

DISCOVERING PURPOSE, LLC

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# DISCOVERING PURPOSE WORKBOOK

LIVING LIFE ON PURPOSE



NYDIA E. GARCIA

# DISCOVERING PURPOSE *in Life*



## Discovering Purpose Workbook

For the woman who holds it  
all together.

This is your loving reminder God's  
mark of identity on your life purpose  
is as unique as your fingerprint.

“For I know the plans I have for you,”  
declares the Lord, “plans to prosper  
you and not to harm you, plans to  
give you hope and a future”  
(Jeremiah 29:11, NIV).



# DISCOVERING PURPOSE

*in Life*



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## How to use this guide

As you work through this guide, allow yourself to be unapologetically honest. The TRUTH will set you free (John 8:32)!

You might feel hesitant to write or think of the thought-provoking questions and some of the feelings. Remember- you are in a safe space.

As you begin, invite the Holy Spirit to be with you and guide the transformation in your life.

Be patient with the process and trust God's plans are good for you.

# Do.

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Simple. Do the last thing God told you to do.

Gaining clarity often begins by ACTION.

Many times we can delay gaining the results we desire because - to be honest - the small thing God asked of us has been skipped.

## GUIDED QUESTIONS

1. What was the most recent thing God asked you to do?  
Did you do it promptly or delay?

2. Write down any limitations that prevent you from doing so.



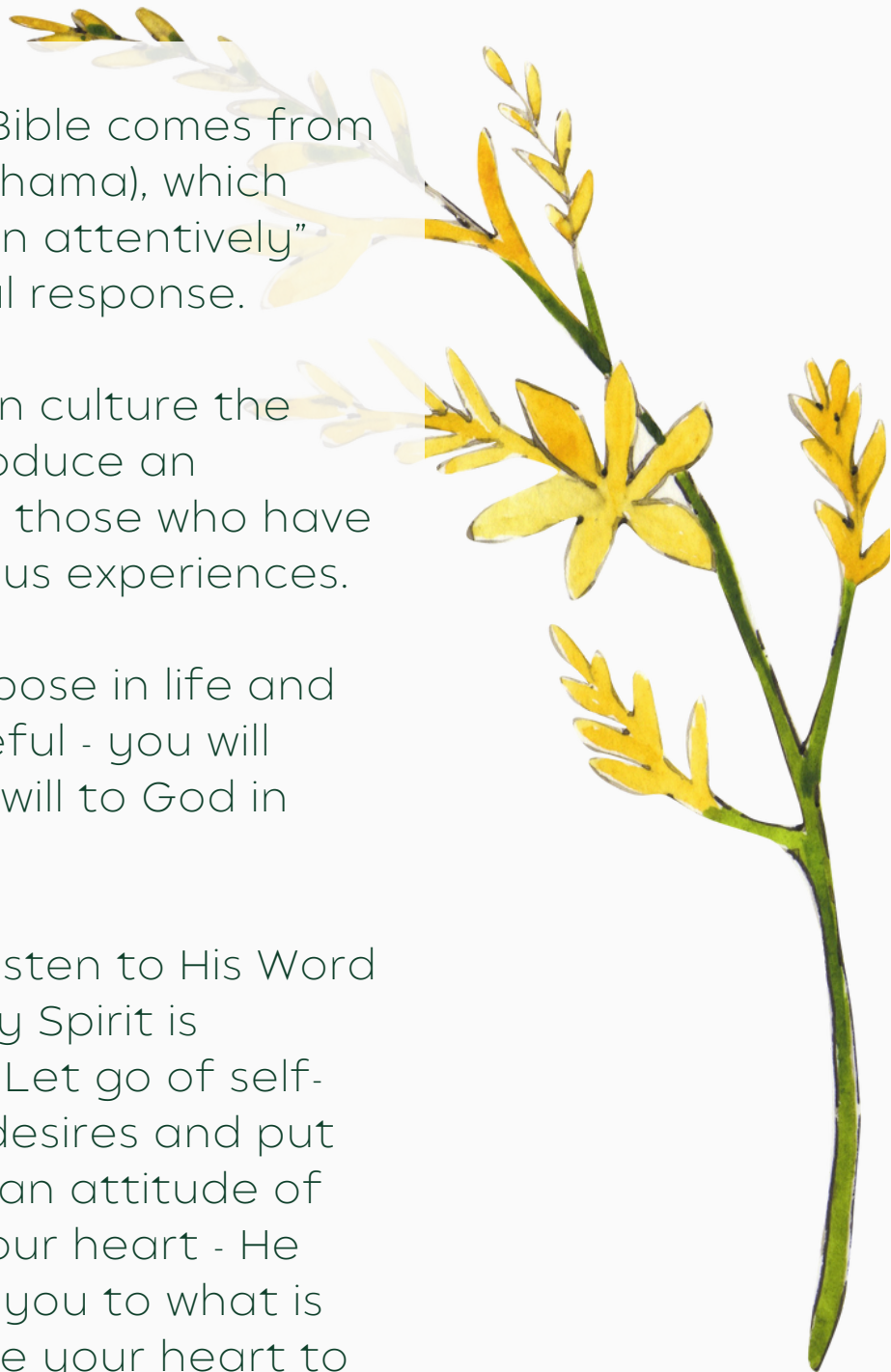
# OBEDIENCE

The term “obey” in the Bible comes from the Hebrew word **שמע** (Shama), which means to “hear” or “listen attentively” combined with a faithful response.

Unfortunately in modern culture the term obedience can produce an opposite response from those who have been impacted by various experiences.

In order to discover purpose in life and be complete and peaceful - you will want to surrender your will to God in obedience.

Take time to read and listen to His Word (Bible) and what the Holy Spirit is speaking to your heart. Let go of self-seeking ambitions and desires and put on Godly ambition with an attitude of faith that God knows your heart - He created it! He will guide you to what is best for you and change your heart to accept His purposes for you with immense joy!



# Ask.

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Do you have areas of your life lacking clarity?

This can feel like frustration or a block.

At times the lack of an answer is due to not asking the right questions. Shifting to the right questions will help you notice your answers as they come.

Asking God or wise people for guidance can certainly help.

## **GUIDED QUESTIONS**

1. Ask God, “What do I need to let go of ‘fixing’ in my own ways and abilities?” Write the response.

2. What is an eternal perspective on this decision I am facing?



# SALVATION

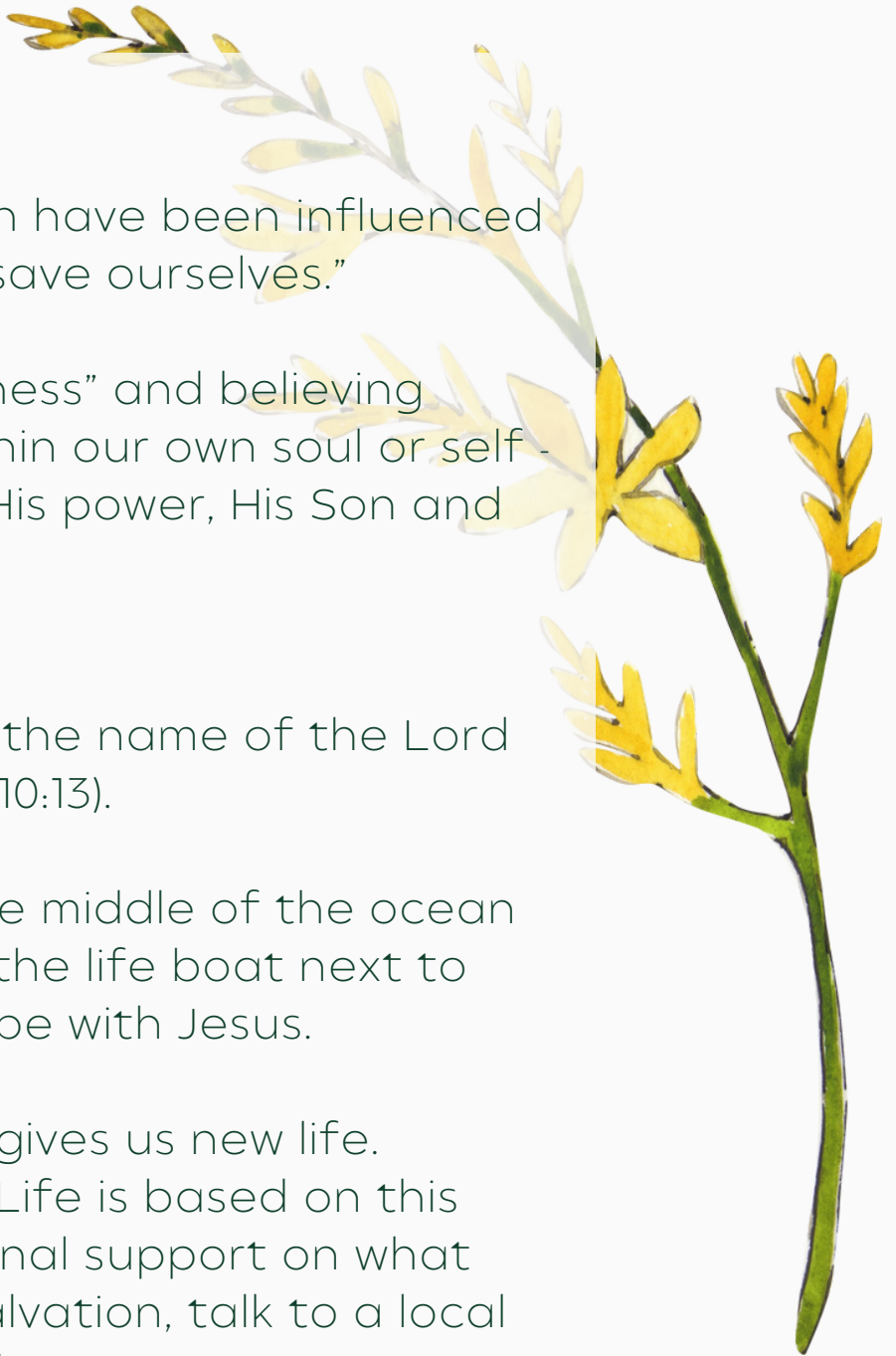
As women, we too often have been influenced by modern culture to “save ourselves.”

We do this by “mindfulness” and believing everything is found within our own soul or self - instead of in God and His power, His Son and His Holy Spirit.

“Everyone who calls on the name of the Lord will be saved.” (Romans 10:13).

Imagine being out in the middle of the ocean drowning and ignoring the life boat next to you. That is how it can be with Jesus.

Jesus is our Savior and gives us new life. Discovering Purpose in Life is based on this foundation. For additional support on what the Bible says about salvation, talk to a local church pastor or Christian.



# Choose.

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Before you can witness the satisfaction from living a purposeful and fulfilling life you must choose who you will serve.

“But as for me and my household, we will serve the Lord”  
(Joshua 24:15)

## GUIDED QUESTIONS

1. Think about the most stressful decision you made this week. Who were you serving? (Boss, family, self, etc)

2. What would it be like to choose God above all else in every situation?





# VISION

“And the LORD answered me: ‘Write the vision; make it plain on tablets, so he may run who reads it’  
(Habakkuk 2:2).

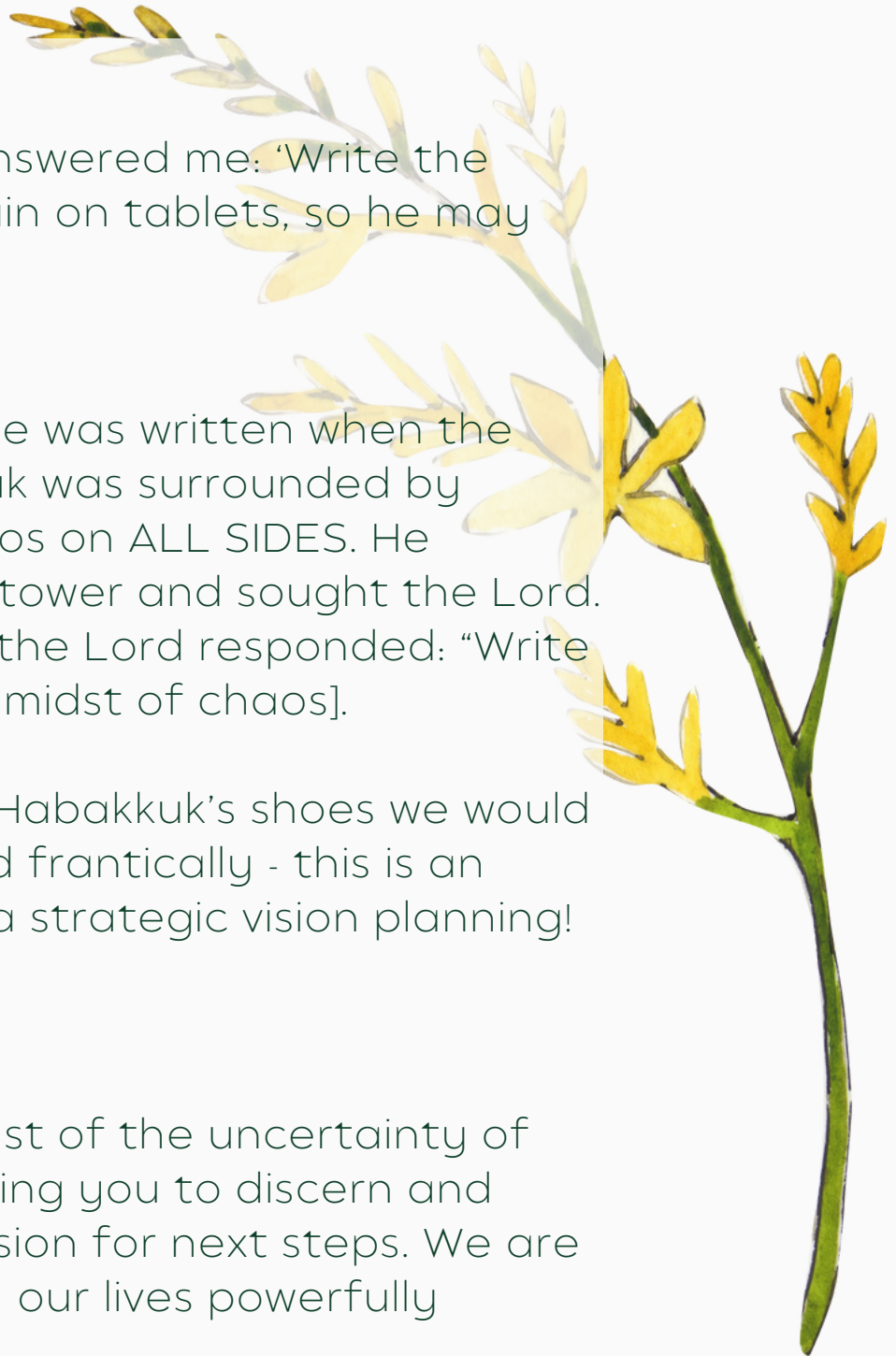
This famous quote was written when the prophet Habakkuk was surrounded by enemies and chaos on ALL SIDES. He climbed on a tall tower and sought the Lord. And THIS is what the Lord responded: “Write the vision” [in the midst of chaos].

Ha! If we were in Habakkuk’s shoes we would probably respond frantically - this is an emergency! Not a strategic vision planning!

But God knew.

Ladies, in the midst of the uncertainty of today. God is asking you to discern and write down the vision for next steps. We are called to steward our lives powerfully (Ecclesiastes 5:18).

Hear from him, see the vision, receive in your spirit and write it so it may happen!



# Surrender.

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Okay. Deep breath.

Imagine doing a DIY project while the original creator watched alongside you - yet willing to complete the work at no charge?! This is exactly how it is when we attempt to do it ourselves instead of asking Jesus for help.

We too often seek validation for our achievements and efforts instead of acknowledging the One who already completed the work (Ecclesiastes 3).

God has called us to a Holy Rest (Hebrews 4).

## GUIDED QUESTIONS

1. What is an area of your life you have chosen to DIY without asking Jesus for help?

2. Are you willing to surrender and ask God how you should respond to His rest (Hebrews 4)?



# HABITS

"You do not rise to the level of your goals. You fall to the level of your systems." - James Clear, "Atomic Habits"

Pay attention to your habits.

Specifically, there is neuroscience evidence that demonstrates the importance of spiritual discipline first thing in the morning and last thing at night. Spiritual disciplines such as meditation on scripture can greatly improve the effects of purposeful goals.

Practicing a consistent spiritual routine will ground your character, provide you with an avenue to gain wisdom and process emotions.

It is the MOST important thing you do to become a successful woman with consistent strength.

Trusting this moment of faithful sacrifice and loving devotion to the Lord reflects a heart posture of trust and faithfulness.



# Trust.

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The moment of surrender feels peaceful.  
But the moment of searching can feel uncertain due to still not having the answers.

Every one of us desires to know the future.

And we can trust God understands the beginning to the end (Ecclesiastes 3).

## GUIDED QUESTIONS

1. In what area can you BEGIN taking action as an act of faith in trust?

2. What would it look like to trust God in the process and with the results?



Thank  
you.

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Thank you for taking the time to download and complete this guide.

I am so glad to connect with you!

I would love to hear from you on where God is leading you!

Email me: [Nydia@discoveringpurpose.life](mailto:Nydia@discoveringpurpose.life)

  
Nydia







# ABOUT THE AUTHOR

Nydia is a lifelong Jesus lover. She accepted Christ into her heart through a children's ministry at age 2 and since then has grappled with cultural norms, leadership, mental health topics, spirit-led ministry and faith.

She loves helping women tap into their God-given purpose and learn how to live life with true joy!

MORE INFORMATION

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