



ESTHER FAST BREAKTHROUGH GUIDE

FAITH LIZ'S CORNER

*Esther Fast Handbook for a Divine Breakthrough That
will Change Your Life*



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Hi, I'm Faith Liz,

I can attest to the benefits of the Esther Fast. I am living my reality of answered prayers. So, with this resource, I am thrilled to take you through one of the proven methods of receiving any breakthrough from GOD in your life.

Throughout the scriptures, we see many patriarchs and matriarchs praying and fasting, and as a result, destinies change, decrees are reversed, prisons are opened, and answers are obtained from GOD. JESUS is quoted saying, "But this kind does not go out except by prayer and fasting" (Matthew 17:21).

Believe me when I say that when you set yourself apart to pray and fast effectively, your answered prayers are inevitable. I am here to guide you to clarity, answered prayers, and the GOD-aligned destiny you yearn for.

So, Welcome,

Faith Liz



SECTION ONE

INTRODUCTION TO FASTING

In both the Old and New Testaments of the Bible, we clearly see the benefits of prayer and fasting. Fasting is abstaining from food or drink to focus on prayer and seeking GOD's will. Prophets in the Old Testament, such as Ezra, Daniel, Moses, Nehemiah, Joel, and Isaiah, etc., prayed and fasted, and their situations changed. They heard GOD's voice and also saw GOD's intervention in their matters.

In the New Testament, we see JESUS being led by the SPIRIT of GOD into the wilderness where HE fasted for 40 days and 40 nights without food and water as HE prayed. This was the fast that led HIM into HIS ministry. At the end of these 40 days of prayer and fasting, HE returned in power to Galilee.

Then JESUS went back full of and under the power of the [HOLY] SPIRIT into Galilee, and the fame of HIM spread through the whole region roundabout. Luke 4:14 (Amp-C)

Fasting does not change GOD but it aligns you with GOD. Fasting draws you closer to GOD to have an intimate relationship with HIM, opening your eyes to what GOD wants to teach you while giving you supernatural power, insight, wisdom and breakthrough.



Benefits of Fasting

BREAKTHROUGH

Fasting and prayer help you hear from GOD. As you forego food and drink to fast and pray, you devote your entire being to GOD. Consequently, you are more sensitive to the voice of GOD and more attuned to hearing what HE has to reveal to you. Through fasting and prayer, any hidden sin is exposed so you can repent and seek forgiveness. Fasting and prayer teach you to pray with the right motive while building your Faith.

Types of Fasting

There are many times of fasting types recorded in the bible. These include the Daniel Fast, The Jesus Fast and the Esther Fast et cetera. In this resource, we will concentrate on the Esther Fast. From the name, it was named after the Jewish girl Esther who decreed the Jews exiled to Persia under King Xerxes to fast for three days and 3 nights without food and water, praying and seeking GOD for an interventional reversal of the decree that would see all Jews massacred.

Esther Fast

When Mordecai (Esther's cousin) learned of this decree, he quickly notified Esther, warning her of the seriousness of the decree, and that should it be discovered that she is a Jew, she would not escape. She had only one option – to plead for her people before the king. And if she should choose not to do so, GOD would choose someone else – but this petition to the king had to be done! (Esther 4:14)

Esther agreed to go into the King's palace with the petition to spare her people. Now this could have cost her her life, as the etiquette of the Persian court was very strict. Coming into the king's presence unsummoned was a capital crime and was dealt with severely. It was viewed in the same light as murder or rebellion. The intruder was to be instantly put to death by the king's guards unless the king extended his sceptre to the intruder.



Benefits of Fasting

BREAKTHROUGH

How the Esther Fast was conducted

Esther 4:16 – “Go, gather all the Jews to be found in Susa, and hold a fast on my behalf, and do not eat or drink for three days, night or day. I and my young women will also fast as you do.” NKJV

Esther requested Mordecai that her fellow Jews fast with her for three days and nights, taking no food or water. Bear in mind that a day for Jews starts at sunset. And we see that she instructs them not to eat or drink for 3 days, night or day. So, understand that they started the fast in the evening as this is the start of a new day for Jews.

Esther 5:1 – On the third day Esther put on her royal robes and stood in the inner court of the King’s palace, in front of the king’s quarters, while the king was sitting on his royal throne inside the throne room opposite the entrance to the palace. According to this Scripture, Esther presented herself before the king while she and the Jews were still fasting. By the time the King and Haman came to the banquet that evening, the fast would have been over.

Result of the Esther Fast

I recommend you fully study the book of Esther for more revelation and understanding. But all in all, This Esther Fast recorded in the scriptures worked. At the end of these three days and nights of no food and no drink, the decree was overturned, Mordecai was honoured for saving the king’s life, and Esther gained favour before the King, Haman, the man who had orchestrated the pending yet cancelled decree to massacre the Jews was hanged in place of Mordecai and the posterity of the Jews preserved.

What a GOD of impossibilities!!!

Why The Esther Fast?

I should clearly state this: The Esther Fast is not for everyone. You have to have a certain level of maturity in GOD and have fasted before, and at that frequently, before embarking on it.

It takes a toll on your body, and I advise you to do minimal to no physical activity or work. Please only commit to it when you have leave from work and can concentrate solely on the Fast.

Who this fast is for?

1. You are at a fork in the road. You are stuck.

I have been there; when nothing seems to be going my way. In front of me, I felt scared, filled with uncertainty, overwhelmed, imposter syndrome, lack of confidence and anxiety to the extent that I was stuck. I could offer to do anything to find clarity and move according to GOD's will. That's when GOD intervened. When my pastor instructed me to go on an Esther Fast, I had nothing to lose. I committed to my pastor's guidance from GOD for clarity.

Bible verses to guide you:

Isaiah 30:21: *Your ears shall hear a word behind you, saying, "This is the way, walk in it," Whenever you turn to the right hand Or whenever you turn to the left.*

Psalms 32:8: *I will instruct you and teach you in the way you should go; I will guide you with My eye.*

2. You have prayed but not seen any breakthrough.

This resource is birthed from my life experience. So, I share with you what has worked for me. I have been there where I have prayed, and fasted but still did not have any concrete breakthrough I can remember. If this is your case, an Esther Fast could be what you need for your breakthrough.

Bible verses to guide you:

Mark 3:27 *No one can enter a strong man's house and plunder his goods unless he first binds the strong man. And then he will plunder his house.*

Matthew 17:21 *However, this kind does not go out except by prayer and fasting."*



You can do all things through Christ who strengthens you *Philippians 4:13*

[WATCH MY TESTIMONY](#)



3. You have a life-and-death situation:

Just as Esther and the Jews in the book of Esther, if they had not acted, their existence was under threat. Life situations can seem to have only two options, life or death. These situations cause you to seek a way out. An Esther Fast then could be the right fast for you. *(The book of Esther as reference)*

4. You have Interrupted blessings, impending premature death of projects, and aspects of your life:

For instance, Esther had been chosen as the queen. That was a blessing for her and her people, the Jews. But this was threatened by Haman. So, she had to act otherwise, her title as queen was in jeopardy, and her people faced a threatening death decree. A 3 day fast was timely to reverse this decree and maintain her title as queen. *(The book of Esther as reference)*

Note for Esther Fast

For anyone with serious health issues or who is on medication, it is very crucial to consult your doctor or a dietician first to ensure it is safe for you to abstain from both drinking and eating for an extended period.

You cannot attempt to do the Esther Fast in your own strength. If you've been instructed by GOD, rest assured HE will give you the grace and strength to pull through it unscathed.

*It is not by power, nor might but by the Spirit of GOD.
Zechariah 4:6*



Need Some Help? Let's Brainstorm!

Have any questions? Please send me a direct message on Instagram and I'll provide you some personal feedback and advice.

@faithlizscorner

Faith Liz's Corner

Esther Fast

WORKSHEET

What are your reasons for the Esther Fast? (Why are you convicted to undertake this Fast?)

What are your prayer points/ what do you want GOD to do for you?

Esther Fast

WORKSHEET

Can you dedicate 3 days of uninterrupted time to pray in the Spirit, Worship and wait on GOD. Detail what you will need to have a successful Esther Fast

When will you be praying? (Ensure to pray in tongues/ Spirit most of these times)
It is advisable to pray after every 3 hours. say 12:00 am, 3 am, 6 am, 9 am, 12 pm, 3 pm, 6pm, 9pm and 12 pm. Do at least this for 12 hours.

Esther Fast

WORKSHEET

Prepare your Bible, Notebook (Prayer Journal), Pens, highlighters and everything you will need to take notes when GOD speaks to you.

Prepare your worship playlist and worship chants for your Fast

Esther Fast

WORKSHEET

Every time you wake up, journal your thoughts, your dreams, bible verses revealed to you among others. Make sure you journal even the mundane aspects of your fast.

Take time to wait on GOD and quiet your mind. Sometimes GOD speaks in a still small voice. (1 Kings 19:11-13). Remove any distractions turn off your phone, and notifications, remove any dopamine stimulation and dedicate this time to GOD.

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This image shows a full page of handwriting practice paper. It features approximately 20 horizontal dashed lines spaced evenly down the page. The lines are thin and light gray, set against a plain white background. There are no margins, text, or other markings on the page.



Invitation to Get Unstuck 1:1 Coaching

Get Unstuck today and start living a purpose-driven life as predestined for you by GOD. Say no more to being overwhelmed, unconfident, inconsistent and living below your potential.

You are the light of the world. A city that is set on a hill cannot be hidden. (Matthew 5:14) So, let's uncover your potential, align yourself to your values and quit being change-averse.

Romans 12:2 says "And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of GOD

The perfect will of GOD for your life requires a transformed mind.

LET ME HELP YOU GET UNSTUCK BY CLICKING THE LINK BELOW

COME, GET UNSTUCK TODAY



Step by Step Guide to MEDITATE AS A CHRISTIAN

Pick a few bible scriptures to pray in. The scriptures related to your prayer points should affirm your prayer requests. For instance,

- if you're praying for a spouse, find scriptures related to that marriage & finding a spouse; He who finds a wife finds a good thing, and obtains favour from the LORD. Proverbs 18:22
- Find scriptures indicating you were healed if you're praying for healing. Such as Isaiah 33: 24, No one living in Zion will say, "I am ill". 1 Peter 2:24, who Himself bore our sins in His own body on the tree, that we, having died to sins, might live for righteousness, by whose stripes you were healed.

Meditate on these scriptures as you pray. Think about how they apply to your life. Remind GOD about these scriptures as they are HIS word So shall My word be that goes forth from My mouth; "It shall not return to Me void, But it shall accomplish what I please, And it shall prosper in the thing for which I sent it" Isaiah 55:11

Meditate on them day and night. Meditation means you fill your mind with this word of GOD and think about it every minute

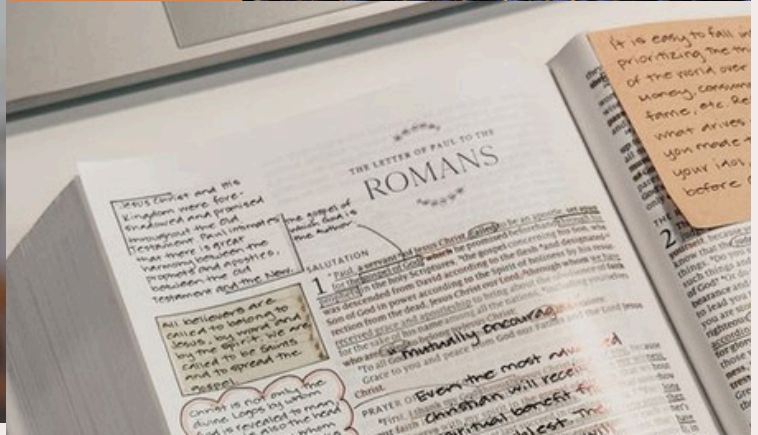
This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success. Joshua 1:8 NKJV

WATCH HOW TO MEDITATE VIDEO



TESTIMONIES & LET'S CONNECT

WATCH OR LISTEN TO THE PODCAST



I would want to hear your testimony on completing this Esther Fast. Please reach out to me below



www.faithliz@theframedsolutions.com



Faith Liz's corner

About Me

From a young age, I knew I was called to help people. Everything I have achieved and done up to this stage of my life has been fueled by something bigger than me.

I have always believed in people, empowered people, treated people (medically), researched how to cure diseases that devastate people (biotechnology-wise) and celebrated seeing people break barriers and achieve their goals, purpose and dreams (coaching, podcasting, and now YouTube) which GOD created them to achieve.

I live and breathe empowerment, and it is this life purpose, which has enabled me to live a fulfilled life as GOD intended it for me. I have empowered myself through education, reading, researching, mentorship and seeking GOD's guidance.

But this was not always the case, for a while I thought these were mere interests, topics that intrigued me and kept me digging the rabbit hole of I believe there is more to life than a mere job title, a career and a paycheck.

Right at a point where I was contemplating my existence, GOD unravelled this hidden mystery of purpose and ever since then, everything I have done has been aligned with what GOD created me to be and fulfil His Kingdom's mandate for my life.

Today, I am here to welcome you to tap into that. I want every woman to know that nothing is impossible to her who believes.

Faith in God, education, and self-leadership have enabled me to create opportunities for myself, my family, and others. This passion fuels my work as a leader and mentor. I want to see great women making great money and a meaningful difference in this world.



Dr Faith Liz



Watch Esther's Testimony & Transformation



WATCH ESTHER'S TRANSFORMATION

This is what Esther had to say about her time working with me

"Faith I believe that you've been one of those people that have torn the roof for me seriously like your faith has been your faith has carried me."

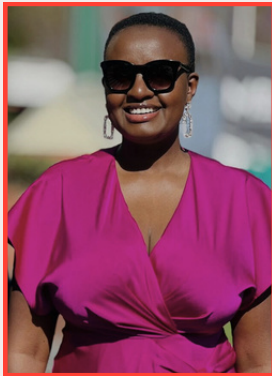
She goes on to say:

"After years of miscarriages and loss, Faith's prophetic guidance, prayer, and steadfast support helped me discern God's voice, stand in faith, and persevere. Through counsel and intercession, hope was restored, and today, I hold my miracle baby boy."



CHRISTINE'S TRANSFORMATION

Business Launched in 6 weeks



Today, I introduce you to Christine.

When I first met her, she was working a quiet 8–5 job as an administrator. But from the very beginning, I could tell that there was more:

- ✨ More vision.
- ✨ More heart
- ✨ More purpose waiting to be lived.

And then, in one conversation, she let me in; that was the spark ✨.

Together, we turned it into a flame 🔥.

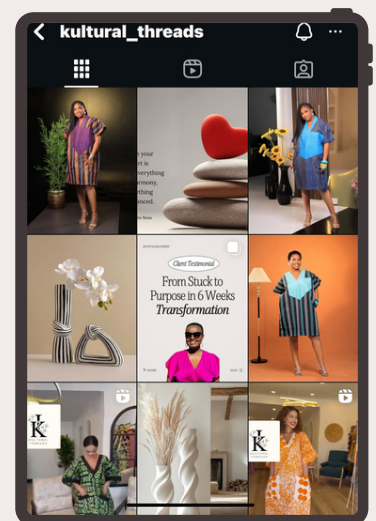
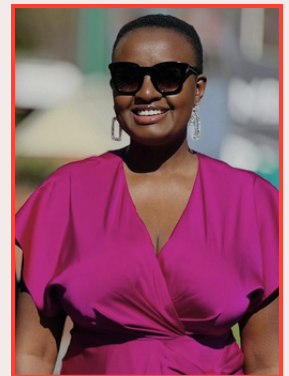
In just **four** weeks, Christine launched her dream business, **Kultural Threads**, an idea she had had for close to 5 years.

In four weeks, Christine had a clear strategy, sourced her first stock, and began showcasing the beauty of African fabrics while supporting local artisans. And best of all? A part of the profit from every sale funds a child's education

Just this September, Christine messaged me saying that she had made her biggest sale yet, over \$900, without lifting a finger, in the comfort of her home. Her dream is real. Her impact is growing.

She has now opened up another Kultural Threads Shop in Uganda to augment her influence and impact.

And it all started with one step: Getting Unstuck.





Dr MAYIMUNA NALUBEGA'S

PhD Acquired & Generating new therapeutics against Malaria



Today, I introduce to you Dr Mayimuna Nalubega.

When I first met her, she was looking for clarity and advancement in her career. She had completed her MSc in Immunology from the University of Manchester, U.K., and had returned to Uganda as a condition of her MSc scholarship.

She knew she wanted to pursue a PhD to become an independent immunologist, but she did not know where to start or how to obtain a PhD candidature.

This is what she had to say:

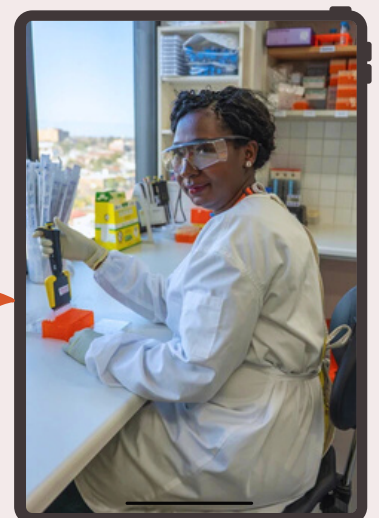
Many times, we never know how close we are to achieving our dreams until we talk to someone. In 2018, during my search for a PhD opportunity, the competitiveness of the available positions seemed overwhelming until I was introduced to Dr Faith Elizabeth Nanyonga by a mutual friend.

Since then, I have never looked back. She inspired me greatly and filled me with renewed enthusiasm to pursue my dream. She guided me in how to overcome imposter syndrome and go after what I knew I wanted, but fear had caged me in.

Today, I have a PhD from the University of Queensland, Australia. I have recently secured a position as a Research Officer at the Burnet Institute in Melbourne, Australia, all because of Faith's mentorship and coaching.

Thank you so much, Faith, and keep up the great work."

Read Dr Mayiimuna Nalubega's story here





KULTURAL THREADS

Supporting a child's education and livelihood one sale at a time.

A MONTH OF CLARITY

Get unstuck

Since you have purchased this ebook, I am offering you a special opportunity to have a discounted month of Clarity with me so that I can help you on a 1:1 Basis.

You will get:

A total of 6 calls instead of (4 1:1 coaching calls with me for a month, in which you will:

1. Heal your soul and release any self-limiting beliefs that are keeping you stuck
2. Gain clarity on your purpose in life, whether career, ministry or business
3. Get structure and wake up, and do work you enjoy
4. Grow closer to GOD
5. Stop feeling overwhelmed and frustrated with how your life is going.
6. Rewire and renew your mind to achieve the goals you have put off for too long.
7. Finally, become consistent in living your God-given purpose and mandate

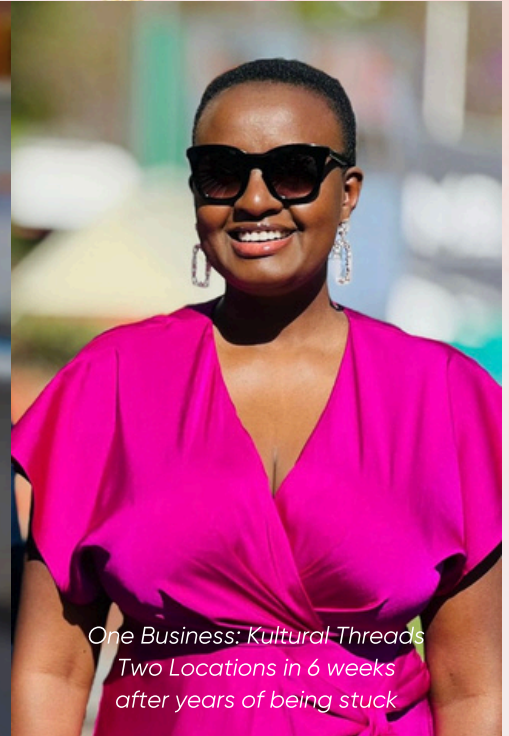
Bring a project you want to work on in 6 weeks, you will be ready and running.

BOOK YOUR CALL

PURPOSE REVEALED & ACTIVATED



*MSc to PhD Scholarship Awardee
Career Clarity, Confidence & Fulfilment*



*One Business: Kultural Threads
Two Locations in 6 weeks
after years of being stuck*



*Soul healing from Shame & Pain.
New Confidence and Divine clarity in life*



*Career Clarity and Career change with
confidence. Now a psychologist*



*Boldness, Confidence, Impact and Business
and Career alignment*

BROKE TO BLESSED MENTORSHIP

A 6-Month Group Mentorship for Multi-Talented, Vision-Driven Women Ready to Rise

JOIN TODAY

SHAMIM'S TRANSFORMATION



Shamim came from being stuck in her career to a career with purpose. She defied her status quo and her academic background to go after what she believed was hers. Right now, she is helping organisations set up mental health policies to support their employees.

SHAMMIM'S STORY & TESTIMONIAL

This could be you:

Just like Shamim, you are a woman called to influence and challenge status quos, to build businesses, ministries, programs, movements, communities, books, service-based brands, coaching offers, and creative works, name it.

But because you lack clarity and confidence, you remain hidden.

You are **brilliant, gifted, and called**, but broke, confused, and overwhelmed.

You should be leading, but you are still lurking.

God is calling you out of the shadows.

This mentorship was created to take you from stuck to strategic, from broke to blessed, from silenced to influential, from confused to called, from pain to purpose.



JOIN MY FREE COMMUNITY

Hi, I'm Faith Liz,



Transform Your Life: You deserve it.

Over the years, I have achieved all the goals I have set. Some have been a smooth sailing, while others have taken longer, more strategic tackling, resetting and refocusing. On all these accounts 3 things have worked for me:

- 1. Self awareness**
- 2. Exploring my options**
- 3. Taking action**

With self awareness, I have discovered my strengths, weaknesses, mindset paradigms, established a strategic plan to achieve any goal. One thing I have discovered is that it is from the seemingly small (minute/ tiny/ atomic) habits that big changes (leaps and bounds) are made. You are a product of your habits.

So I am here to help you transform in my easy and effective manner. You will be surprised how much you can change



Client Reviews



"Working with Faith has been a game-changer. As a result of my career coaching with Faith, I have now gone on to pursue my MSc in Financial accounting in Australia and I feel confident in my career and pursuing my life purpose

Elijah M, Australia



Faith, Thank you for impacting me through your podcast. You have transformed my mind career-wise. I'm eternally grateful. You are such an inspiration.

Valeria, Uganda



Faith is like a Swiss Army knife for career and scholarship advice – absolutely indispensable! She turned my motivation letters from meh to wow, helping me snag that Master's scholarship. And when it comes to career moves? She's like a guru with a crystal ball, giving advice that's spot on. She's got more know-how in her little finger than most have in their whole toolbox!

Faruk, Sweden



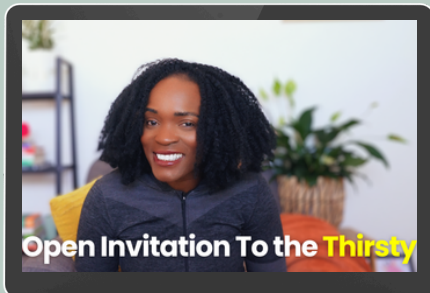
I am from a Muslim background but Faith awakened my love for GOD and JESUS in a different way this year, now I am all. for HIM and HIS will

Nusula, M, Leicester, England

Transform You

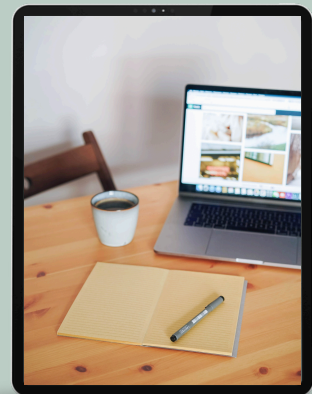
A membership for a woman who believes she is called for more. Build a life you love, transform your mindset, draw closer to GOD and mostly become the best version of your entire life. It is not too late to live a purpose-driven life and achieve all your goals

LET ME SHOW YOU HOW



As you transform your mindset and your self-image, you will find achieving your life goals effortless. But you have to decide that you've had enough of playing small & throwing yourself a pity party.

Whether you're looking to lose weight (fat loss), draw closer to GOD, discover your life purpose, become an entrepreneur, build a career you love or simply looking for accountability to achieve your life goals, our membership program gives you the chance to access these valuable resources without feeling overwhelmed with support & accountability to achieve your goals.



JOIN TODAY



BLUEPRINT

Discover Your Divine Life Purpose

Biblical Principles to discover
your life purpose & fulfil your
life mandate as designed by God

DR FAITH ELIZABETH NANYONGA | TRANSFORM YOU



Welcome

My prayer for you

Heavenly Father GOD, I pray that you give this lady a deep revelation of what you have called her to pursue and live on this earth. You created her with a unique blend of talents, gifts and abilities to fulfil your purpose. I pray that her heart will be flooded with light so that she can understand the confident hope you have given her and her glorious inheritance in you.

The purpose in a man's heart is like deep water, but a man of understanding will draw it out. Proverbs 20:5

You are created with a purpose for a purpose. Discovering this purpose will help you live a fulfilled life and ensure you fulfil the intention of why GOD took time to intricately and delicately create you as a unique abled human being.

This ebook will help you unleash your reason for being, which reason when unveiled will allow you to live a purposeful life.

Welcome, I am privileged to help you unlock your true meaning in life.

Faith Liz

You are not an accident

Jeremiah 1:5

“Before I formed you in the womb I knew [and] approved of you [as My chosen instrument], and before you were born I separated and set you apart, consecrating you; [and] I appointed you as a prophet to the nations”. (AMP-C)

God created you for a purpose and knew you even before the foundations of this world were laid that you would be alive this year and now.

Have a second to think about it.

He is the Alpha and the Omega (the beginning and the end); the master planner and the fulfiller of our wildest dreams.

What better way to discover our purpose than to inquire from HIM, our creator?

Just as you inquire of the manufacturer (user's manual) for any electric gadget you have, it is our duty and due diligence to ask GOD our creator why He created us. As Jesus got to the synagogue and opened the book to find where He was written about. He opened Luke 4:17-20. You, too, were written about in the book. Your purpose was pre-determined.

For whom He foreknew, He also predestined to be conformed to the image of His Son, that He might be the firstborn among many brethren. Moreover, whom He predestined, these He also called; whom He called, these He also justified; and whom He justified, these He also glorified. Romans 8:29-30 NKJV



A 3-storeyed building is created with a foundation that can hold a 3-storeyed building structure. From the planning, architectural design, materials and skilled labour, the purpose and structure of this building are depicted.

Your design is perfect for your purpose. It is this purpose that produces design, and eventually, the design predicts your potential (a three-storeyed building)



Your life purpose was pre-determined before your existence. This purpose determines your function and why you are uniquely created



Notes

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Notes

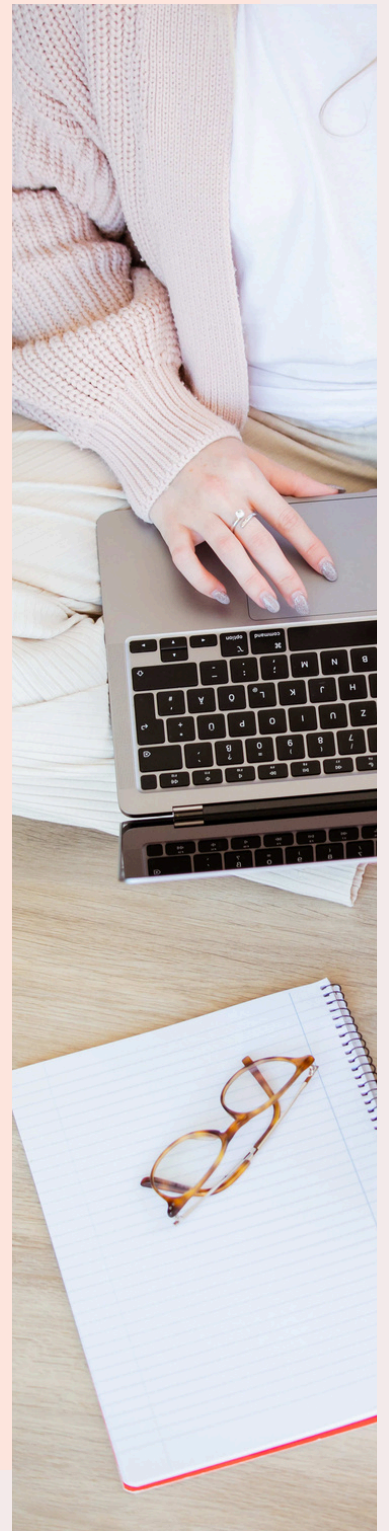
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Five truths about You

1. You are not your creator. GOD created you, designed you, and prepared specific works for you, not for anybody else, to do. You are custom-made & perfected for a unique good work
2. Do you have a purpose? Yes, and you are already equipped for it. GOD had this purpose in mind the day he created you, and in his work of redeeming, forgiving, purifying, and restoring you, he is enabling you to walk in that purpose.
3. GOD created you good and in HIS own image. you are HIS masterpiece. When you forget or disregard this truth, you miss the point. Do not downplay your awesomeness
4. Everything within you screams purpose: Your talents, your abilities, your interests, your strengths and your dreams.
5. You are the highest creation ever made by God. He saved the best for the last, that after He created you, he rested from all His works



"For You formed my inward parts; You covered me in my mother's womb. I will praise You, for I am fearfully and wonderfully made; Marvelous are Your works, And that my soul knows very well. My frame was not hidden from You, When I was made in secret, And skillfully wrought in the lowest parts of the earth. Your eyes saw my substance, being yet unformed. And in Your book they all were written, The days fashioned for me, When as yet there were none of them".

Psalms 139: 13-16 (NKJV)

Four lenses to look at Purpose

1.

The Lens of Sovereignty:

God is the architect; an assignment or purpose is not suggested. Its mandate is tied to your specific time in history. Hannah could only have Samuel when Israel needed to have a new prophet. Likewise, Elizabeth could only have John the Baptist at the specific time of Jesus's birth. (1 Samuel 1 and 2, Luke 1 and 2)

2.

The Lens of Stewardship

You do not own your life; you manage it. Your gifts, talents, interests and strengths are entrusted to you by God to fulfil a purpose.

3.

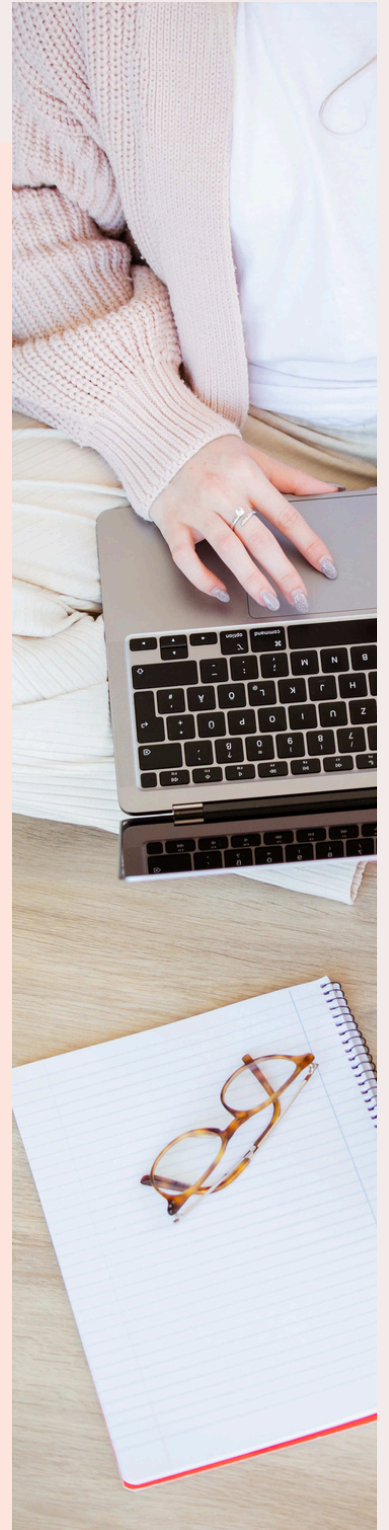
The Lens of Eternity

Your purpose should echo to eternity. You gather fruit for eternal purpose. There is an eternal weight of glory tied to life after. "And he who reaps receives wages, and gathers fruit for eternal life, that both he who sows and he who reaps may rejoice together, John 4:36"

4.

The Lens of Honour

Everything you are and your purpose should be used to show the world who God is. Jesus teaches that we should bear fruit and that fruit should remain so that The Father receives glory and honour. Paul also writes and says, "So whether you eat or drink, or whatever you do, do it all for the glory of God, 1Corinthians 10:31.



"Not in your own strength] for it is God Who is all the while effectually at work in you [energising and creating in you the power and desire], both to will and to work for His good pleasure and satisfaction and delight.

Philippians 2:13 (AMP-C)

God pre-determined your purpose on this earth



Isaiah 46: 9-10

Remember the former things, those of long ago; I am God, and there is no other; I am God, and there is none like me. I make known the end from the beginning, from ancient times, what is still to come. say, 'My purpose will stand, and I will do all that I please.

NIV

In Hebrew culture, there is a word, "Tikkun Olam," which means the world is broken, and humans must help repair it. It reflects the belief that it is our responsibility to create and be the change we want to see. Children are raised to be changemakers, with a strong emphasis on making the world a better place.

Likewise, picture this: God created you and formed you with this mandate in mind: to subdue and to dominate, to occupy until He comes. Your role is to cause the Kingdom of God to reign on earth. To do this, you must discover your place in this mandate, take this path, and walk it faithfully. This is your life purpose. This is your calling. This is your IKIGAI; your reason for being.

The day I discovered this secret, my brain opened up to a new reality. All along, I had a purpose. All along everything: I like, I enjoy, I can do with ease, and everything I cannot stop thinking about is connected to my purpose of being!

QUESTIONS TO PONDER ON

- ✓ What do you enjoy?
- ✓ What can't you keep thinking about?
- ✓ What comes so easily to you?
- ✓ What can you do for hours without feeling tired?
- ✓ What do you spend time studying and researching?
- ✓ What lights you up?



Ephesians 2:10

For we are God's [own] handiwork (His workmanship), recreated in Christ Jesus, [born anew] that we may do those good works which God predestined (planned beforehand) for us [taking paths which He prepared ahead of time], that we should walk in them [living the good life which He prearranged and made ready for us to live].

AMP-C

Let's dissect this scripture from Greek to English

Finding your purpose is about locating yourself in the mission of God. It is how you find and align yourself in His plan. You need an awakening. Your assignment is the specific way God intends for you to manifest his glory and advance His kingdom based on how He designed you. You were composed, not mass produced. You were fearfully and wonderfully made.

The word "**handiwork**" comes from the Greek word **poiēma**, meaning a work of art or a masterpiece. You are not a mistake or an accident. God custom-designed you.

For **Good Works** means:

1. Business, employment, that which anyone undertakes to do, enterprise, undertaking.
2. Any product, whatever, anything accomplished by hand, art, industry or mind.

Beforehand means:

Your assignment was predetermined. It existed before you did. You do not create your purpose. But you discover what God has already established in His sovereignty.

Walk in them means:

Success. It determines the biblical understanding of success. Success is alignment. To align yourself with and in what God already designed for you. To walk in the path already cut by Grace.

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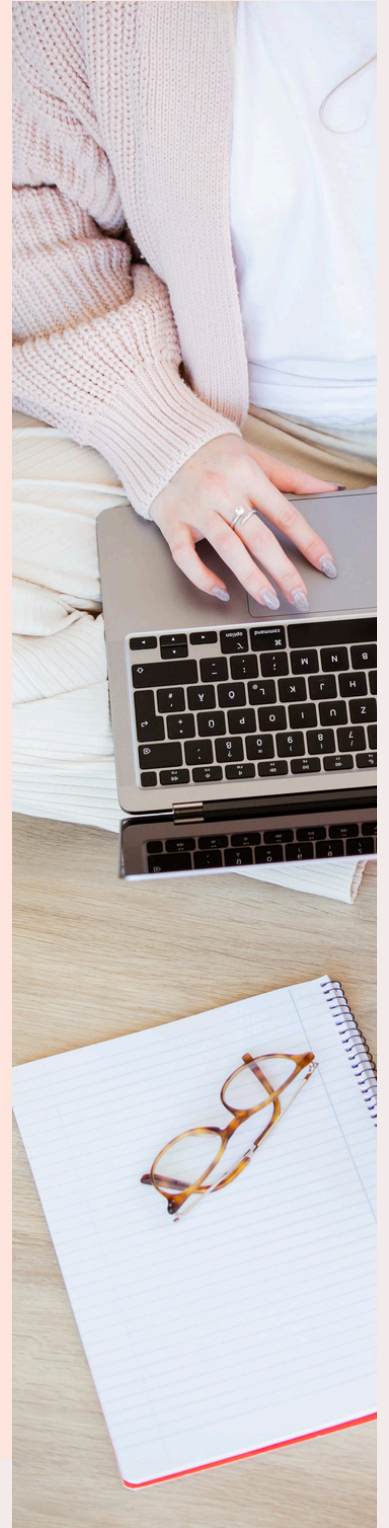
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The Burdens You Carry

1. Moses, though raised in Pharaoh's household, was burdened by the suffering of the Israelites and acted to defend them by killing an Egyptian. Though his action was premature, it revealed a burden that God later shaped and used, ultimately calling Moses to lead the Israelites out of bondage and rescue them from Egypt (The book of Exodus).
2. Nehemiah, a Jew born in Persia during the Exile, was a cupbearer to Persia's king Artaxerxes. But when he heard the news about the ruins of the wall of Jerusalem, this burden caused him to weep, pray, and act. It was this burden that restored the wall of Jerusalem. (The book of Nehemiah)
3. Mordecai was deeply burdened by the suffering and danger facing his fellow Jews, which led him to pray and fast continually. When the decree to destroy the Jews was issued, he carried this burden to Esther, reminding her that God had placed her in the palace for a purpose and urging her not to remain silent. They both saved their fellow Jews. (The book of Esther)
4. Saul, later known as Paul, was burdened with preserving Jewish beliefs, which led him to persecute those of the Way. God later transformed this same burden and used it to establish the first apostolic ministry to the Gentiles. Acts 9



"So it was, when I heard these words, that I sat down and wept, and mourned for many days; I was fasting and praying before the God of heaven. Nehemiah 1:4 (NKJV)

“

By faith Moses, when he became of age, refused to be called the son of Pharaoh's daughter, choosing rather to suffer affliction with the people of God than to enjoy the passing pleasures of sin, esteeming the [h]reproach of Christ greater riches than the treasures in Egypt; for he looked to the reward.

Hebrews 11:24-25 (NKJV)

”

Story of Moses

Moses believed he would rescue his fellow Israelites. He believed his upbringing by Pharaoh was not an accident but rather to fulfil his purpose.

In Exodus 2:11-25, Moses takes matters into his own hands to rescue a fellow Israelite being mistreated by an Egyptian slave master. Moses had an inkling of his purpose but without GOD's guidance, he ended up frustrating his purpose. As a result, he fled from Egypt to Midian for his safety.

In Exodus 3, Moses encounters GOD through a burning bush, and his calling began the GOD Way, not Moses's way. The rest is history as clearly articulated in Exodus, Deuteronomy, Leviticus and Numbers.

All the events that happened in Moses's life before his encounter with GOD were purposefully orchestrated by GOD. Moses knew this fact but without an explicit detailed revelation of his purpose, he frustrated it.

1. What can you learn from Moses's story when it comes to your life?
2. What has led you to where you are right now?

Also, See Acts 7:36



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The Witness of the Holy Spirit

As you begin to build intimacy with the Holy Spirit, He will start to reveal things to you and affirm you in them. He will open your eyes and show you those specific gifts he has empowered you with. In 1 Peter 4:10-11, Peter writes and says, “As each one has received a gift, minister it to one another, as good stewards of the manifold grace of God. If anyone speaks, let him speak as the oracles of God. If anyone ministers, let him do it as with the ability which God supplies, that in all things God may be glorified through Jesus Christ, to whom belong the glory and the dominion forever and ever. Amen.



important tip

Where do you produce the most fruit with the least amount of forced effort? What is the thing you do effortlessly?

Most times you will find that you detest and undermine these activities that come easily for you.

As you begin to use these gifts for the glory of God, He will vindicate you, bear witness, and equip you. These gifts will emerge naturally within you. For instance, before God confirmed me as a coach and an apostle for His work, every time I stood on a stage to share God's goodness or joined a call to speak and coach, my audience would leave edified and encouraged, with clear strategies to apply. In coaching, as my clients implemented what I taught them, they experienced tangible results: soul healing, job promotions, scholarships, and thriving businesses.

This was God vindicating me and confirming that He had indeed chosen me to help people get unstuck. I have seen countless testimonials, even from brief calls and conversations. I bring life, and I speak life into people.

We see this when Nicodemus comes to Jesus in John 3: 1-2 AMP-C



“Now there was a certain man among the Pharisees named Nicodemus, a ruler (a leader, an authority) among the Jews, Who came to Jesus at night and said to Him, Rabbi, we know and are certain that You have come from God [as] a Teacher; for no one can do these signs (these wonder works, these miracles, and produce the proofs) that You do unless God is with Him”. John 3: 1-2 (AMP-C)

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important tip

We can rest in the knowledge that God wastes nothing. He's the expert at taking our blunders, misfortunes, experiences, mishaps, and messes and transforming them into powerful redemption testimonies.

Ponder:

1. What experiences is God highlighting in your life that are connected to your divine purpose?
2. How can I use these experiences for the glory of God?

Providential Position

We may not be the same, but we all have life experiences that trace back to our upbringing—the schools we attended, the trials and traumas we endured, the places we have lived, and even our area codes. Perhaps you have looked at your life and concluded that there is nothing God can use to shape your destiny and purpose. But today, I charge you to look again.

Jesus shows us this in John 9, in the story of the man born blind. His disciples asked Him, “Who sinned?” Jesus answered, saying, “Neither this man nor his parents sinned, but this happened so that the works of God might be displayed in him.”

We see this again in the story of Esther, an orphan, a Jew, and an exile living with her cousin Mordecai. Vashti's disobedience, the officials' counsel to the king, the search for a new queen, Haman's decree, Esther's eventual selection as queen, Mordecai's counsel to Esther and her call for a fast that led to the salvation of the Jews; nothing was accidental. Everything unfolded to fulfil the will and purpose of God.

Paul writes and reassures us:

And we know that all things work together for good to those who love God, to those who are called according to His purpose. Romans 8:28 NKJV



“And Mordecai told them to answer Esther: 'Do not think in your heart that you will escape in the king's palace any more than all the other Jews. For if you remain completely silent at this time, relief and deliverance will arise for the Jews from another place, but you and your father's house will perish. Yet who knows whether you have come to the kingdom for such a time as this?'” Esther 4:13–14 NKJV



Your purpose reveals the reasons behind your life's experiences and demands, supplies a vision for the future and gives life significance and meaning.

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The Affirmations of the Righteous

1. God often sends people to affirm your calling-true purpose is confirmed among the righteous. We see this in the story of Barnabas, Saul, turned Paul the apostle. The prophets and teachers affirmed the calling on Barnabas and Saul.

In Acts 13:1-2 it's written: "Now in the church that was at Antioch there were certain **prophets and teachers**: Barnabas, Simeon who was called Niger, Lucius of Cyrene, Manaen who had been brought up with Herod the tetrarch, and Saul. As they ministered to the Lord and fasted, the Holy Spirit said, "Now separate to Me Barnabas and Saul for the work to which I have called them."

2. God always sends trusted people into your life to affirm your purpose. Proverbs 15:22 says, "Without counsel purposes are disappointed: but in the multitude of counsellors they are established". Similarly, Proverbs 20:18 reminds us, "Every purpose is established by counsel: and with good advice make war."

When you have trusted advisers and counsellors, you will notice that they point you toward and encourage you in the areas to which you are called. Simon Peter, James, and John, the sons of Zebedee, were fishermen.

On the day they met Jesus, He called them to become fishers of men. These two callings share many similarities. Both involve gathering, whether fish from the water or people toward faith and purpose. Both require patience, perseverance, and skill, since success does not come instantly and depends on knowing the right approach. Ultimately, each reflects a calling rather than merely a task, demanding commitment, purpose, and responsibility.

It is no wonder, then, that these men became the first apostles to preach the gospel boldly after Jesus' death and resurrection.



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Sanctified Desire

God's assignments are not misery when your will is surrendered. He plants desire in your heart, and you come to love what He has called you to do.

You will find yourself genuinely loving His calling on your life. Wherever God manifests His glory, there is also a reconciliation with joy, the gladness of the heart. The question is this: What is that thing that, when you do it, you go to bed deeply happy?

When you delight yourself in the Lord, He gives you the desires of your heart, not by indulging selfish wants, but by planting within you desires that align with His will. As Paul writes in Philippians 2:13, "For God is working in you, giving you the desire and the power to do what pleases Him."

God, by His power, works within you, shaping your desires and empowering you to live in a way that delights Him.



important tip

What is that thing that, despite the fear and the lack of resources to do it, you still find the desire and satisfaction to do it. Every time you do it, you feel satisfaction

Two things often hinder our purpose: fear and finances. But thank God the Bible reminds us,

"Not that we are sufficient of ourselves to think of anything as being from ourselves, but our sufficiency is from God, who has also made us sufficient as ministers of the new covenant, not of the letter but of the Spirit; for the letter kills, but the Spirit gives life."

2 Corinthians 3:5-6 NJKV

When you understand this truth, make this your resolve: never allow fear or finances to hinder your purpose. God is your sufficiency.



Through desire a man, having separated himself, seeketh and intermeddleth with all wisdom.

Proverbs 18:1 KJV

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Dreams & Visions

Dreams and visions reveal GOD's word to us. Both in the Old and New Testaments of the Bible, GOD spoke to people through dreams and visions. In present times, GOD not only still speaks to us in dreams and visions but also through HIS Holy Spirit: through your thoughts, intuitions and nudges. But most times we are not keen enough to hear these communications so we do not heed the instructions, foreknowledge, warnings, advice and guidance we receive. Take a second to Imagine what would happen if we did.

Have you taken time to take note of your intuitions, your random thoughts (as you have them) or your dreams of the night? If you have not started to do so, please start today.

Long before Joseph became the highest-ranked man in Egypt, he had dreams (2 dreams). These dreams foreshadowed what would turn into his reality. Albeit, if he had not told his brothers, I do not think he would have suffered the sale into slavery, and eventual imprisonment at the hand of Pontiphar's wife's allegations. But from a young age, Joseph was destined to rule over his brothers, mother and father.

(See Genesis 37 to 45)



*Your pupose is entwined in
your abilities (interests,
talents, passions and your
dreams)*

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*Every gift placed in you is for a purpose to serve others
& fulfil your GOD pre-assigned purpose
1 Peter 4:10*

Talents & Abilities

The talents placed in you are for your benefit. God has given you these talents based on your capacity. It is up to you to put them to work so that you can reap a profit (fulfilment). Unknown purpose always wastes time and gives room for possible danger as well as misuse of what was created.

If you want to know the purpose of a product ask the manufacturer. Manufacturers always provide user manuals to help you understand the intended use of a product and answer any FAQs. Have you taken time to ask GOD why He created you? Create a conducive environment, sit down, get a pen and journal and start writing whatever GOD is speaking to you through your thoughts,



- ✓ Journal your dreams, your thoughts, your interests. This is self-reflection. Reflect on your life and uncover what has led you to who and where you are right now in life.
- ✓ Ask the Holy Spirit to highlight anything (interests, passions, talents and skills God has inherently given you). You will be amazed by what He can reveal. The aspects (strengths) you always disregard are usually what GOD wants you to utilise.



“For the kingdom of heaven is like a man traveling to a far country, who called his own servants and delivered his goods to them. And to one he gave five talents, to another two, and to another one, to each according to his own ability; and immediately he went on a journey”.

Matthew 25:14-16 (NKJV)

Talent Inventory

When we're trying to figure out what to do, the first thing to find out is what GOD has given us.

What has GOD gifted you with? What are your natural talents, abilities, affinities, interests, and the aspects you seem to be wired (designed) for?

Don't just think of talents" in an artistic sense.

- If you are naturally empathetic, that's a talent.
- If you are a good communicator or effective at conflict resolution, that's a talent.
- If you give good advice, that's a talent.
- If you make people laugh, that's a talent.
- If you can see the bright side of situations, that's a talent
- If you can motivate others, that's a talent
- If you are logical and mathematical, that's a talent.
- If you are emotional, that's a talent
- If you are good at bringing people together, that's a talent
- if you are a nurturer, that's a talent
- if you are thoughtful and approachable, that's a talent.

The list is endless.

The roles you play also constitute your purpose. Say you are called to be a parent, you can start looking at your little ones as a calling and purpose for you life to nurture them in a Godly manner and raise them to the glory of GOD.

Say a writer, you can use your writings to fulfil your GOD-given mandate on earth

AFFIRMATION

I can enjoy my life and start to live purposefully knowing I am fulfilling my life dreams.



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Your nature

When GOD created you, He built into you all the necessities for performing your purposed assignment. You all possess natural inherent traits required for your purpose. In essence, you are the way you are because of why you are.

Your purpose coincides with your natural talents and abilities.

Finding your pre-destined God's will for your life is entwined in all things you love. God does not require anything from you that HE has not already placed in you.

You have what you need to be who you are and fulfil your life mandate as designed by GOD.

Prayer



Heavenly Father GOD, in the name of Jesus, thank you for creating me with all I need to live out my purpose. Today, I pray that through your Holy Spirit, YOU may highlight my talents, gifts, interests and passions that were created within me and give me a divine revelation so that I can put them to the best use for the purpose for which YOU placed me on this earth.

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Manifesting



But all things that are exposed are made manifest by the light, for whatever makes manifest is light.

Ephesians 5:13



To manifest is: To bring to light, to reveal, and to showcase and to show. "There are two things we are called to do with our talents, abilities, affinities and gifts. We are called to:

1. Manifest God's character.
2. Manifest God's will.



Proverbs 19:2

Also, it is not good for a person to be without knowledge. He who hurries with his feet [acting impulsively and proceeding without caution or analysing the consequences] sins (misses the mark). AMP-C.

Enthusiasm without knowledge is not good. If you act too quickly, you might make a mistake. Even zeal (desire/enthusiasm/ interest) without knowledge is not good.

Having much zeal and lacking knowledge can be frustrating, making you feel overwhelmed and eventually stuck. You won't be confident to take steps in the direction you think you should. As a result, you are unable to achieve your goals and feel a fulfilled life as GOD designed it for you.

I hope this e-book has given you a divine revelation of your purpose. GOD wants you to live purposefully and complete your GOD-given mandate for HIS kingdom on this earth.

Manifesting God's will

“

For this is good and acceptable in the sight of God our Savior, who desires (wills) all men to be saved and to come to the knowledge of the truth

1 Timothy 2:3-4



Prosperity

Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.

3 John 2

Blessed living

The bible is filled with so many scriptures that state that GOD's plan and will for man is to live a prosperous life, a blessed life, in peace and harmony as well as fulfilment. Whatever success means to you, that's what GOD wants for you.

Have a minute to ponder on this fact.

GOD created the earth to be filled but not be empty. HE gave man the authority to subdue to earth and make it his dwelling.

GOD gives us the power to make wealth (Deuteronomy 8:17-18 NKJV). John answered and said, "A man can receive nothing unless it has been given to him from heaven. (John 3:27 NKJV). Everything in you is from GOD and you have received everything for your life purpose

“

For thus says the Lord, Who created the heavens, Who is God, Who formed the earth and made it, Who has established it, Who did not create it in vain, Who formed it to be inhabited:

"I am the Lord, and there is no other

Isaiah 45:18

”

Manifesting God's character

God is love and this is the greatest commandment for all mankind. God yearns that we love HIM with all our hearts, souls, minds and beings. HE yearns that we love all HIS creation as we love ourselves.

See Matthew 22:37-40



1 John 4:7-8

Beloved, let us love one another, for love is of God, and everyone who loves is born of God and knows God. He who does not love does not know God, for God is love.

How can you put your gifts (talents) to love GOD and his creation?
How can you reveal God's Character to others through your life?

Isaiah 43:7

Everyone who is called by My name,
Whom I have created for My glory;
I have formed him, yes, I have made him."



“

Therefore, whether you eat or drink, or whatever you do, do all to the glory of God.

1 Corinthians 10:31

”

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About Me

From a young age, I knew I was called to help people. Everything I have achieved and done up to this stage of my life has been fueled by something bigger than me.

I have always believed in people, empowered people, treated people (medically), researched how to cure diseases that devastate people (biotechnology-wise) and celebrated seeing people break barriers and achieve their goals, purpose and dreams (coaching, podcasting, and now YouTube) which GOD created them to achieve.

I live and breathe empowerment, and it is this life purpose, which has enabled me to live a fulfilled life as GOD intended it for me. I have empowered myself through education, reading, researching, mentorship and seeking GOD's guidance.

But this was not always the case, for a while I thought these were mere interests, topics that intrigued me and kept me digging the rabbit hole of I believe there is more to life than a mere job title, a career and a paycheck.

Right at a point where I was contemplating my existence, GOD unravelled this hidden mystery of purpose and ever since then, everything I have done has been aligned with what GOD created me to be and fulfil His Kingdom's mandate for my life.

Today, I am here to welcome you to tap into that. I want every woman to know that nothing is impossible to her who believes.

Faith in God, education, and self-leadership have enabled me to create opportunities for myself, my family, and others. This passion fuels my work as a leader and mentor. I want to see great women making great money and a meaningful difference in this world.



Dr Faith Liz



Broke to Blessed

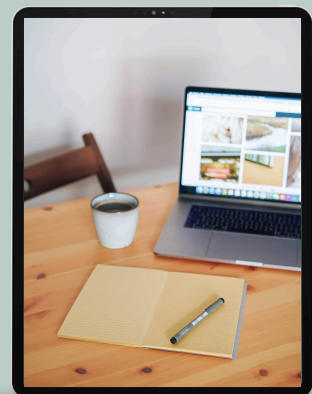
A Group Coaching Program for a woman who believes she is called for more. Build a life you love, transform your mindset, draw closer to GOD, and mostly become the best version of your entire life. It is not too late to live a purpose-driven life and achieve all your goals

LET ME SHOW YOU HOW



As you transform your mindset and your self-image, you will find achieving your life goals effortless. But you have to decide that you've had enough of playing small & throwing yourself a pity party.

Whether you're looking to lose weight (fat loss), draw closer to GOD, discover your life purpose, become an entrepreneur, build a career you love or simply looking for accountability to achieve your life goals, our membership program gives you the chance to access these valuable resources without feeling overwhelmed with support & accountability to achieve your goals.



JOIN TODAY



Client Reviews



"Working with Faith has been a game-changer. As a result of my career coaching with Faith, I have now gone on to pursue my MSc in Financial accounting in Australia and I feel confident in my career and pursuing my life purpose

Elijah M, Australia



Faith, Thank you for impacting me through your podcast. You have transformed my mind career-wise. I'm eternally grateful. You are such an inspiration.

Valeria, Uganda



Faith is like a Swiss Army knife for career and scholarship advice – absolutely indispensable! She turned my motivation letters from meh to wow, helping me snag that Master's scholarship. And when it comes to career moves? She's like a guru with a crystal ball, giving advice that's spot on. She's got more know-how in her little finger than most have in their whole toolbox!

Faruk, Sweden



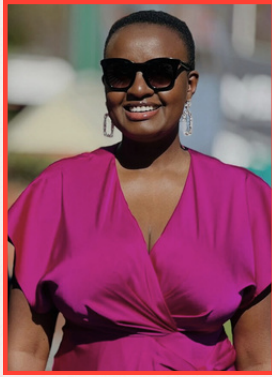
I am from a Muslim background but Faith awakened my love for GOD and JESUS in a different way this year, now I am all. for HIM and HIS will

Nusula, M, Leicester, England



CHRISTINE'S TRANSFORMATION

Business Launched in 6 weeks



Today, I introduce you to Christine.

When I first met her, she was working a quiet 8–5 job as an administrator. But from the very beginning, I could tell that there was more:

- ✨ More vision.
- ✨ More heart
- ✨ More purpose waiting to be lived.

And then, in one conversation, she let me in; that was the spark ✨.

Together, we turned it into a flame 🔥.

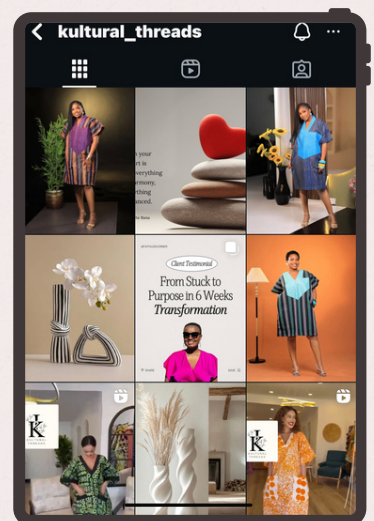
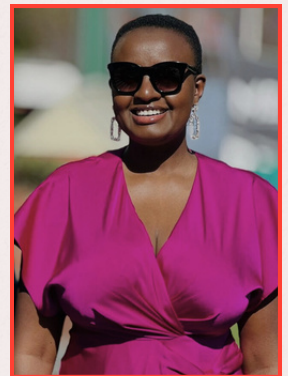
In just **four** weeks, Christine launched her dream business, **Kultural Threads**, an idea she had had for close to 5 years.

In four weeks, Christine had a clear strategy, sourced her first stock, and began showcasing the beauty of African fabrics while supporting local artisans. And best of all? A part of the profit from every sale funds a child's education

Just this September, Christine messaged me saying that she had made her biggest sale yet, over \$900, without lifting a finger, in the comfort of her home. Her dream is real. Her impact is growing.

She has now opened up another Kultural Threads Shop in Uganda to augment her influence and impact.

And it all started with one step: Getting Unstuck.





KULTURAL THREADS

Supporting a child's education and livelihood one sale at a time.

A MONTH OF CLARITY

Get unstuck

Since you have purchased this ebook, I am offering you a special opportunity to have a discounted month of Clarity with me so that I can help you on a 1:1 Basis.

You will get:

A total of 6 calls instead of (4 1:1 coaching calls with me for a month, in which you will:

1. Heal your soul and release any self-limiting beliefs that are keeping you stuck
2. Gain clarity on your purpose in life, whether career, ministry or business
3. Get structure and wake up, and do work you enjoy
4. Grow closer to GOD
5. Stop feeling overwhelmed and frustrated with how your life is going.
6. Rewire and renew your mind to achieve the goals you have put off for too long.
7. Finally, become consistent in living your God-given purpose and mandate

Bring a project you want to work on in 6 weeks, you will be ready and running.

BOOK YOUR CALL



Dr MAYIMUNA NALUBEGA'S

PhD Acquired & Generating new therapeutics against Malaria



Today, I introduce to you Dr Mayimuna Nalubega.

When I first met her, she was looking for clarity and advancement in her career. She had completed her MSc in Immunology from the University of Manchester, U.K., and had returned to Uganda as a condition of her MSc scholarship.

She knew she wanted to pursue a PhD to become an independent immunologist, but she did not know where to start or how to obtain a PhD candidature.

This is what she had to say:

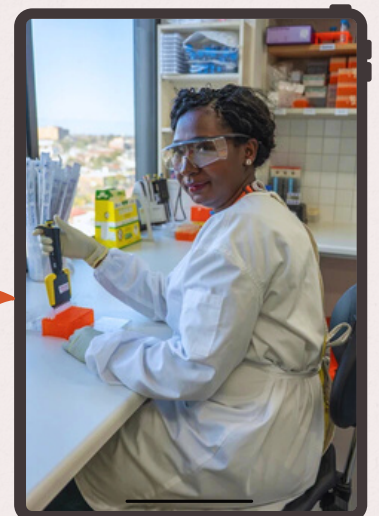
Many times, we never know how close we are to achieving our dreams until we talk to someone. In 2018, during my search for a PhD opportunity, the competitiveness of the available positions seemed overwhelming until I was introduced to Dr Faith Elizabeth Nanyonga by a mutual friend.

Since then, I have never looked back. She inspired me greatly and filled me with renewed enthusiasm to pursue my dream. She guided me in how to overcome imposter syndrome and go after what I knew I wanted, but fear had caged me in.

Today, I have a PhD from the University of Queensland, Australia. I have recently secured a position as a Research Officer at the Burnet Institute in Melbourne, Australia, all because of Faith's mentorship and coaching.

Thank you so much, Faith, and keep up the great work."

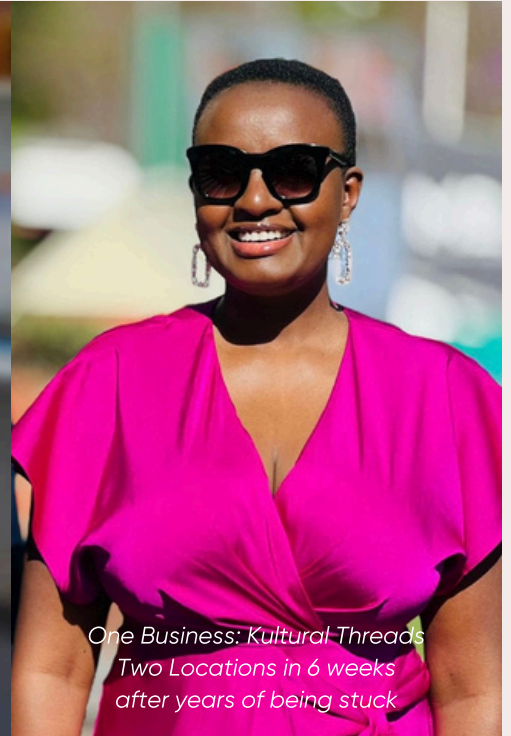
Read Dr Mayiimuna Nalubega's story here



PURPOSE REVEALED & ACTIVATED



*MSc to PhD Scholarship Awardee
Career Clarity, Confidence & Fulfilment*



*One Business: Kultural Threads
Two Locations in 6 weeks
after years of being stuck*



*Soul healing from Shame & Pain.
New Confidence and Divine clarity in life*



*Career Clarity and Career change with
confidence. Now a psychologist*



*Boldness, Confidence, Impact and Business
and Career alignment*

BROKE TO BLESSED MENTORSHIP

A 6-Month Group Mentorship for Multi-Talented, Vision-Driven Women Ready to Rise

JOIN TODAY

SHAMIM'S TRANSFORMATION



Shamim came from being stuck in her career to a career with purpose. She defied her status quo and her academic background to go after what she believed was hers. Right now, she is helping organisations set up mental health policies to support their employees.

SHAMMIM'S STORY & TESTIMONIAL

This could be you:

Just like Shamim, you are a woman called to influence and challenge status quos, to build businesses, ministries, programs, movements, communities, books, service-based brands, coaching offers, and creative works, name it.

But because you lack clarity and confidence, you remain hidden.

You are **brilliant, gifted, and called**, but broke, confused, and overwhelmed.

You should be leading, but you are still lurking.

God is calling you out of the shadows.

This mentorship was created to take you from stuck to strategic, from broke to blessed, from silenced to influential, from confused to called, from pain to purpose.



JOIN MY FREE COMMUNITY

Hi, I'm Faith Liz,



Transform Your Life: You deserve it.

Over the years, I have achieved all the goals I have set. Some have been a smooth sailing, while others have taken longer, more strategic tackling, resetting and refocusing. On all these accounts 3 things have worked for me:

- 1. Self awareness**
- 2. Exploring my options**
- 3. Taking action**

With self awareness, I have discovered my strengths, weaknesses, mindset paradigms, established a strategic plan to achieve any goal. One thing I have discovered is that it is from the seemingly small (minute/ tiny/ atomic) habits that big changes (leapfrogs and bounds) are made. You are a product of your habits.

So I am here to help you transform in my easy and effective manner. You will be surprised how much you can change

FEEDBACK & Follow-Up Form

Your experience is incredibly important to me. Please take a moment to share your thoughts and let me know how I can continue to personal development and transformation

EXPERIENCE RATING:

How would you rate your overall experience during this course?

SERVICE FEEDBACK:

What did you appreciate the most, and how can we improve?

FUTURE NEEDS:

Do you have any upcoming personal development needs or questions?

CONTACT INFORMATION:

Please provide your best contact details for future correspondence.

Please send answers to these questions & any other questions to me at faithliz@theframedsolutions.com

Notes

A blank sheet of lined paper with horizontal red lines and rounded corners, set against a light pink background. The paper is centered and occupies most of the frame. The lines are evenly spaced and extend across the width of the paper. The corners of the paper are rounded, while the corners of the background are sharp.

Notes

A large, white rectangular area with rounded corners, containing horizontal red lines for writing. The lines are evenly spaced and extend across the width of the area. The entire page has a light pink background.

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