

LIVE 2024  
WITH PURPOSE



*Expand with Purpose*  
with Tammy Ogren

# LIVE 2024 WITH PURPOSE



CREATED BY

*Expand with Purpose*

with **Tammy Ogren**



# *Welcome,*

To live with purpose in 2024, be prepared. Be intentional. Be self-aware. Be clear. This booklet helps you plan for 2024 in 2 parts.

Before we look ahead, it's very valuable to honor the past, recognize your successes; identify those areas that you could have been stronger. I'll help you with a new way of dreaming about your future -- setting aside those things that hold you back to consider your possibilities.

The 30 day journal is created to help you remember gratitude, to recognize your small wins each day that build toward meeting your goals for the year.

Have a blessed 30 days...and if you have thoughts, questions, challenges, or successes to share, I would love to hear from you at [togren@ExpandWithPurpose.com](mailto:togren@ExpandWithPurpose.com) or on my facebook page: ExpandWithPurpose.

*Jammya Ogren*

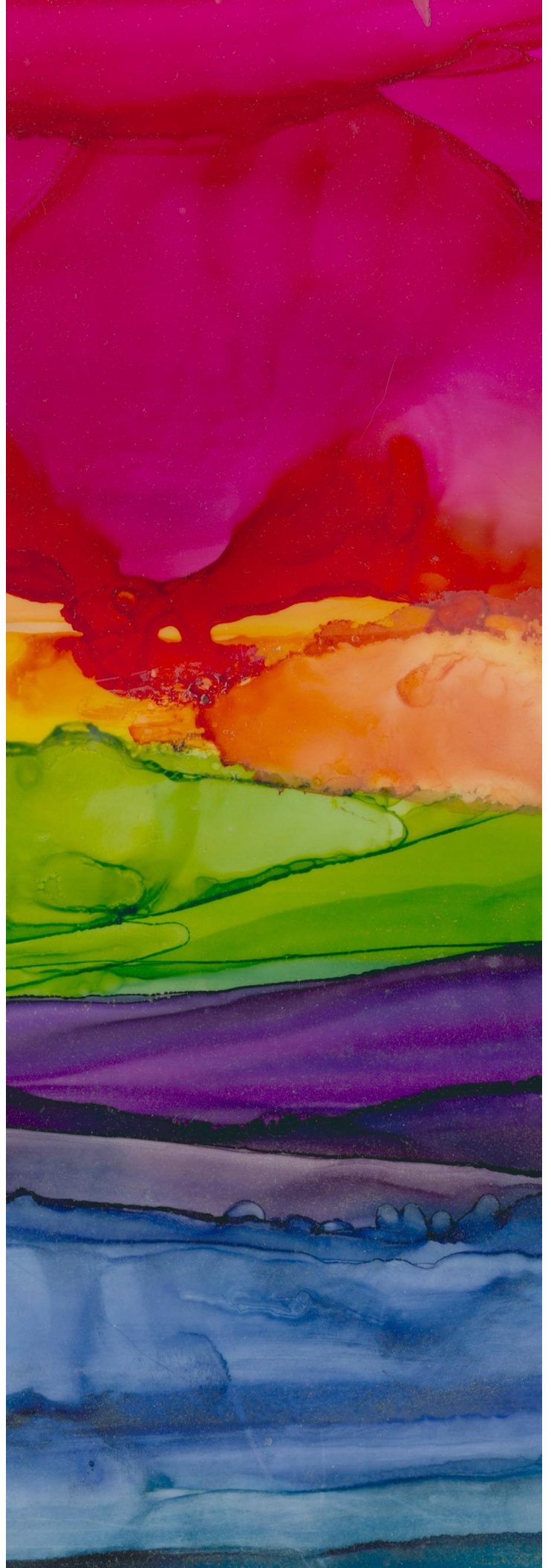


# *How to use this journal*

Start by promising yourself to spend a few uninterrupted hours to reflect and stay honest with yourself.

Find a space that you can spend quiet time thinking about YOU.

Turn on music, sit in quiet, grab a hot cup of tea, do what works for you to experience thoughtful, calm, positive energy.





# STEP ONE

## Reflect on the Past

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Before we can live our best life, fulfill our real potential, and move forward, we must recognize the past and reveal our fears.

This action will actually liberate us from the unspoken beliefs and fears. Take a few minutes to think about those limiting beliefs that hold you back.

Go through last year's calendar week by week. Record important or significant events for each month.

*"Your Future Does Not Have to Equal Your Past."*

*Michael Hyatt."*

# THE PAST YEAR

January

February

March

April

May

June

July

August

September

October

November

December

# WHAT THEMES DO YOU SEE FROM LAST YEAR?

There are 8 distinct areas that make up most of your whole life. As you consider last year's experiences, what significant events occurred for each area? Write them here.

Physical

Intellectual

Spiritual

Vocational

Marriage

Hobby

Social

Parental

Financial

Emotional

IF LAST YEAR WAS A MOVIE, WHAT WOULD THE MOVIE TITLE BE?

WHAT ARE YOUR RECURRING THEMES FROM LAST YEAR ?

WHAT ARE YOUR 3 GREATEST ACCOMPLISHMENTS FROM LAST  
YEAR ?

WHAT DID YOU DO TO ACHIEVE THOSE ?



WHAT WERE YOUR 3 GREATEST CHALLENGES FROM LAST YEAR?

WHO OR WHAT HELPED YOU OVERCOME THEM ?

WHAT WAS MISSING FROM LAST YEAR?

WHAT HAVE YOU LEARNED ABOUT YOURSELF ?

HOW MIGHT YOU TAKE WHAT YOU'VE LEARNED ABOUT LAST  
YEAR TO CHANGE NEXT YEAR?

A large, empty rounded rectangular box with a black border, intended for the user to write their response to the question above.

WHAT ARE YOUR BIGGEST FEARS?

A large, empty rounded rectangular box with a black border, intended for the user to write their response to the question above.



## RELEASE YOUR PAST

What are you ready to release, before you begin your journey? Take some time to fill in the spaces below with all the things you are ready to release. Limiting beliefs are the ideals we gave that hold us back. A limiting belief is "I'm too old to go back to college." A liberating truth could be, "With my experience, now is the time to apply it in college."

MY LIMITING BELIEFS

MY LIBERATING TRUTHS

# STEP THREE

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What do you want? How can you dream about the future without knowing what you want?

Back when you were a child, what did you dream about doing? Before life got in the way, how did you think about spending your time? What do you search online about, what books are on your bookshelf? We tend to gravitate toward the things that we are passionate about...even if we don't do it on purpose!

It's time ... time to reclaim your desires. How do you want to feel? What do you want to accomplish? What do you want to become?

It's never too late to re-evaluate your desires and your futures. Before you set goals, dream about it. Free yourself to play with ideas like you did as a child.

*"Those who live in the past limit what's possible in their future."*





# RECLAIM YOUR DESIRES

It's time to reclaim your deepest desires. Fill in the spaces below with what you want to feel, what you want to accomplish and who you want to become...

HOW DO YOU WANT TO FEEL?

WHAT DO YOU WANT TO ACCOMPLISH?

WHO DO YOU WANT TO BECOME?



*“Life isn’t about finding yourself.  
Life is about creating yourself.”*

— GEORGE BERNARD SHAW

## STEP FOUR

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Before you begin setting goals to reach your desires, let's break it down. 8 distinct areas make up most of your whole life. When we spend too much focus on any 1 or 2 areas of life, we can get out of balance. This might be necessary in short-term, but in the long-term of your well-being, balance and wholistic thinking is important. In this step, you will consider your current state in each area.

- ❖ PHYSICAL (Body)
- ❖ INTELLECTUAL (Mind)
- ❖ SPIRITUAL (Spirit, Soul)
- ❖ VOCATIONAL (Career)
- ❖ MARRIAGE (Relationship)
- ❖ HOBBY (Creativity, Relaxation)
- ❖ SOCIAL (Friends, Family)
- ❖ PARENTAL (Children, Mentor)
- ❖ FINANCIAL (Money)
- ❖ EMOTIONAL (Mental Health, Self Care)

# WHAT DO YOU WANT NEXT YEAR TO LOOK LIKE?

What goals or themes do you want for next year? Write them here. This is the 1<sup>st</sup> step toward bringing them to reality.

Physical

Intellectual

Spiritual

Vocational

Marriage

Hobby

Social

Parental

Financial

Emotional

# GOALS FOR NEXT YEAR.

Let's start with themes related to what you've learned about last year and what you expect for next year.


3 THINGS I WILL LOVE ABOUT MYSELF:



3 THINGS I WILL LET GO OF:



3 THINGS I WANT TO ACHIEVE:



3 PEOPLE WHO WILL BE MY STRENGTH IN CHALLENGES:





3 HABITS THAT I WILL DO EACH MORNING:



3 THINGS I WILL ACCOMPLISH:




3 THINGS I WILL SAY NO TO:



3 THINGS I EXPECT FROM THIS YEAR:



THIS YEAR WILL BE SPECIAL BECAUSE:



## MY WORD FOR THE YEAR IS:

As you consider your reflection of last year and your goals for next year, what word comes to mind? Your word of the year can create a theme for you to embrace as you consider opportunities and as you face challenges.

## DESCRIBE WHAT THIS WORD MEANS TO YOU:

AS YOU OPEN YOUR MIND TO THE POSSIBILITIES OF NEXT YEAR,  
WRITE A NOTE TO YOURSELF AS A REMINDER OF YOUR  
INTENTIONS.

# Helpful Resources

01

## **DISCOVER YOUR PURPOSE by Tammy Ogren**

**AMAZON:** <https://a.co/d/iq1TYSr>

Looking to find your path? Focusing on your uniqueness, values, passions and energies will help you identify new insight to possibilities you may not have considered. In this easy to read book, Dr. Tammy Ogren shares her personal journey walk a path that suits her natural abilities, personality, and core values. She provides examples, mistakes, and activities guiding you to identify your uniqueness and purpose. In an interactive, practical manner you will receive tips, tools, and techniques to identify your personal strengths, energy drains, natural abilities, personality, core values and more. If you are looking to identify your unique purpose, you will appreciate this story.

02

## **EMOTIONAL INTELLIGENCE**

<http://www.16personalities.com>

This free assessment will help you have a better understanding of yourself: how you naturally interact in the world, how you make decisions, and where you are naturally energized.

03

## **EMOTIONAL INTELLIGENCE**

<https://www.psychologytoday.com/us/basics/emotional-intelligence>

Successful people have expanded emotional vocabulary, are skilled at regulating their emotions to serve them well, and practice understanding emotions of those around them

04

## **VALUES & MOTIVATIONS**

<https://www.happiness.com/magazine/science-psychology/meaning-motivation-values>

Research demonstrates that purpose and meaning in life is directly related to our values and internal motivators

# MEET TAMMY



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Learn more at  
[www.ExpandWithPurpose.com](http://www.ExpandWithPurpose.com)

I believe that each of us are unique and that is intentional. For over a decade, I have experienced meaning and seamless work in a way that is so natural to my unique skills, talents, and personality, that I know that it's possible to live your life, your activities, and your work in away that aligns to who you are meant to be.



[IG.COM/USERNAME](https://www.instagram.com/USERNAME)



[FB.COM/USERNAME](https://www.facebook.com/USERNAME)



[WEBSITE.COM](http://WEBSITE.COM)

*"Sometimes the  
smallest step in the  
right direction ends  
up being the biggest  
step of your life."*

MARY ANN RADMAC