

# Create Your Purpose<sup>®</sup>

CHALLENGE



DAY ONE :: DREAM

# JUST A QUICK PERSONAL NOTE...

Dear Purpose Creator,

When I first came up with the idea for this Challenge, I knew I wanted it to be purposeful, helpful, and impactful... oh - and fun, too! I wanted to create something I wish existed. Something that would truly help you gain clarity on what steps to take to move your business (or business *idea*) forward and show you how to make more time to do you love.

You see, I believe people feel empowered when they take a tiny little idea that lights them up and then work hard, step-by-step, to grow it into something real... *it feels like magic!*

The world deserves more of that magic - more good ideas, more empowered people, and more entrepreneurial spirits living lives and building businesses *on purpose* and *with purpose*. Thank you for being here so we can - together - hustle less and sparkle more.

**Over the next three days, I'm going to guide you to:**

- 🌟 Imagine a no holds barred vision for your future.
- 📣 Declare it to the world and define what no longer serves you.
- 📝 Design a simple system to ground your dream in reality and take action.

You've committed to signing up, so now, commit to *showing up* for yourself.

Schedule 30 minutes every morning of the Challenge to work on the exercises and 30 minutes later in the day to join my live training (happening every day at 12 pm PT) or watch the recording and engage with your fellow Purpose Creators in the Facebook group!

If you love gifts and need a little extra incentive, then you should also know that every time you post your daily exercise in the group, join a live training, or use the IG Story templates, you'll have a chance to win a prize!

Let's get this purpose party started!

- Quinn Tempest



*Need some inspiration while your work?  
Stream the [Create Your Purpose playlist](#) on Spotify!*



## Day One

# DREAM

**“It is our vision of the future in light of our priorities which will determine our success before anything else.”**

**- Jack Heimbigner**

Oftentimes when “visioning” is discussed in entrepreneurial circles, it’s centered around goal-setting and planning. While important, goals and plans are merely a road map to get you where you want to go. If you don’t have a destination, a map won’t help much!

**The destination you’re heading to is your DREAM.**

Creating a dream for your life and your work should be broad. It should take into account *all that you are* and *all that you want to be*. A dream is a no holds barred image of who you want to become, what impact you want to make through your work, and how your whole life would transform if you were doing what you love ALL of the time, not just some of the time.

Dreams are powerful because they help us align our thoughts, behaviors, and actions. Actions that are alignment with our vision help us inch closer and closer to making our dream REAL.

**Today, I challenge you to begin clarifying your dream vision by writing pieces of it down.**

To help you do that, I’ve provided a few reflection prompts on the following pages. Use what you uncover there to then create your **Unicorn Daydream**. I encourage you to post this in the group on the comment thread linked on the final page. You will be entered to win a prize!

**A note before you begin:** Creating a dream can feel scary as you define big ideas for your life and work and admit things to yourself that you truly want. Be kind to yourself, be honest, observe where expectations from others creep in, and let the ideas flow the best you can.



## 1. Role Model

List one person that seems to be where YOU'D like to be some day, personally or professionally. What about them inspires you? Remember: use envy as inspiration instead of comparison.



## 2. Principles

List 2 *resonant words* that are values you'd like to embody and infuse into everything you do. These words should give you a tingly feeling - like an internal "YES!" (e.g. *curiosity, compassion*)



## 3. Legacy

If you made a lasting impact on the world that also felt meaningful to you, what would it be in one sentence? (e.g. *"I want to teach people that they don't have to live large to live beautifully."*)

## 4. Unicorn Brainstorming

Using what you uncovered above, I now want you to create your unique **Unicorn Daydream**. This is a declaration of something you'd like to accomplish, create, do, or become within one year. Something that - if it happened - would absolutely light you up! Whether it's personal or professional goal or a more subtle, internal result, your Daydream is completely up to you. Below are real examples to inspire you. The prompt starts with **“Wouldn't it be magical if...”**

- *I could deliver a conference keynote on PURPOSE that is full of color and inspiration!*
- *I could go down to part time at my job so I could focus on building my business!*
- *I stopped letting the inner critic aka F.E.A.R. hold me back from my ideas!*
- *I had the confidence to let go of “safe” clients and step fully into my ABUNDANCE!*
- *My Shopify sales tripled and I had more time for visioning, travel, and ME!*

“Wouldn't it be magical if...”

## What to Do Next

You are done with Day One's exercise! You have spent valuable time dreaming about your future and firming up the destination you'll be heading. Now, come share your Unicorn Daydream with the group by commenting [on this thread](#).

Do it today and you'll be entered to win one of Day One's prizes! Want extra credit? Use this template and post your daydream to Instagram Stories. Make sure to tag me so I can see and you'll get another entry to win a prize!

Then, join me LIVE at 12 pm PT / 3 pm ET where I'll be leading a training on today's theme and will answer any questions you have! A recording will be posted afterwards.

 [Download image](#)

