you and gain the clarity you need to move forward with confidence and power. You will be given teachings, action steps, helpful tips and inspirational quotes throughout this book to get you into the mindset to thrive. And you'll have some new tools to keep you moving forward no matter what life brings.

You'll have my contact information at the end of this eBook as well. It is my passion and purpose to help people thrive so when you've completed this book, shoot me an email. I'd love to hear how it went for you.

Enjoy this process! Believing in you, Stephanie



I've made more information and resources available to you on my website. I hope you enjoy some of these topics:

- [The Power Within You](#)
- [Igniting Your Desire](#)
- [Accessing Your Genius](#)
- [Uncertainty Can Serve You Rather Than Deplete You](#)

CHAPTER
01
THE GIFT IS NOW



Photo: Tyler Nix, Unsplash

It's human nature to experience adversity and see the bad in it. Whether we've lost a job, are mourning the loss of a loved one or struggling through a health challenge, it's easy to feel down about it. And that's ok. We're allowed to feel emotions. But it begins to hurt us when we decide to pitch a tent there and let those emotions determine our future. So what's the solution?

Choosing to see that within every adversity there is a seed of good that has been planted. When you look back throughout history, for every tragedy more love is created on the other side, for every great challenge a hero emerges. It is the same for you. No matter what you are experiencing there is something greater you will become for having experienced it.

The challenge or adversity is not here to dial you down and make you small, it's here to call forth the greatness inside of you.

What if by choosing the perception that your challenge is here to make you greater, not less, you are able to see the true gift and value in yourself- beyond circumstance? I invite you to begin by choosing to see it that way. By making that choice, you immediately become more empowered and you decide that no challenge, circumstance or situation can define you. In fact, you are willing to find the good in it and become better than ever before.

This is the first step to unlocking your purpose.



Purpose doesn't have to BE some major thing like changing the world. It can simply be being present and making a positive contribution to the relationships that matter most. Sometimes we can think if we're not doing something great, like changing the world, then we don't matter. We can get caught up in comparisons and feel discouraged and give up. Your purpose might be to have an impact on your family or community, and that's just as important.



Take Action!

Write down the biggest challenge you face today and what the seed of good might be within that challenge.



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TO VENTURE CAUSES ANXIETY, BUT NOT TO VENTURE IS TO LOSE ONE'S SELF... AND TO VENTURE IN THE HIGHEST SENSE IS PRECISELY TO BE CONSCIOUS OF ONE'S SELF.

~ Soren Kierkegaard

CHAPTER 02 MAGNETIC GRATITUDE



Photo: Daniel Garth, Unsplash

There are a multitude of reasons that gratitude is so beneficial to our lives, but I want you to understand specifically why it is the next step to unlocking your purpose. Gratitude is the fastest way to align to the frequency of receiving the gift in this moment.

When you are in gratitude, you are choosing to see goodness. You see the gift in the moment, as we talked about in the last chapter. And when you can see the goodness in life and align to that level of experiencing the world, you cannot help but to be on purpose. You become the highest version of yourself and are able to express who you are truly here to be.

There are three different levels of gratitude, and once you understand them it will be much easier for you to see where gratitude may be missing for you, and how to increase it.

“WHEN” GRATITUDE

When I lose weight, get promoted, get engaged, or pay off my mortgage, then I’ll be grateful. That is gratitude dependent on circumstance and holds us in the energy of a victim mentality. We are at the effect of the world, rather than choosing our inner state for ourselves.

“FOR” GRATITUDE

I’m grateful for my health, my daughter, my husband, my garden. Being grateful for things is wonderful, and is the most common form of gratitude that we practice. But the challenge is, if the thing you’re grateful for goes away, like your health, or your relationship or your garden, do you then stop being grateful?

“IN GRATITUDE”

The highest level of gratitude is “in” gratitude. No matter what situation I find myself in, I am grateful. I am not grateful because of the situation, I am simply someone who chooses to be in a state of gratitude, and I can be in gratitude in every moment of my life.

By the way, no human being has mastered this, but it is something to do a little bit better every day. When you decide the state you want to be in instead of letting the world decide for you, you see the beauty, love, connection and joy that exists in the world at all times. It’s only hidden from us when we’re stuck in a negative perspective.



MAGNETIC GRATITUDE



Take Action!

Write down 5 things you are grateful for, 5 challenging situations that you are choosing to see gratitude in, and 5 wins that you can celebrate today, no matter how big or small.

5 THINGS I'M GRATEFUL FOR TODAY:

5 WINS I'M GRATEFUL FOR TODAY:

5 SITUATIONS I CHOOSE TO FIND GRATITUDE IN:



Stephanie's Tip

Practice this activity every day, and your brain will be re-conditioned to look for the good. Eventually you may not feel that you have "challenges" because you will see them as opportunities.

This activity is more powerful than you can imagine.





**EACH OF US HAS AN
INNER DREAM THAT
WE CAN UNFOLD IF WE
WILL JUST HAVE THE
COURAGE TO ADMIT
WHAT IT IS. AND THE
FAITH TO TRUST OUR
OWN ADMISSION. THE
ADMITTING IS OFTEN
VERY DIFFICULT.**

~ Julia Cameron

CHAPTER
03
SIGNALS OF PURPOSE



Photo: Scott O'Brien, Unsplash

Now that you are in the frequency of gratitude you can be magnetic to your purpose. Let's uncover your purpose using the internal signals that are there for you right now, in this moment.

When you are out of sync with your purpose, your spirit nudges you and lets you know. This feels like longing

and discontent. You feel discontent about the things in life that aren't aligned with your purpose, and you feel longing for what would actually make you on purpose and fulfilled.

By listening to your longing and discontent, you actually get a completely accurate read on who you are and what you are here to do. The

key to doing this is being completely non-judgemental with yourself and allowing yourself to notice how you really feel. It's easy to say we want something because we are afraid of letting it go, or afraid of hurting someone's feelings. But when you really take a look inside, what are you discontent about and what are you longing for?

ASK YOURSELF THIS QUESTION:

"If I was guaranteed to succeed and I really believed it was possible, what would I truly love to be, do, have, feel and achieve in my life?" *For example:*

LOVE & RELATIONSHIPS

I'm longing for a life partner and more good friendships, and discontent that I feel lonely.

VOCATION (HOW YOU USE YOUR TIME AND TALENT)

I long to do work helping children, and feel discontent working in an office that has a negative environment.

HEALTH & WELLBEING

I'm longing to lose 20 pounds and feel vibrant, strong and youthful and feel discontent that I feel sluggish and in pain.

TIME & MONEY FREEDOM

I'm discontent with working long hours and missing out on family time, and longing to work less while making more money.

SIGNALS OF PURPOSE



Take Action!

Write down any longing or discontent you have in the area of your Health & Wellbeing and include things that would create more happiness and fulfilment if they were in your life.

HEALTH & WELLBEING



I'm discontent about...



I'm longing for...

SIGNALS OF PURPOSE

03



Take Action!

Write down any longing or discontent you have in the area of your Love & Relationships and include things that would create more happiness and fulfilment if they were in your life.

LOVE & RELATIONSHIPS



I'm discontent about...



I'm longing for...

03 SIGNALS OF PURPOSE



Take Action!

Write down any longing or discontent you have in the area of your Vocation and include things that would create more happiness and fulfillment if they were in your life.

VOCATION



I'm discontent about...



I'm longing for...

03 SIGNALS OF PURPOSE



Take Action!

Write down any longing or discontent you have in the area of your Time & Money Freedom and include things that would create more happiness and fulfilment if they were in your life.

TIME & MONEY FREEDOM



I'm discontent about...



I'm longing for...

SIGNALS OF PURPOSE

03



Stephanie's Tip

Don't edit yourself. When doing this exercise our logical mind tells us what we 'should' want. That won't help you find your purpose. You parents may have told you you "should" become a doctor. No one else can tell you what you are on this earth to do.

Think of the movie "Billy Elliot." He longed to be a dancer even though that was not acceptable for young boys in Northern England in the 80's. He followed his longing and became a great ballet dancer. When you tune into your heart and pay attention to what makes you feel alive, expansive and inspired - that is longing. What feels like containment or constriction - that is discontent.



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**CREATE A DEFINITE
PLAN FOR CARRYING
OUT YOUR DESIRE
AND BEGIN AT ONCE,
WHETHER YOU ARE
READY OR NOT, TO
PUT THIS PLAN INTO
ACTION.**

~ Napoleon Hill

CHAPTER
04
MOVING FORWARD

"IT'S IMPOSSIBLE," SAID PRIDE. "IT'S RISKY," SAID EXPERIENCE. "IT'S POINTLESS," SAID REASON. "GIVE IT A TRY," SAID THE HEART.

~ Unknown

Now that you know what brings you discontent and what you long for instead, it's time to move in that direction. The only way to truly unlock your purpose is to take action.

The first step is to do the gratitude practice from Chapter 2. By acknowledging and celebrating your wins you create momentum to keep moving forward in your life, step by step, with gratitude and purpose.

The next step to moving into your purpose is to ask yourself this question every day:

What step can I take from where I am, with what I have to move deeper into my purpose today?

We often try to "figure" out how to get something done. Once

you know your longing and discontent, it's normal to default to the logical mind to "figure out" what to do next. But the answers will come from within. Ask a question, because then you are leaving space for an answer that is much deeper than what your logical mind can come up with.

You can ask more general or more specific questions such as:

What step can I take from where I am, with what I have in the next 5 minutes to serve my purpose today?

What step can I take from where I am, with what I have to consistently lose weight and feel great in my body?

What step can I take today from where I am, with what I have to meet the love of my life?



Take Action!

Set a timer for 2 minutes. Ask a question to help move you into your purpose today, listen for ideas that come up and write them down.



Stephanie's Tip

We often get paralyzed at the starting line because we overthink things. We get overwhelmed feeling like we have this mountain to climb to live our purpose and hesitate to move at all. If that is you, allow yourself to just take one step. Just one. Nothing else is required today. But by taking the first step, you create intention and momentum and life will show up to support you in taking the next step, and then the next.



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**IF ONE ADVANCES
CONFIDENTLY IN
THE DIRECTION OF
HIS DREAMS, AND
ENDEAVORS TO LIVE
THE LIFE WHICH HE
HAS IMAGINED, HE WILL
MEET WITH A SUCCESS
UNEXPECTED IN
COMMON HOURS.**

~ Henry David Thoreau



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WHAT'S NEXT

Amazing work! You now have greater awareness, clarity and direction for your purpose. Now you've taken the first steps, but if you want to go further, I want to help you go all the way.

Let's create a roadmap to a purpose-driven life you truly love, that you can sustain over time, no matter what's going on in your circumstances and conditions.

I've created a special gift that will help you take this work to the next level: a **60-minute complimentary Discovery Session**. During this hour, you'll gain greater clarity on the area(s) of life you're wanting to improve, design a clear vision of results you'd love to create, and discover the next important steps you can take to move in the direction of your dream.

A GIFT FOR YOU

Click [**HERE**] now to schedule your complimentary Discovery Session.

To living your purpose!

