



ON PURPOSE

**The Busy Woman's Guide
to an Extraordinary Life
of Meaning and Success**

TANYA DALTON

Author of *The Joy of Missing Out* &
CEO of inkWELL Press Productivity Co.

A PDF COMPANION TO THE AUDIOBOOK

On Purpose

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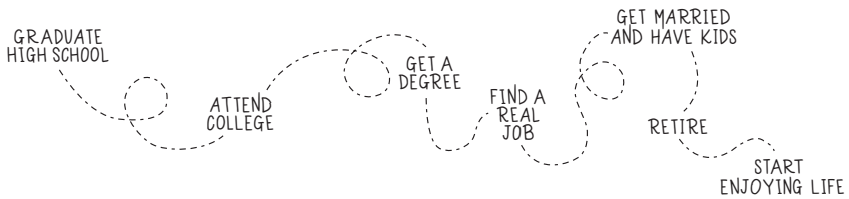
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INTRODUCTION

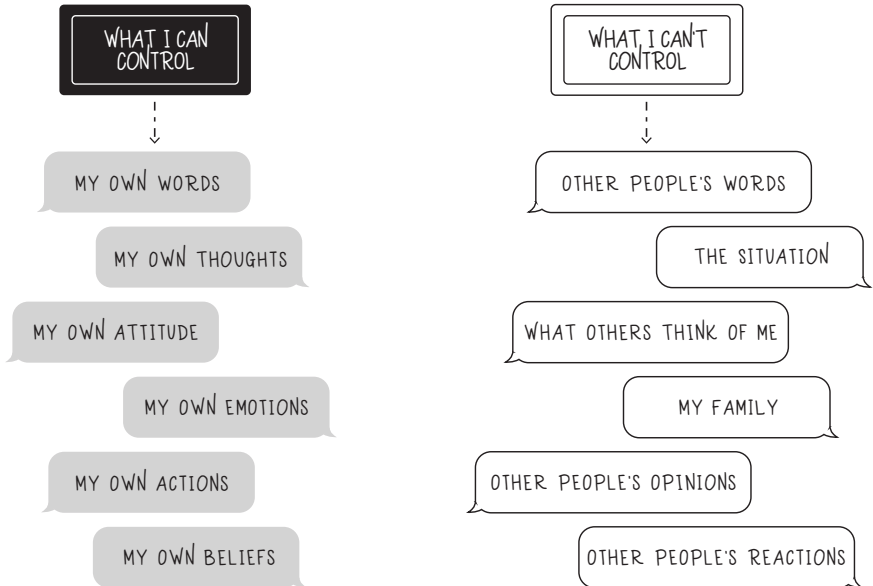
What We May Have Thought Our Life Map Was Supposed to Be



one

CHOOSE TO DISRUPT YOUR PATTERNS

What I Can and Can't Control



two

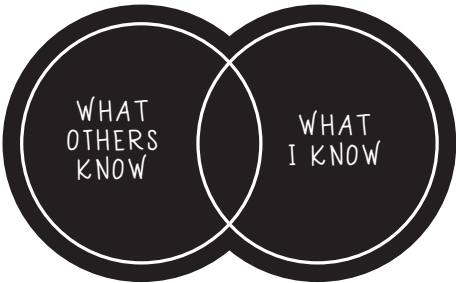
CHOOSE YOUR IDENTITY

Imposter Syndrome Venn Diagram

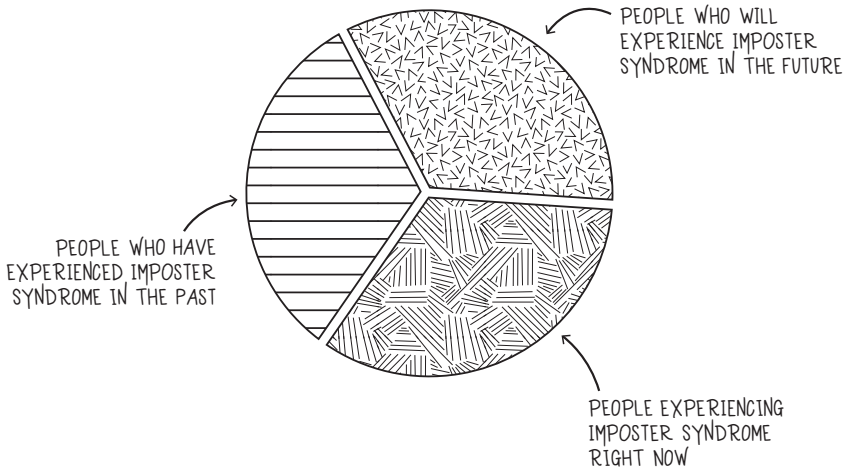
ASSUMPTION



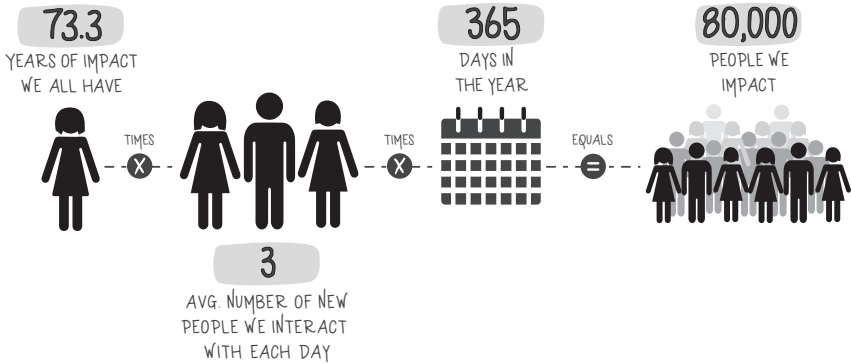
REALITY



IMPOSTER SYNDROME



Your Blast Radius



four

CHOOSE TO FIND YOUR FOCUS

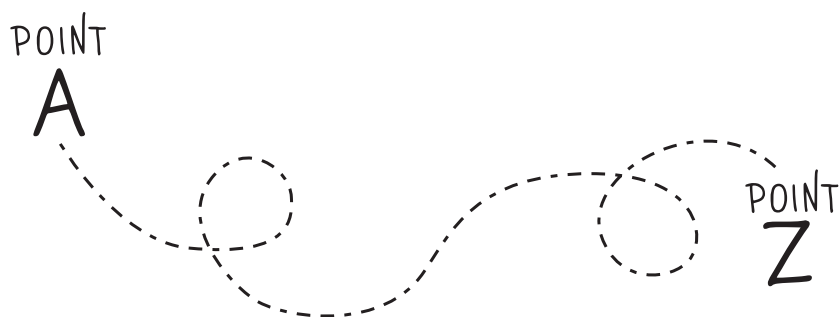
The Vicious Cycle of Perfectionism



five

CHOOSE TO MAKE A PLAN

The Path from A to Z



The Path to the Cathedral



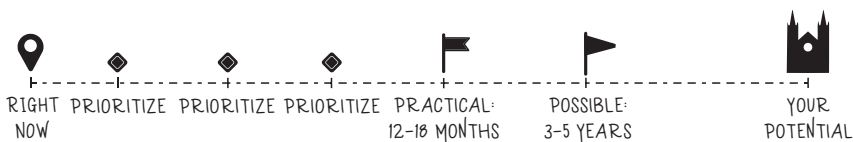
The Path to the Cathedral with a Landmark



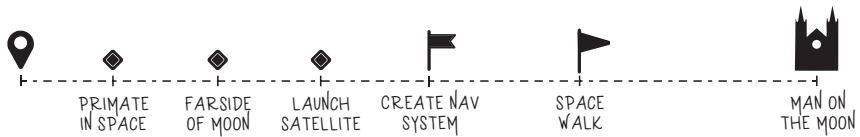
The Path to the Cathedral with a Practical Landmark



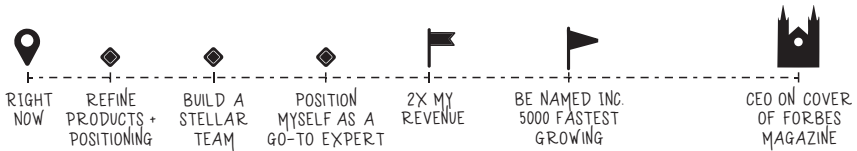
The Path to the Cathedral with Priority Landmarks



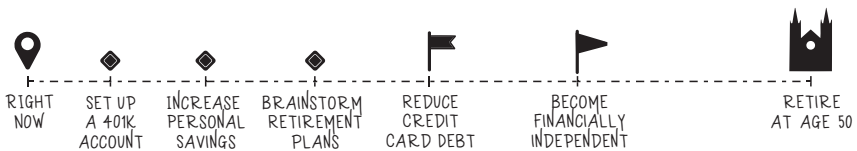
Man on the Moon Cathedral Example



CEO on Cover of *Forbes* Magazine Cathedral Example



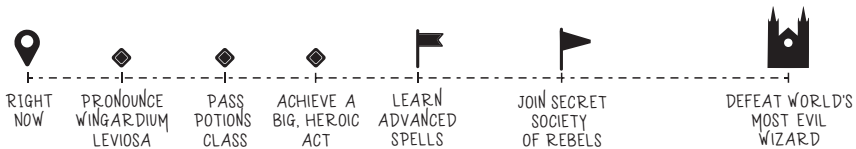
Retire at Age 50 Cathedral Example



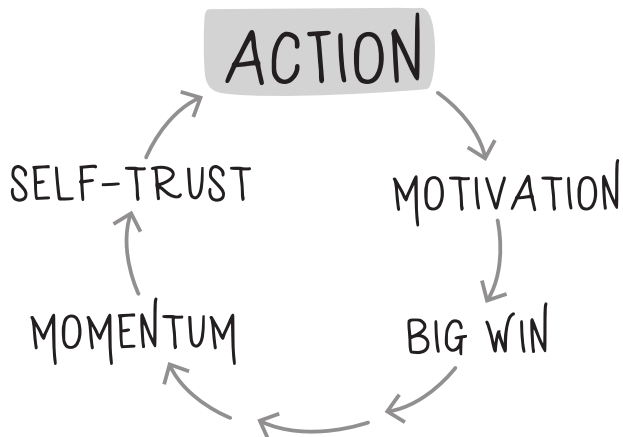
six

CHOOSE TO INVEST IN YOURSELF

Defeat World's Most Evil Wizard Cathedral Example

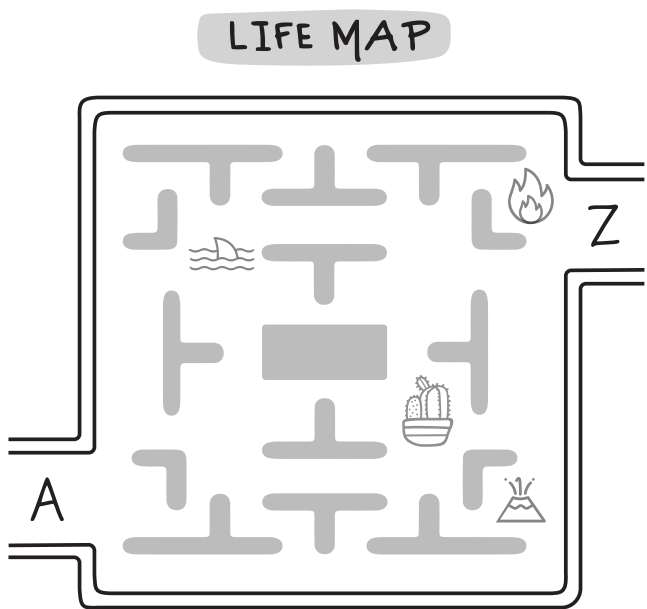


Cycle for Building Self-Trust

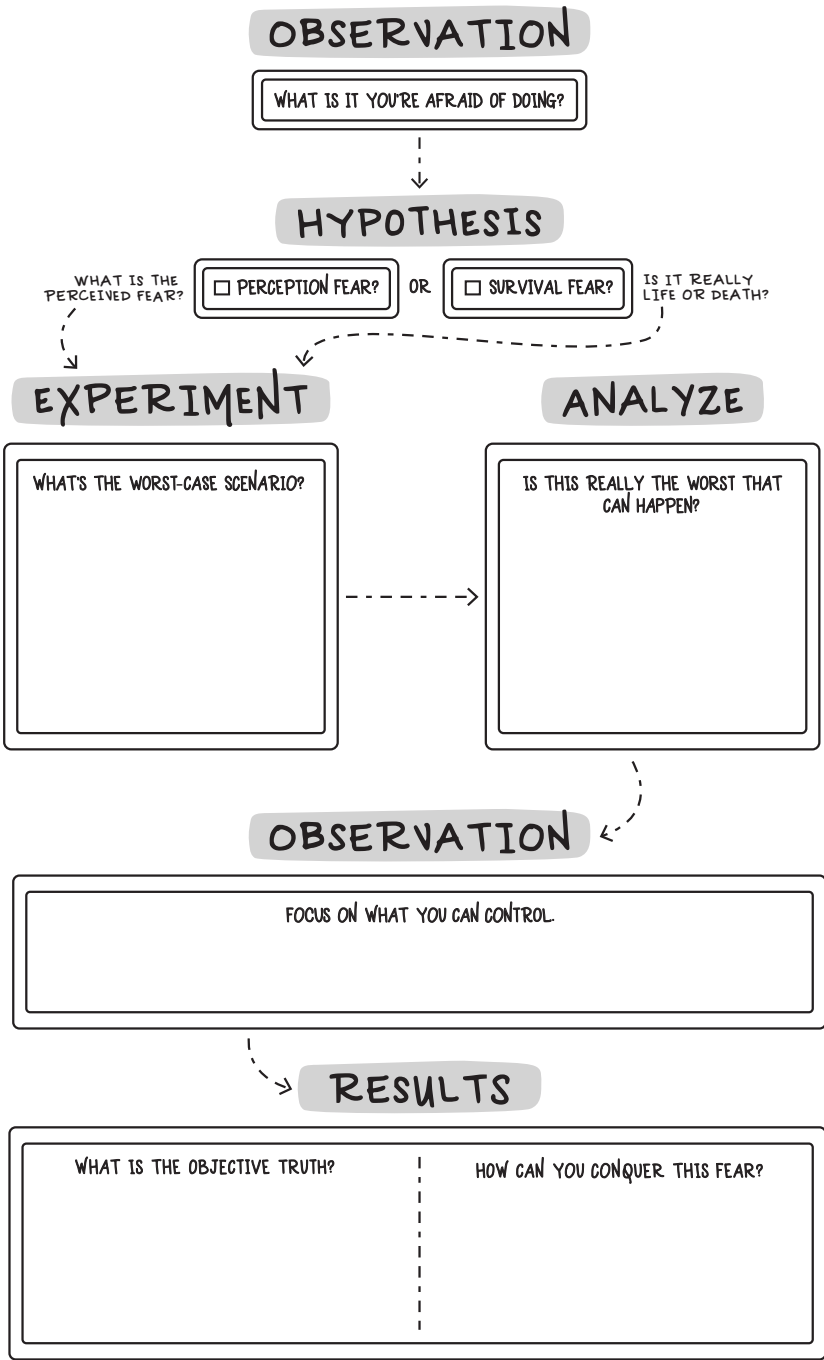


seven

CHOOSE TO RELEASE YOUR FEARS

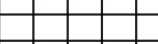


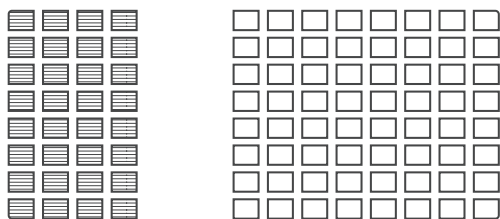
From Fears to Facts Blueprint



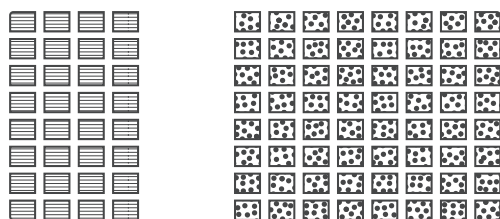
CHOOSE TO CREATE THE TIME

1 DAY



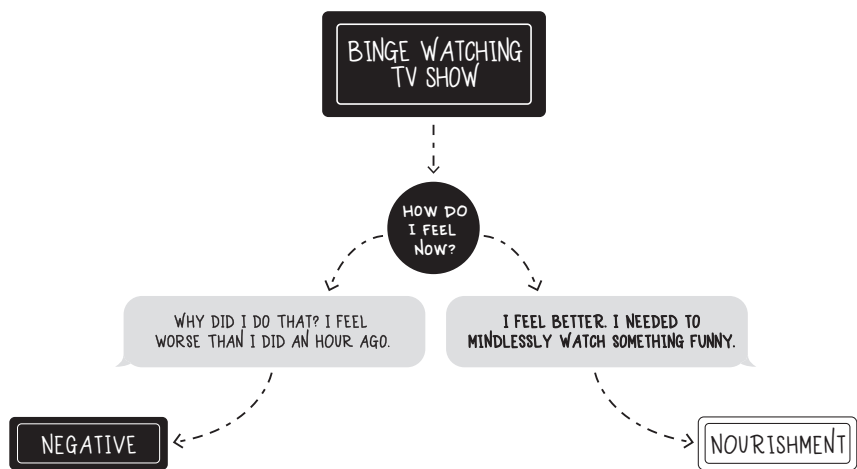


 SLEEPING



 SLEEPING
 DOING

Path to Deciding Whether an Activity Is Negative or Nourishing



What We Often Spend Time Thinking About



GOAL SETTING MATRIX

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
PERSONAL												
HOME												
WORK												

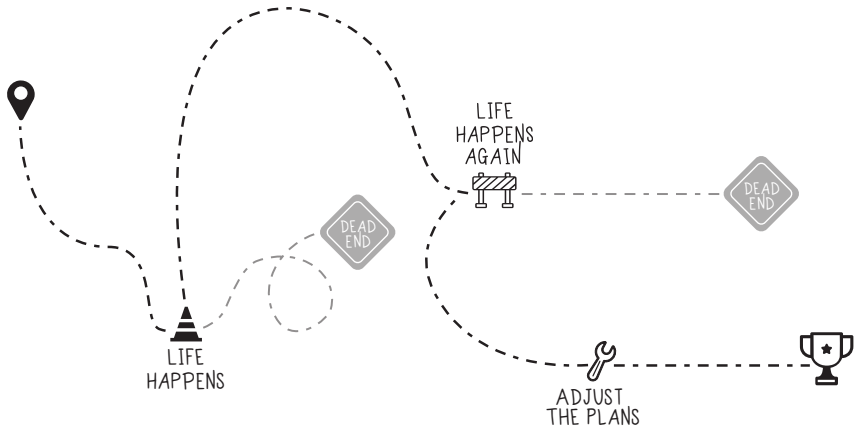
JENNY'S GOAL SETTING MATRIX

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
PERSONAL			TRAIN FOR HALF-MARATHON								MARATHON	
HOME						UPDATE HOMESCHOOL PLAN					RETREAT	
WORK	WORK ON REVENUE GOALS											

nine

CHOOSE TO GIVE GRACE

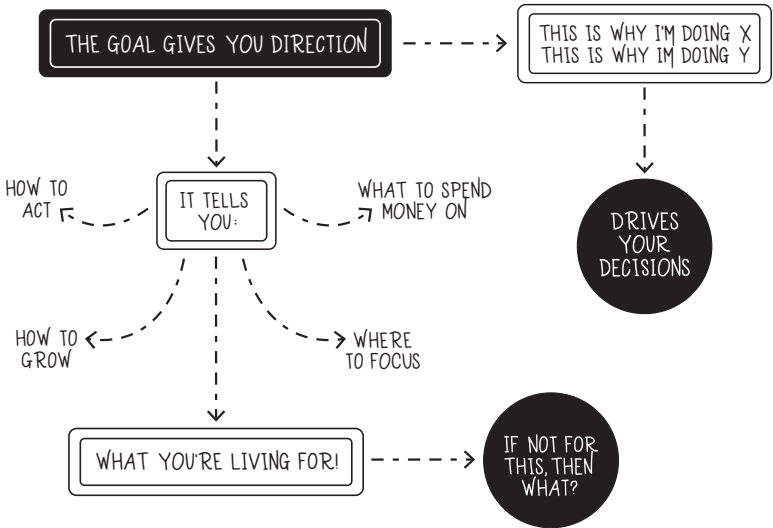
A Map of Good Planning



CONCLUSION

FEED YOUR LIES OR FEED YOUR TRUTH

YOU CAN FEED ONLY ONE



BONUS CONTENT

Grow 8-Figure Company & Start a Foundation Cathedral Example

