



# From Wisdom to Business Direction

A practice to help you see  
what's yours to build.

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A short set of questions  
to help you...



Get clear on the business  
you're here to build  
— and why you can't see it yet.



# Welcome

You don't need more information or another strategy.

This is designed to help you get out of your head and into clarity about what you are actually here to do — and what kind of business makes sense for you.

1. Grab a pen and paper.
2. Slow down.
3. Pause when you need.
4. Breathe into your heart — not your head.

**Your clarity lives in the body.**

When you're ready, begin.

**A note before you start:** This practice will help you get closer. But here's the truth — you're often too close to your own wisdom to see what's actually there. That's not a flaw. That's how it works. Do the practice. See what rises. And if you still feel like you're circling — that's when outside eyes help.

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## PRACTICE 1

### Pause — Before You Answer

1. Close your eyes for a moment.
2. Hand on heart.
3. Breathe deeply into your chest.

This is not about thinking your way to purpose.  
This is about remembering.

Your body knows the truth long before the mind does.  
When you feel grounded, open your eyes slowly.

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# PRACTICE 2

## The Decoder Question

Answer this ONE question — and your purpose begins to reveal itself.

**What experience or transformation have you lived that you could realistically guide another woman through today?**

- Don't write from perfection.
  - Write from truth.
  - Whatever rises first is often the key.
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# PRACTICE 3

## Self-Inquiry Prompts

(Take these one by one. Pause as needed. No rushing.)

1. **What have you transformed or worked through in your own life?**

Big or small — identity, wellbeing, confidence, purpose, voice, boundaries, self-worth.

2. **What do people naturally come to you for?**

Advice, support, emotional guidance, clarity, energy, perspective — notice themes.

3. **What lights you up when you speak, teach, or think about it?**

The spark. The fire in the chest. The alive feeling.

4. **When do you feel most like yourself — present, energised, timeless?**

Teaching, creating, mentoring, moving, supporting, listening, expressing?

Write everything, even if it surprises you.

Your purpose is layered — not linear.

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# PRACTICE 4

## Pattern Recognition

Look over your answers.

Highlight whatever feels:

- repeated
- obvious in hindsight
- what makes you feel excited
- easy to talk about - like you could speak on it for hours
- something that gets you feeling – I could commit to building a business around

**This is where your purpose begins to form.**

Not in one sentence.

In a feeling.

Purpose is recognised, not invented.

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# PRACTICE 5

## Real Examples to Anchor In

**1. If you rebuilt life after a breakup →**

You support women through breakup recovery & identity rebuilding

1:1 coaching • Breakup to Rebirth program • Self-worth restoration pathway

**2. If you left corporate →**

You help women transition into purpose-led work or a first digital offer

Purpose to Business mentoring • Mini-course launch support • Freedom pathway

**3. If burnout forced you to reset →**

You guide women into nervous system-first success without collapse

Burnout Recovery Method • Energy-first business • Sustainable performance coaching

#### 4. If you went from self-doubt to confidence →

You lead visibility, expression & self-worth activation

Confidence coaching • Speak-Your-Truth workshops • Personal power mentoring

#### 5. If Breathwork or Somatics changed your life →

You become a facilitator helping women release trauma + access clarity

Breathwork journeys • Somatic reset circles • Emotional release sessions

#### 6. If spirituality led you home →

You guide purpose seekers into clarity, intuition & activation

Kundalini circles • Meditation pathways • Purpose-led activation work

Each one of these could become...

- a paid offer
- a 1:1 container or 1:1 work
- a course, workshop or circle
- an income stream with impact

These are not vague ideas.

These are **sellable paths** built from lived transformation.

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## PRACTICE 6

### Choose Your Next Steps

Look at everything you wrote.

Now choose **ONE** transformation that feels:

- energising
- natural
- expansive
- true in your body

Close your eyes.

Say it out loud.

Let the clarity settle.

**When it feels like yes — even if it's a quiet yes — you've found your direction.**

You don't need perfection.  
You just need recognition.

**This is the beginning.**

If you found one clear direction — beautiful. You're ready to build.

If you're still circling, or everything feels equally right (or equally "not quite it") — that's normal.

It usually means you're too close to see which piece to lead with.

That's exactly what the **Master Gift Decode** is for.

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## NEXT STEPS

### Master Gift Decode~ \$27

Still circling? Let me name it for you.

You've done the practice. You've asked the questions.

If clarity landed — go build.

If you're still not sure which piece to lead with — that's not a problem with you. You're just too close to see it clearly.

### The Master Gift Decode

I look at your **Astrology and Gene Keys** and I name:

**Your Master Gift** — what you're here to embody and teach

**Your Soul Role** — guide, teacher, mentor, healer, or leader — and why

**Your Business Direction** — the kind of offers and work that actually fit you

Personalised PDF + voice note. Delivered in 48–72 hours. No calls. No fluff. Just clarity.

**ONLY \$27** → [GET YOUR DECODE](#)