

Rise With **Purpose**



The Courage to Change



Christina Booth

I'm Worthy



Worth comes from within. No one can give it to you, and no one can take it from you. Your value is not determined by what others say, what they do, or how they treat you. It begins inside of you. When you start to believe that you are worthy, you begin to stand differently, think differently, and live differently. Real worth is something you choose to recognize in yourself.



The Triple D (DDD) Bullet



The Triple D, or DDD Bullet, is a mindset-change formula. It is made up of three forces: Drive, Determination, and Discipline. Together, they form the bullet that is you: focused, powerful, and in motion.

When you take control of your life and bring these three together, you begin charging forward with purpose. You become harder to stop because you are no longer waiting for life to change.

You are becoming the force that changes it.



Drive



Drive is finding what pushes you forward from whatever hell you have been through and turning that hellfire into fuel. It is the force that helps you rise instead of staying stuck. Your pain does not have to end your story. It can become the fire that propels you toward growth, healing, and success. Whatever goal you set for yourself belongs to you. It can be big or small, personal or professional. The point is that it is yours, and your drive gives you the energy to move toward it.



Determination



Determination is the decision you make about the change you want or the life you want to build.

It is more than a passing thought.
It is more than a wish.

It becomes your truth. And when something becomes your truth, it grows stronger than fear, excuses, and setbacks.

Determination is what keeps you standing on your decision even when the journey is hard.

It is the inner commitment that says, 'This is who I am becoming, and I will not turn back.'



Discipline



Discipline is personal accountability in action.

You have made the decision. Now it is up to you to see it through. No one can make changes in your life for you.

This is where you begin changing your mind about yourself, remembering that you are worthy, valuable, and capable, and then taking action on what you have decided. No one can give this power to you but you. You already have it. Now it is time to start believing that you do. Even if you have to start small, start. Every step matters.



The Bullet



Print this out and write what drives you (your hellfire), your determination (your decision, your truth), and your discipline (the word(s) or image of your goal or the thing you are trying to accomplish) and put it in a place you will see every day.



Rise With **Purpose**



Purpose in life comes from you and only you. People try to live in your head rent-free through the things they do and say, but your headspace is yours to control. You decide what stays there because no one knows what it is like to be you. No one has to live with you the way you live with yourself, and you are the one person you can never truly get away from.

Your headspace can be full of things that do not belong to you, but you can change that. Fortify it. It starts with the belief that you are worthy of you. From the beginning of the day to the end of the day, you are always there for you. You were born this way. Purpose comes from you, so whether your purpose is already clear or you are still deciding what it will be, believe it. Believe in yourself, and the possibilities are endless.

