

CALLINGCAREER

by Abraham T. Atansuyi (Tolu Radiant)

FREE

Companion to Your Career Is Calling — Day 1

Purpose Discovery Guide

*A 15-Exercise Deep Dive into the
Pain → Pattern → Purpose Pipeline*

WHAT'S INSIDE

- 15 step-by-step exercises — no book required
- The complete Pain → Pattern → Purpose Pipeline
- All 3 Purpose Statement drafts (Raw, Clarity, Activation)
- The 7 Principles of Purpose Fulfillment — personal application
- A signed Purpose Declaration page to keep and display

*"Purpose is not discovered in silence — it is found by
tracing your history honestly." — Tolu Radiant*

Before You Open the Door

If you picked up this guide, something in you is ready to stop drifting. Maybe you have been living a life that looks fine from the outside but feels misaligned from the inside. Maybe you have a sense that you were built for something specific — but no one has ever given you the framework to find out what that is. That is why I wrote this.

This guide is not a personality test. It is not a quiz that tells you what career to pursue based on your answers to twelve multiple-choice questions. It is a structured excavation of your actual life — your pain, your patterns, and the purpose hiding inside both of them.

I want to be honest with you before we start: this will require you to tell yourself the truth. Not the version of the truth that sounds good in an interview, or the version your parents tell at family gatherings, or the version you post on social media. The real truth — about what hurt you, what woke you up, and what you actually care about when no one is watching.

That honesty is not comfortable. But it is the only door that leads somewhere worth going.

I have been where you are. I served in the United States Navy without knowing my purpose. I built a career in the federal government before I understood why I existed. I entered rooms full of credentials I had earned without clarity about what I was building toward. The exercises in this guide are the ones that finally gave me that clarity — and they have given it to thousands of young adults across Lagos, London, and Los Angeles since.

Your purpose is already in you. We are not inventing it today. We are finding it. The evidence has been accumulating in your life since the beginning. We are just learning to read it.

Take every exercise seriously. Write by hand if you can. Tell yourself the truth at every question. And by the time you reach the final page — the Purpose Declaration — you will not just have a statement. You will have a direction.

Let us begin.

— *Abraham T. Atansuyi (Tolu Radiant)*

U.S. Navy Veteran · Federal Leader · Author · CallingCareer Founder

HOW TO USE THIS GUIDE

Read first, write second.

Read each exercise introduction fully before picking up your pen. The framing changes what you write.

Write by hand.

Handwriting slows you down in the right way. It forces deeper processing. Do not type your answers.

Answer the hardest question first.

Every exercise contains one question you will be tempted to skip. That is the one to stay with the longest.

Do it in one sitting.

This guide is designed to be completed in 90-120 minutes. The momentum is the point. Do not spread it across days.

STEP 1 OF 3 · PAIN

Excavate Your Pain

Pain is not where the story ends — it is where the story begins. The experiences that hurt you most have also wired you most deeply. They calibrated your sensors to pick up frequencies others miss. The person who survived poverty develops a permanent sensitivity to financial vulnerability. The person who battled invisibility develops an ability to see overlooked people that others walk past without registering. Your pain is not a liability. It is your first credential.

"What is the hardest season you have ever survived? What struggle have you overcome that you wish no one else had to go through? What experience left a permanent mark on how you see the world?"

1

The Three Wounds

In your journal or below, name your three most significant painful or difficult experiences. Do not explain or justify them yet. Just name them honestly. One sentence each.

Wound 1:

Wound 2:

Wound 3:

2

The Depth Question

For your deepest wound — the one you wrote first, or the one that cost you the most — answer this: What did surviving it teach you that you could not have learned any other way?

3

The Anger Inventory

What injustice or struggle in the world makes you unreasonably angry — not just mildly bothered, but genuinely activated? The things that light you up with indignation are directional data. List every one you can think of.

4 **Five Moments You Felt Most Alive**

Think back across your entire life — childhood, teenage years, college, last week. When did you feel most energised, most fulfilled, most like 'this is what I am supposed to be doing?' Not moments that looked impressive. Moments that felt right, even if they were small or quiet or private.

Moment 1: what I was doing, who I was with, why it felt right

Moment 2: what I was doing, who I was with, why it felt right

Moment 3: what I was doing, who I was with, why it felt right

Moment 4: what I was doing, who I was with, why it felt right

Moment 5: what I was doing, who I was with, why it felt right

5 **The Pattern Bridge**

Look at your five moments. Now look at your three wounds. What do they share? What were you doing in each moment — serving, building, healing, explaining, connecting, creating? Write the pattern you observe below. This pattern is the

The pattern I see across my moments and my wounds:

ACTION
Before moving to Step 2, read back everything you have written in this section. You are looking for the thing that appears repeatedly — the type of person you keep serving, the type of problem you keep noticing, the type of situation that keeps activating you. *Underline it every time it appears. That repetition is your signal.*

STEP 2 OF 3 · PATTERN

Decode Your Pattern

Your pain does not just hurt you — it wires you. It calibrates your perception to pick up frequencies that people without that pain cannot detect. The person who grew up navigating a chaotic household develops a sensitivity to interpersonal tension that becomes a superpower in mediation and leadership. The person who survived financial scarcity develops a fluency in resource management that formal education rarely produces. Your pattern is what your pain prepared you to see, solve, and care about. Step 2 is finding it.

6

What You Solve Without Being Asked

What problems do you keep solving for other people — even when you are not asked, and there is no compensation? Not the problems you are hired to solve. The ones you solve because you cannot help it.

7

What People Come to You For

What do people consistently ask you for help with — across different periods of your life, different cities, different relationships? What do they tell you you are good at, even when you have not sought that feedback? List every pattern you notice.

8

What You Notice That Others Walk Past

What do you see in rooms, relationships, and situations that other people seem to miss entirely? What problems are obvious to you that appear invisible to those around you? This is your calibration — the specific wavelength your pain tuned you to pick up.

9

Pain → Pattern Translation

For each wound you listed in Exercise 1, write in plain language what it wired you to understand. Complete the sentence: 'Because I survived _____, I now understand _____ in a way that most people do not.'

Wound 1: Because I survived _____, I now understand _____ :

Wound 2: Because I survived _____, I now understand _____ :

Wound 3: Because I survived _____, I now understand _____ :

STEP 3 OF 3 · PURPOSE

Name Your Purpose

You have done the excavation. You have traced the pain. You have decoded the pattern. Now you name it — the specific human problem you are uniquely equipped to help solve. This is not a mission statement for a company. This is a statement of the specific reason you exist, in its most honest and most useful form. You will write it three times. Each draft gets more specific, more activated, more truly yours.

"I help [who — specific people in a specific situation] overcome [what — the specific challenge your pattern prepared you to address] so they can [transformation — what becomes possible for them when the problem is solved]."

11

Define "Who" — Your Specific People

"Young adults" is not a useful definition. "First-generation university graduates in Nigeria who are navigating career transitions without professional mentorship" is. Get specific. The more clearly you can see their face, the more powerfully you can serve them.

My specific people are:

12

Define "What" and "So They Can"

The "what" is the specific challenge — the problem your experience has made you uniquely qualified to address. The "so they can" is the transformation — what becomes possible for them. Freedom, clarity, income, healing, confidence, belonging. Name both.

The specific challenge I help them overcome (WHAT):

The transformation they experience when it is solved (SO THEY CAN):

13

Draft 1 — The Raw Honesty Draft

Do not edit this draft. Do not make it sound good. Write the most honest answer you can to this question: Based on my pain, my pattern, and what I care about most deeply, why do I think I exist? Set a ten-minute timer. Write without stopping. This draft is for you alone.

Draft 1 — write it raw, write it true:

14

Draft 2 — The Clarity Draft

Read Draft 1 out loud. Circle the phrases that feel most true. Underline the specific people you seem to be trying to help. Box the specific problem you seem most passionate about solving. Now rewrite it using the structure below — more simply, more specifically, more actionably. Draft 2 is a purpose statement, not a paragraph.

"I help [specific people] [specific transformation] so that [specific outcome]."

Draft 2 — specific, structured, honest:

Self-test: Is this specific enough that a stranger could identify exactly who you serve and exactly what changes for them? Circle your honest answer: YES, this is specific. ALMOST — I need more clarity on who. NOT YET — it is still too general.

15

Draft 3 — The Activation Draft

Draft 3 is where the purpose statement becomes a direction. Rewrite it in present-tense active language — not "I want to" or "I hope to" but "I am." Then add one specific, time-bound first action you are taking this week to begin living it. Purpose without action is philosophy. Draft 3 makes it a plan.

EXAMPLE
"My purpose is to help young adults from under-resourced communities build financial clarity and generational wealth. This week, I am beginning by creating a free 30-minute budgeting workshop that I will offer to three people in my immediate network."

Draft 3 — present tense, specific first action:

ACTION
Tell someone you trust about your Draft 3 today — not tomorrow, not when it feels ready. Accountability dramatically increases the probability of follow-through. Who will you tell? Write their name:
* _____

Knowing Is the Beginning. Living Is the Work.

A purpose statement is a starting point, not a destination. The real work is building a life infrastructure that makes living purposefully daily and automatic — not just when the energy is high, but especially when the pressure is on. These seven principles are a sequential roadmap. They build on each other. You cannot skip rungs. Each one earns the next.

- 1 IDENTITY**
 Know who you are, apart from what you do. Your purpose flows from your identity, not your resume. Until you know who you are independent of your title and your role, your purpose will always feel borrowed.
- 2 EXPERIENCE**
 Your experiences — especially the painful, embarrassing, and failed ones — are credentials. Stop discounting your story because it lacks formal recognition. Start asking what it uniquely prepared you to offer.
- 3 WORK**
 Purpose without work is an excellent daydream. Start with what you currently have — your phone, your story, your network, your skills. The person who waits for perfect conditions will wait forever.
- 4 PRODUCER**
 Shift from consumer to creator. Everything you have ever consumed was created by someone whose purpose drove them to produce. You are meant to be on the producing side of that equation.
- 5 EXPERT**
 Get genuinely good — not just good enough. Learn from every project, every client, every mistake. Treat feedback as fuel, not as a verdict. Expertise is built through repetition and honest self-assessment.
- 6 SOLUTION**
 Purpose expressed without market connection is a private spiritual experience. For your purpose to be sustainable, it must be expressed through a solution that addresses a problem real people actually have.
- 7 FRUIT**
 Sustained, intentional, purpose-driven work pays off — financially, relationally, in impact and legacy. The fruit comes after you have planted and watered through the first six. There are no shortcuts to seven.

PERSONAL APPLICATION — CIRCLE YOUR ANSWERS

The principle I am currently living most fully:

1. Identity 2. Experience 3. Work 4. Producer 5. Expert 6. Solution 7. Fruit

The principle I most need to intentionally develop right now:

1. Identity 2. Experience 3. Work 4. Producer 5. Expert 6. Solution 7. Fruit

My Purpose Declaration

Complete this page after finishing Exercise 15 — Draft 3.
Sign it. Keep it. Read it every morning.

MY PURPOSE STATEMENT (FINAL DRAFT 3):

I AM

I am [your identity — not your job title. Who you are fundamentally: creator, connector, builder, healer, teacher, protector — the core of who you were designed to be]:

I EXIST TO

I exist to [your purpose statement, written in the most activated, present-tense version you have so far. The specific people, the specific problem, the specific transformation]:

I WILL NEVER COMPROMISE

I will never compromise [the non-negotiable — the line you will not cross regardless of money, pressure, or approval. The thing that, if you gave it up, you would no longer recognise yourself]:

MY FIRST ACTION THIS WEEK

This week, I am beginning by [the specific, time-bound first action from Draft 3. Not 'someday.' Not 'when I am ready.' This week]:

Signed: _____ Date: _____

I told this to: _____ on: _____

*"For we are his workmanship, created in Christ Jesus for good works,
which God prepared beforehand, that we should walk in them."*