



Your next steps to



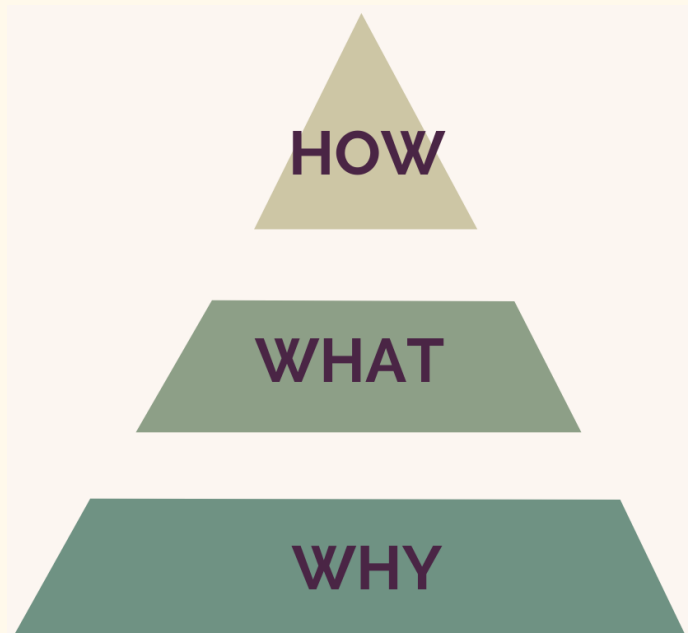
**work with
purpose**

THE WORKBOOK

www.debbielee.co.uk



THE THREE INGREDIENTS TO PURPOSEFUL WORK



YOUR BIG WHY

1. Take a look at the questions on the next page
2. Choose up to 10 words from the list, or your own
3. Narrow these down to a maximum of 5
4. Build your compass



QUESTIONS

Think about or journal on the following questions. I would recommend setting a timer for around 15minutes.

1, Looking back, identify some times when you were happiest in both your career and personal life.

- What were you doing?
- Were you with other people? Who?
- What other factors contributed to your happiness?

2, Identify times when you have been most proud in both your career and personal life.

- Why were you proud?
- Were you alone or in a group?
- What other factors contributed to your feelings of pride?

3, Identify the times when you were most fulfilled and satisfied, both in work and personal life.

- What need or desire was fulfilled?
- How and why did the experience give your life meaning?
- What other factors contributed to your feelings of fulfillment?





CHOOSE YOUR THEME WORDS

Some ideas:

Accountability	Correctness	Exploration
Accuracy	Courtesy	Expressiveness
Achievement	Creativity	Fairness
Adventurousness	Curiosity	Faith
Altruism	Decisiveness	Family-orientedness
Ambition	Democraticness	Fidelity
Assertiveness	Dependability	Fitness
Balance	Determination	Fluency
Being the best	Devoutness	Focus
Belonging	Diligence	Freedom
Boldness	Discipline	Fun
Calmness	Discretion	Generosity
Carefulness	Diversity	Goodness
Challenge	Dynamism	Grace
Cheerfulness	Economy	Growth
Clear-mindedness	Effectiveness	Happiness
Commitment	Efficiency	Hard work
Community	Elegance	Health
Compassion	Empathy	Helping society
Competitiveness	Enjoyment	Holiness
Consistency	Enthusiasm	Honesty
Contentment	Equality	Honor
Contribution	Excellence	Humility
Control	Excitement	Independence
Cooperation	Expertise	Ingenuity





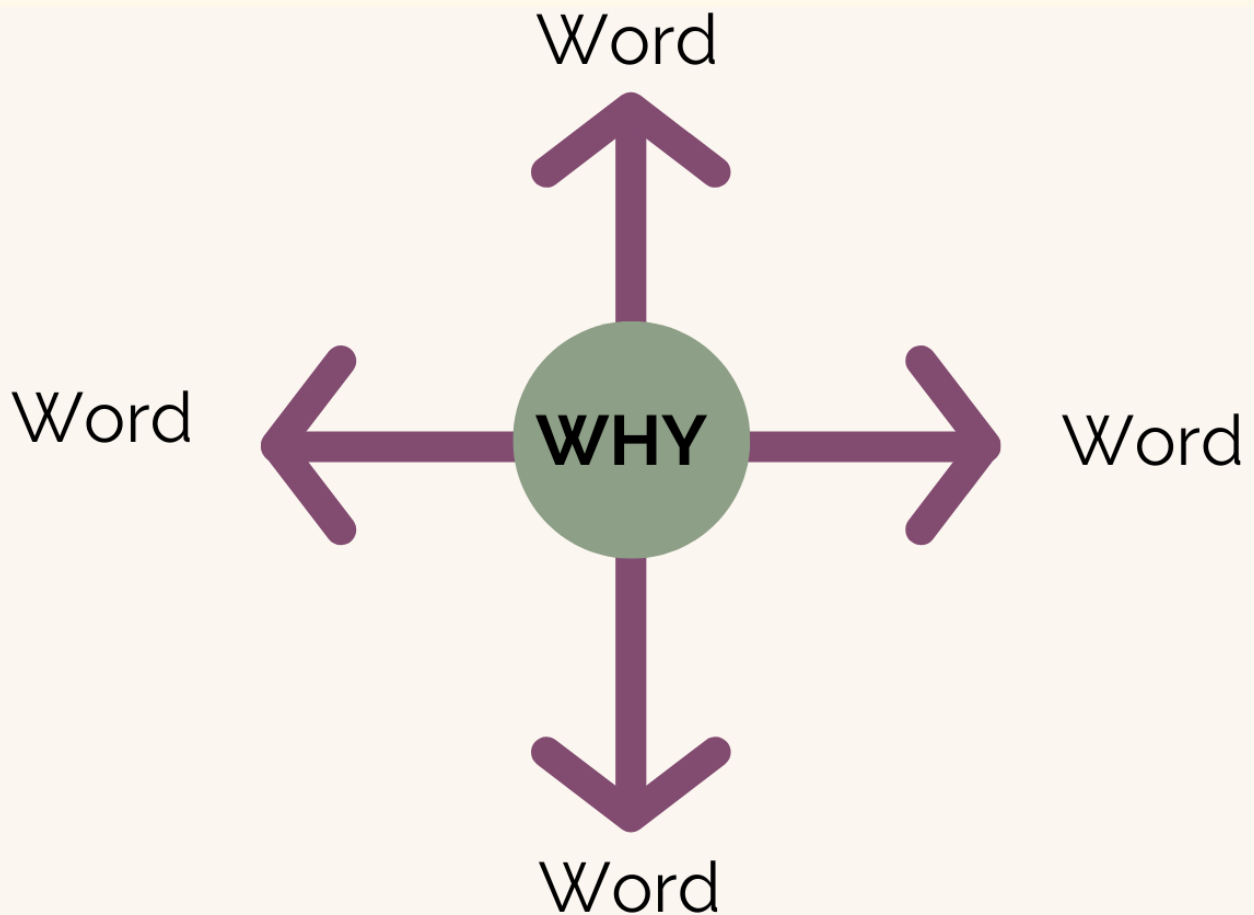
CHOOSE YOUR THEME WORDS

Inner harmony	Prudence	Teamwork
Inquisitiveness	Quality-orientation	Temperance
Insightfulness	Reliability	Thankfulness
Intelligence	Resourcefulness	Thoroughness
Intellectual status	Restraint	Thoughtfulness
Intuition	Results-oriented	Timeliness
Joy	Rigor	Tolerance
Justice	Security	Traditionalism
Leadership	Self-actualization	Trustworthiness
Legacy	Self-control	Truth-seeking
Love	Selflessness	Understanding
Loyalty	Self-reliance	Uniqueness
Making a difference	Sensitivity	Unity
Mastery	Serenity	Usefulness
Merit	Service	Vision Vitality
Obedience	Shrewdness	
Openness	Simplicity	
Order	Soundness	
Originality	Speed	
Patriotism	Spontaneity	
Perfection	Stability	
Piety	Strategic	
Positivity	Strength	
Practicality	Structure	
Preparedness	Success	
Professionalism	Support	



BUILD YOUR COMPASS

Choose one word to put at the centre, and up to four words to support it.



Get in touch

I'd love to know how you got on with this and what your big WHY is. Come say hi on Instagram and let me know

Let's Chat



Hi! I'm Debbie

...and I'm obsessed with helping other entrepreneurs earn more while doing less. If you fancy combining simple, impactful business strategy with your own feel good factor to grow your side hustle to a fully fledged business I'm here for you!

Debs xx

Find out more >