

# Successful... but Incomplete?



The 12-Step Guide to Discovering your  
Purpose and Passion for Women over 30

Neelam Challoner

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# Introduction

*"You are a single answer to a million prayers."*

**Anna Shaun**

When you know who you are and find your purpose and begin living with that purpose as the centre of your life, you are less stressed and feel much more peaceful, confident, and congruent. Your life's journey has a meaning.

Rather than living a 'default' life which gives you little satisfaction or happiness, you bloom into your full potential.

I still remember the day I discovered my life purpose... it was during a retreat in Devon called 'Live the Dream', hosted by Wayne Malcolm.

My heart began to beat faster and faster and my mind filled with flashbacks of my past and all the work I had done and the life I had been living. In a split second, I understood fully why I was there. My insides were screaming with joy, relief, conviction and an absolute "Yes". My feet were itching to run to the front of the room. I wanted to shout; "This is me! This is me!" I just knew in that moment that I was born to be a life coach.

In fact, I had been coaching for years but had never realised it. I had a natural gift which others recognised, but I didn't.

I rushed forward to put my name down to begin the journey to becoming a Life Coach. That was seven years ago and the journey I have been on has been a revelation. It has given me freedom and joy, and more importantly it has impacted and released the potential of people whom I have worked with. I am in my element like a 'fish in water' or a 'bird in the air'.

It is my desire to see you find who you really are and ultimately find your purpose. In this guide, you will learn:

- The 12 steps to discovering who you are
- How to find your purpose
- What a congruent life is and how to be congruent
- How to ignite passion and zest and live on purpose each day
- How to create a vision for your life.

Your coach,

*Neelam*

**Neelam**

# Step One: Where are you now?

## Learn how to read the map of your life

To move to your desired destination, you need to know and understand where you are right now. When you look at a road map, you look at your destination and then at your current location. From there, you work out the distance you need to travel and decide the best route to take.

So let's start your journey with questions that are designed to reveal your current situation and where you want to move to. Be honest with your answers. Although it may be painful, it's a crucial part of the process.

*What am I happy with in my life?*

*What am I not happy with in my life?*

*What is missing?*

*What stresses me out the most?*

*What's hurting me (physically, mentally, emotionally)?*

**Well done, move to Step Two...**

# Step Two: Who are you really?

## Take off the mask.

Each of us at some stage in our lives puts on a mask or even masks. This comes in the form of perceptions, opinions, titles, beliefs and life experiences (good and bad).

Write in each of the boxes your honest opinion of yourself- your true self, the one without the mask, labels and titles.

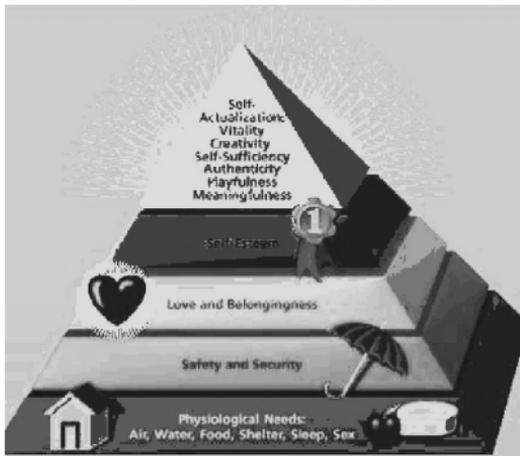
What are my strengths/gifts/passions	What stresses me or depletes my energy?
What are my opportunities/successes	What energises me or makes me feel alive?

**Good, you are getting there!**

# Step Three: What do you value most?

## Self-actualisation - know thyself

According to the psychologist Abraham Maslow, humans have a hierarchy of needs – at the lowest level are physiological needs (oxygen, water, food, sleep, etc.); safety and security needs; then love and belonging needs; self-esteem needs; and finally, at level 5, self-actualisation needs (when they live at their fullest potential). He also believed very few people actually live at this level (about two percent of the population, he said).



Sourced from Google Images <http://detrious.com/category/spiritual-journey/>

In order to get to level 5, most people feel they need to have achieved the previous levels. I do not agree entirely as I have personally aimed for level 5 during my personal development journey (which is ongoing) before I have necessarily conquered the previous levels. From my experience, if you ‘think’ and ‘do’

at self-actualisation level then everything else actually comes easier to you. You become like a magnet and in alignment with your values and beliefs. Your level of security and esteem changes and the need for 'more' becomes less important.

## **Self-Actualisation**

Self-actualisation is the summit of Maslow's hierarchy of needs. It is the quest of reaching one's full potential as a person. Unlike lower level needs, this need is never fully satisfied; as one grows psychologically there are always new opportunities to continue to grow.

Self-actualised people tend to have needs such as:

- Truth
- Justice
- Wisdom
- Meaning

Self-actualised people have frequent occurrences of peak experiences, which are energised moments of profound happiness and harmony.

*Here are some example of values but you can add your own:*

Love, Peace, Freedom, Empowerment, Growth, Happiness, Inspiration, Equality, Power, Success, Integrity, Harmony, Family, Health/Vitality, Unity, Spirituality, Financial Independence, Adventure, etc.

Answer these questions:

*What five things are most important to me?*

1

2

3

4

5

*What do I ultimately want?*

*What thoughts, beliefs, reality and actions stop me from living my life according to my values?*

*How can I make a small change to align my life (reality, beliefs) to my values?*

**Example of conflict between values and beliefs**

1) Value: *Family*

Conflict between your belief/reality: *I spend 60 hours working each week and don't spend enough time with my family.*

2) Value: *Peace*

Conflict between your belief/reality: *I am constantly stressed out and find I am frustrated with my life.*

**Excellent, let's take the next step...**

## Step Four: What will you leave behind?

Often to discover what we are meant to be doing we should begin with the end in mind. So let's go into the future and imagine it's your funeral. Picture the people there, the atmosphere, the funeral ceremony, and the ambience (close your eyes if it helps).

What would you like the people closest to you (your partner, children, grandchildren, friend(s) and other family members/connections) to say about you?

In this blank space, take 10-15 minutes to write down how you would like to be remembered...

**Quite sobering, isn't it? Let's move to Step Five...**

# Step Five: What's your vision?

*"Where there is no vision, the people perish..."*

**Proverbs 29:18**

What do you get out of bed for every day? Why do you do you what you do? The key thing here is the 'why', the 'reason'.

A vision is a dream; it's a mental picture of what you are striving for. If you don't have a dream, vision or an idea of where you are heading you will always hit your target of NOTHING. Having a clear target will enable you to aim correctly and hit the bull's eye of your vision. Using your answers from the previous steps, create a vision of your new intended life.

Be aware this will not happen overnight: it will take change, dedication and action and sometimes discipline, but this is a good starting point to start painting a picture of the ideal life you want to live and experience.

You can use the sample below or create your own from scratch.

*I aim to be remembered as a \_\_\_\_\_*

*and therefore I will need to \_\_\_\_\_*

*I will live each day with \_\_\_\_\_*

*And these values will help me have a \_\_\_\_\_  
\_\_\_\_\_ life.*

*My passion for \_\_\_\_\_ will*

*My gifts will bring \_\_\_\_\_*

*and make a difference to \_\_\_\_\_*

*I enjoy \_\_\_\_\_*

*it makes me feel alive and so I do this \_\_\_\_\_*

*The opportunities of \_\_\_\_\_*

*are now my reality and I now \_\_\_\_\_*

Read this back to yourself several times until it resonates with you. Make changes if you need to until a surge of emotion and excitement rises inside you and you feel a sense of motivation.

**Splendid, vision is the key to stimulate your creativity.**

# Step Six: Will you live on purpose?

**“Planning + Preparation = Prosperity.”**

So now that you have a vision of where you are heading, the question that you need to answer is the ‘how will you get there?’ This is where setting journey goals or milestones are important. For your vision, you might need to set several goals. Here is an example of how you can set some clear action points to live out your vision...

## **Example 1**

### ***Vision goal 1***

*To inspire people on the subject of leadership. I will do this by writing a book and holding seminars.*

### ***Journey goals***

*Goal 1: Start a writing course or research book writing and publishing*

*Goal 2: Learn how to run and market seminars.*

*Goal 3: Polish my presentation skills.*

*Goal 4: Start writing articles on my chosen area/expertise.*

You can have as many journey goals as you need to get to your ultimate vision goal(s). You may choose to break down the goals further and make them SMART (specific, measurable, achievable, realistic and time bound). Try not to worry if you find it too difficult; the main thing at this stage is to get as much down as you can about your vision goals and journey goals.

## **Example 2**

*Goal 3: To present to an audience of 100 middle managers on the topic of ‘charismatic communication in the workplace’ with my first seminar six months from now [specific date].*

*Goal 3a: Polish my presentation skills by joining a presentation skills course by the end of the month.*

*Goal 3b: Have multiple methods of marketing ideas to a public sector middle management team within eight weeks.*

*Goal 3c: Start planning event to include; venue, date(s), timings, and invites/ticket pricing on [specific date].*

Now it's your turn, Get blank sheets of paper and write your goals. Take your time as you may have several goals. This step is not to be rushed so take a whole day if you need to and plan your goals in as much detail as possible. Your success is in the planning.

**Congratulations! Few people even sit down to write their goals.**

# Step Seven: What will you face?

*"Fear is False Evidence Appearing Real."*

**Neale Donald Walsch**

Whether we like it or not we are constantly faced with challenges, obstacles and fears. Some are of our own making, others just appear. When you are living life on purpose, you will encounter people who will support you and those that don't. This is when you may have to sort out who's with you and who's against you. It sounds harsh, but it's true.

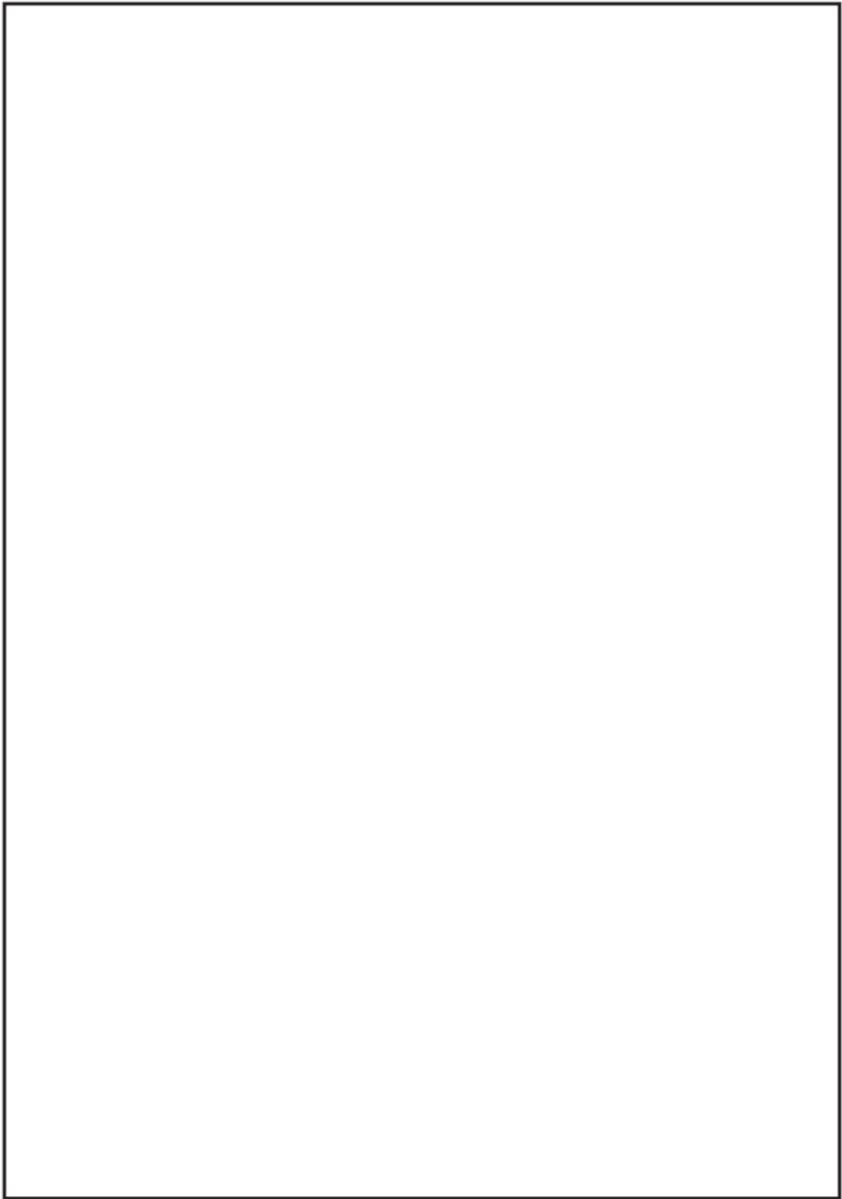
List below all the fears, doubts, obstacles that you might face, and then look over the list one by one and ask yourself: how can I change this? What do I need to do? Does it really matter?

This process might take some time; try to conquer each thing one by one, even if it takes weeks.

When you feel you have let go, cross that item off your list and move to the next one.

If you come across something that is not in your power, discard it.





**You are free! Celebrate.**

## Step Eight: Making money from your purpose

**“Wouldn’t it be great to do what you love for a living?”**

One of my clients had been working as a midwife for 33 years, and although she began to enjoy her work, it was not what she wanted to do. Her journey into the medical field was by ‘default’: when she was growing up, becoming a nurse was the ‘normal’ thing for a young woman to do. Pressurised by her parents she reluctantly trained to become a nurse.

Through our coaching sessions, she realised that for 33 years she had been living someone else’s dream. Her passion was to work with the earth – she wanted to be a horticulturalist. She explained how when she gardened she felt ‘alive’.

She then turned her passion of planting into a side business, creating beautiful flower baskets and getting paid for it!

What can you do? Take some time to think about what you love doing and how you could earn money from it and perhaps grow it into a viable business. Many of the biggest businesses started with a seed, which was then nurtured into a dream and then into a project or a business.

# Step Nine: The power of a congruent life

*“A certain harmony should be kept between actions and ideas if we want to fully develop the effects they can produce.”*

**François de La Rochefoucauld**

Being congruent is when what you do, say and believe are in alignment. It's like a deep honesty about who you are as an individual. It can act as a magnet; people are powerfully attracted to congruent individuals.

One way to be congruent is to find your **core values** – what's most important to you.

## **Example you can follow:**

### ***What do I want to do?***

Run a gardening business

### ***What will that give me?***

Job satisfaction. I'll be my own boss. I'll have unlimited earnings.

### ***What will that give me?***

Choice and time.

### ***What will that give me?***

Time/money for my family and for myself.

### ***What will that do for me?***

Give me personal fulfilment – freedom.



## Step Ten: Creating your mission statement

In Step 5, we talked about having a vision and in this step, we will go a little further and turn that into a 'Mission Statement'. You will be repeating some things but don't worry: the more you do something, the more it will be ingrained in your subconscious mind and will become a habit and then a lifestyle.

That's why many personal development books tell you to read the book twice over and then again at regular intervals.

*My name is:*

*My mission in life is to:*

*I will do this because:*

*I will be remembered for:*

**Splendid! You are on a mission!**

# Step Eleven: Building your own library

**“You will never stop learning.”**

On this journey, you will need as much support and knowledge as possible. You may have chosen an area that requires you to go back and study and that's okay. Many of the most successful people had to learn and re-learn the topic they wanted to become experts in.

Five tips to having a wealth of resources to gain knowledge

1. **Build your own library of books, CDs, and DVDs** that will feed your mind and your purpose. Create a book shelf in your home so it's in your vision every day and select books to read each week or month.
2. **Create a virtual library** by setting up a folder on your computer/phone and use it to store audios, videos, e-books and reports and perhaps even useful articles that are relevant to your growth and purpose.
3. **Build a network of people who genuinely and sincerely want to see you win.** This can be close friends, family, colleagues, and people already in the field that you are pursuing, as well as inspirational positive people, such as coaches, consultants and mentors. You will realise fairly quickly who should be in your circle. Socialise with these people and spend time with them. Note: the people closest to you are not automatically the ones who will push you to win, so be aware.

4. **Join a Master Mind or membership group** where you can share ideas and thoughts. This might be via an online forum or face to face meetings. Joining a group will help you remain focused and keep you motivated whilst you continue to learn and benefit from the interaction and tips. You can find these groups online and through friends/family and even specific networking organisations.
5. **Carefully select a handful of experts** in the areas you want to develop in and sign up to their e-zine/newsletters. These regular newsletters will give you bite-size tips and information. Quite often they will also tell you about forthcoming events, which could add value to your growth and knowledge whilst also being a great opportunity to network with like-minded people.

**You are ready and equipped - there is no stopping you now!**

## Step Twelve: Proper self-care

**“A healthy mind and body enables you to achieve your dreams.”**

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In this final step, you are encouraged to be selfish and spend quality time looking after yourself. It's fantastic to have a dream and to want to do so much but if you lack energy, are unhealthy or stressed it could impact on what you intend to do. Making changes to your wellbeing does not have to cost you money and can be very effective; you can design your plan to suit your diary and budget.

Answer the following questions...

*How can I improve my nutrition?*

*What exercise can I do to ensure I am healthy?*

*How will I pamper myself and how often will I do it?*

*What will I start doing each month/week?*

*What will I stop doing?*

*How can I reward myself for the work I have done?*

**Well done!** The key thing here is to take continuous action.

I hope you have enjoyed this journey, and that you'll tell people you know about this powerful booklet. Just as you have a purpose to make a difference, I do too: mine is to help women find their purpose and live a bespoke 'designer life'.

# What my clients have said...

**Please read the following testimonials from some of my clients – I think you'll find them inspiring. I'd love to get your feedback and to hear about your progress so please email me at [inspirations@designerlife.co.uk](mailto:inspirations@designerlife.co.uk)**

## **Arti Sharma attended 'Discovering the Hidden Me' workshop**

*"After recently attending the 'Discovering the Hidden Me' workshop you held, I found it was an eye-opening experience where I really learnt a lot about myself and my purpose. With your experienced guidance and encouragement, we all embarked on our individual journeys, reflecting on our past and present and then looking to the future with a fresh perspective and clarity. You challenged us to define our values and beliefs (finally get the difference!).*

*"By the end of the workshop I had my purpose - 'Peace', which before the start of the day I didn't think I could achieve, but now believe it's possible. I was privileged to share that journey with the support of like-minded ladies who made it all the more enjoyable. The workshop was organised well, and I would thoroughly recommend it to anyone in need of some time out to focus on themselves, get some much needed direction in their life and, most importantly, discover their life purpose. Thank you xx."*

**Arti Sharma**

## **Liz Vajir attended 'Discovering the Hidden Me' workshop**

*"Thank you so much for your inspiration on Saturday. The course indeed went well above and beyond what I expected from it - despite me coming in with pretty high expectations. I said in the first section that I wanted direction and a way to achieve it - I really feel I came away with both. I also achieved a much greater clarity of my life's purpose than I expected.*

*“The most helpful part for me was using a single word to define our purpose - I am empowerment - I have thought so much about what this really means, who do I want to empower, what if I am empowering them to do things I don't believe in, and how can I go about this. I decided empowerment had both a practical and an emotional side.*

*“I was also very moved by writing out my purpose in life - what I really felt strongly about was empowering broken-hearted people. At the time I thought of a massive goal. I stopped before writing it down. Was it too big? Would I spectacularly fail? But I did write it down. I may only have a very small part in fulfilling it - one voice alone cannot change things, but it can be the catalyst for change. I feel filled with courage and determination to fight what may be a long hard battle for those I know who are suffering without help.*

*“People have been telling me for many years that my greatest gift is the trials I have overcome. My past has been dramatic, painful and yet filled with themes of hope and recovery. Many people have told me I should write my story in some form or other in order to inspire people that there is hope, and there is a future. I don't know how to do that yet, but I know that there are ways to use that past to help others. I was interested that a part of the course was based on your past - I have tended to see it as something to forget, rather than something to spur me on to action.*

*“So thank you so much. I have set aside a significant amount of time in my busy week to take action, and to keep going over and over the workbook. You were inspirational, approachable, clear, friendly, and had a sense of humour. What a wonderful day, and as you said, it really was life changing! Thanks so much.”*

**Liz Vajir**

## **Anna had one-to-one coaching sessions**

*“Thank you from the bottom of my heart for being my Life Coach. You are an inspiration to women who need a makeover everywhere! You are a single answer to a million prayers.”*

**Anna Shaun**

# About Neelam Challoner

**Neelam Challoner is one of the UK's leading life coaches; she is the founder and owner of Designer Life Coaching and has coached hundreds of people nationally and internationally since 2004.**

Her clients range from professionals, high net worth individuals, and solo business owners, to unemployed, single parents and women who have suffered domestic abuse. Her passion is to work with women over 30 to help them find their purpose in life and to live it.

Neelam is also the founder of the 'Personal Growth Book Club' coaching members to implement the development tools into their life, and also 'God's Anointed Entrepreneurs' helping Christian Business owners synchronise their faith with their everyday business life for success. She has empowered and coached both privately and in the public sector and is relentless on her mission to inspire and motivate people to live a 'Designer Life'.

## **Achieve results even faster - register on one of these workshops...**

Take this journey one step further and attend any one of the special Designer Life Workshops, where you can meet Neelam and gain further insight into the 12 steps to a purposeful life.

**Discovering the Hidden 'Me'** is a ground-breaking and thought-provoking workshop designed to help you discover your purpose. It's an ideal way to implement further what you have gleaned from this book or put into motion some of the exercises in a practical setting.

**The Designer Life Workshop** is a motivational workshop to help you create a dream profile, set realistic goals that feed your big picture or your legacy and design a strategy to achieve a life on your terms. This is an ideal follow-on from the *Discovering the Hidden 'Me'* workshop.

Each workshop includes materials, refreshments and an optional 15 minute one-to-one with your coach, Neelam.

**To find out more, go now to [www.designerlife.co.uk/workshops.html](http://www.designerlife.co.uk/workshops.html)**

# Successful...but Incomplete?

## The 12-Step Guide to Discovering your Purpose and Passion



**Now that you're thirty plus, are you living the kind of life you always dreamt of? Or do you feel unhappy, lonely, and altogether dissatisfied with the way things have turned out?**

If your life lacks magic, meaning and motivation, don't waste another moment – read this book by one of the UK's leading life coaches Neelam Challoner and discover your life purpose and find your passion.

### **Inside, you'll learn:**

- The 12 steps to discovering who you are
- How to find out what you love to do
- What a congruent life is and how to be congruent
- How to ignite passion and zest and live on purpose each day
- How to create a vision for your life.

***Just think, by the time you've finished this book, you'll be well on your way to creating the kind of life you always dreamt of.***

*"I wanted direction and a way to achieve it - I really feel I came away with both. I also achieved a much greater clarity of my life's purpose than I expected."* **Liz Vajir**

*"I really learnt a lot about myself and my purpose. By the end of the workshop, I had my purpose - 'Peace', which before the start of the day I didn't think I could achieve, but now believe it's possible."* **Arti Sharma**

*"Thank you from the bottom of my heart for being my Life Coach. You are an inspiration to women who need a makeover everywhere! You are a single answer to a million prayers."* **Anna Shaun**