



BEAUTY OF GROWTH

# Milk & Honey Blueprint

*Get out of the wilderness and into the land  
of milk and honey by turning your purpose  
into a money making reality!*

# Milk & Honey Blueprint : How To Make Your Life Purpose A Money Making Reality.

**Stop being lost in wilderness and find the land of milk and honey!**

Some people know they are meant to do greater things. Yet, they sit on that call, for years and years –just wishing they could do something about it. Others find their true purpose, and simply fail to act on it because they lack the confidence to get out there and live it. Then there are those who fully believe in themselves, but don't know where to begin when it comes to making that dream, a reality.

The good news is, if you belong to one of these categories: all you need is some guidance. A solid plan, and a helping hand will get you a long way. This is what I did to make my own dream come true. Check out these evidence-based steps to see how I followed my own dream, working for myself as a life and transformation coach.

## Milk & Honey Blueprint

### 1 // Believe In Yourself

Lots of people have an inkling that they have a life purpose –a calling. So many people don't explore or pursue the call, because they don't believe it's possible for them. Either they don't believe they can make much of an impact doing what they love and would dream to do, or they think they can't make a living doing what they love.

There are various examples that show otherwise. There are many different paths of life one can take, and the paths that have been paved, came from individuals who believed in themselves. Even if they believed they'd be happy by impacting just ONE person's life, they believed it was possible.

In order to follow through with your dream, you need to believe that it is possible for you, too. If you want to be the next Tony Robbins, or Oprah Winfrey, you have to believe it is possible. Otherwise, you'll stay stuck in the dream –wondering what your life would have been like if you dared to pursue your purpose, 40 years from now. Wouldn't it be a

shame to look back on your life, and see that you let your true desires just fall by the wayside? Wouldn't it be sad that you just let life pass you on by, settling for a so-so life, while you watch other dreamers fulfill their dreams, time and time again?

Don't do that to yourself. Believe that this is possible for you. If it was possible for thousands of people over generations, and lifetimes, why can't it be possible for you? Believe.

## 2 //Define the Dream

Once you see yourself making it happen –get clear about the dream. While we may have many passions in life, and there is no ONE calling, you have to make a decision for yourself about what you want your dream to look like.

Do you want to work in a foster care home, counseling teens and young adults, so that you can push them to believe in themselves and become functioning members of society?

OR

Do you want to open your own home as a nonprofit agency, so that you can mentor and counsel these teens on the streets/ in foster care –the way you want, and how you want, so that they can be free to be the best versions of themselves as adults in society?

### **Get Specific.**

How do you think soul cycle, hip-hop yoga, The Oprah Winfrey Show, or your average blogger came into their dream? They had to follow exactly what they were passionate about, and find their purpose in doing so, so that they could impact others THE VERY WAY THEY WANTED TO DO IT.

If you just want to brand yourself, and do everything under the sun, that you are passionate about, that's fine. If you want to teach people to paint, be a personal trainer, and have your own show, plus write a book. That's fine. But you need to be clear about it. Otherwise, you can't map out your plan, because you don't know where you're going.

If you want to be a motivational speaker that teaches women about finding their identity, that's cool too. Just be sure you are clear about where you want to go. Even if it's level by level. Just get clear.

### **3 // Make Your Own Path**

Looking at other successful people, that do what you want to do, is one way to help you get clear about the direction you want to go in. However, each person has their own strengths and weaknesses. You want to capitalize on your strengths, and follow your passions, even if it isn't the exact same road as who you look up to.

One of the things that held me back, and frustrated me for quite some time, was my expectations of myself. I kept thinking I must do things the way I see other people who are successful in my niche', doing it, and that wasn't getting me much traction. Once I accepted myself for who I am, and used my personal strengths to catapult my career, I was THEN able to step out on my own, and MAKE IT HAPPEN.

While examples of others can be helpful to guide you, decide what you want to do different, or better than them, and show people your unique gifts, as you fulfill your purpose. I believe a purpose is tailor-made to fit each individual for who they are. Everyone's personal life experiences contribute to who they become. When we try to compare ourselves to others, we aren't our best selves. That's why you see some of the biggest and most successful people in life, doing things that others haven't done before. Bill Gates, Oprah, Mark Zuckerberg, Tony Robbins, Beyonce, and the list goes on.

So, pave your own path, and allow your unique abilities to make you special. You were given them for a reason, and that is what is going to push you into success, not someone else's gifts.

### **4 //Go For the Dream**

Now that you've fully comprehended what you want for yourself, and for others as a result –go for it. A dream is still a dream, until you take action.

#### **Map Out Your Plan.**

Make a list of things you need to do in order to make this happen for yourself. Make short and long-term goals, so that you can chip away at those tasks, bit-by-bit.



### **Take Action.**

Don't make a plan, and let it sit at the bottom of your drawer for the next 6 months. Don't start telling your friends and family about this newfound desire to make your dream happen, and let it end there. So many people get hyped up about fulfilling their passion and purpose in life, and it ends there! The trickiest thing about that is, you can get so high off the feeling of 'I'm gonna' do it', that you can actually psych yourself out of doing it.

Reading books, and watching Tedx Talks, or getting hyped about Super Soul Sessions, will get you nowhere. You have to take action in order for you to truly step into your purpose and FULFILL it. Knowing about it, and doing it, are two different things. I know it sounds silly, but you'd be surprised by how many people read hundreds of books about their passion, but do nothing about it. They think they are doing something about it because they are obtaining knowledge, but that means nothing if you don't take action.

### **Make \$\$\$.**

Once you start taking action, you'll start being able to charge for your services. Following the plan, and throwing yourself into your calling, will make things happen for you. You can self-publish a book, start making videos to help others, or start doing speaking engagements. You can finally give up that 9-5 job you hate, and do your own thing, or you can quit the job you have, and start working at a place that allows you to work in your passion. Either way, where the purpose lies, the money will follow. I hate to say it again, but just look at the ones that are already doing it. They were brave enough to follow their crazy idea of MAKING THAT DREAM HAPPEN, and now look at them.

**& that's it. Believe in yourself, define the dream, make your own path, and go for the dream → see the milk and honey flow 😊.**

For help in breaking those self-limiting beliefs, overcoming your doubts and fears, obtaining confidence, making a solid plan that will get you to your dream, you can check out my ***Answer The Call Intensive: Step into your purpose, make***

***money doing it, and impact the masses.*** Just shoot me an email, at [chan@beautyofgrowth.com](mailto:chan@beautyofgrowth.com), stating your interest, and I'll make it all easy for you.

**Happy Answering!**