



LIMITLESS MONTH

# UNFOLDING YOUR PURPOSE



Fueling Your Growth Journey When You Feel  
Limitless



# SESSION GUIDE

## KEY CONCEPTS

Fulfillment Fuel  
Quantify This  
Test Your...  
What Now?



# WHO AM I?



**ZINGA HART, M.ED.**

Mission: Draw out the best in others

[www.zingahart.com](http://www.zingahart.com)

## SESSION 1

Quiet the things that dull  
your light - Tiffany R.

## NEXT STEP

Fuel the things that set  
your light ablaze





# FIND YOUR FULFILLMENT FUEL

FIND THE BIGGEST WIN THAT SCARES YOU

What feels like a near impossible dream in your life that you hope will come true?

SLOW YOUR ROLES

What are all the roles you are involved in now?  
What aligns with making your wildest dreams come true?

BOIL DOWN TO BASICS

Underlying my dreams and roles, what are the values that matter most to me?



# ROLES

Self

Family

Community

Career

# VALUES

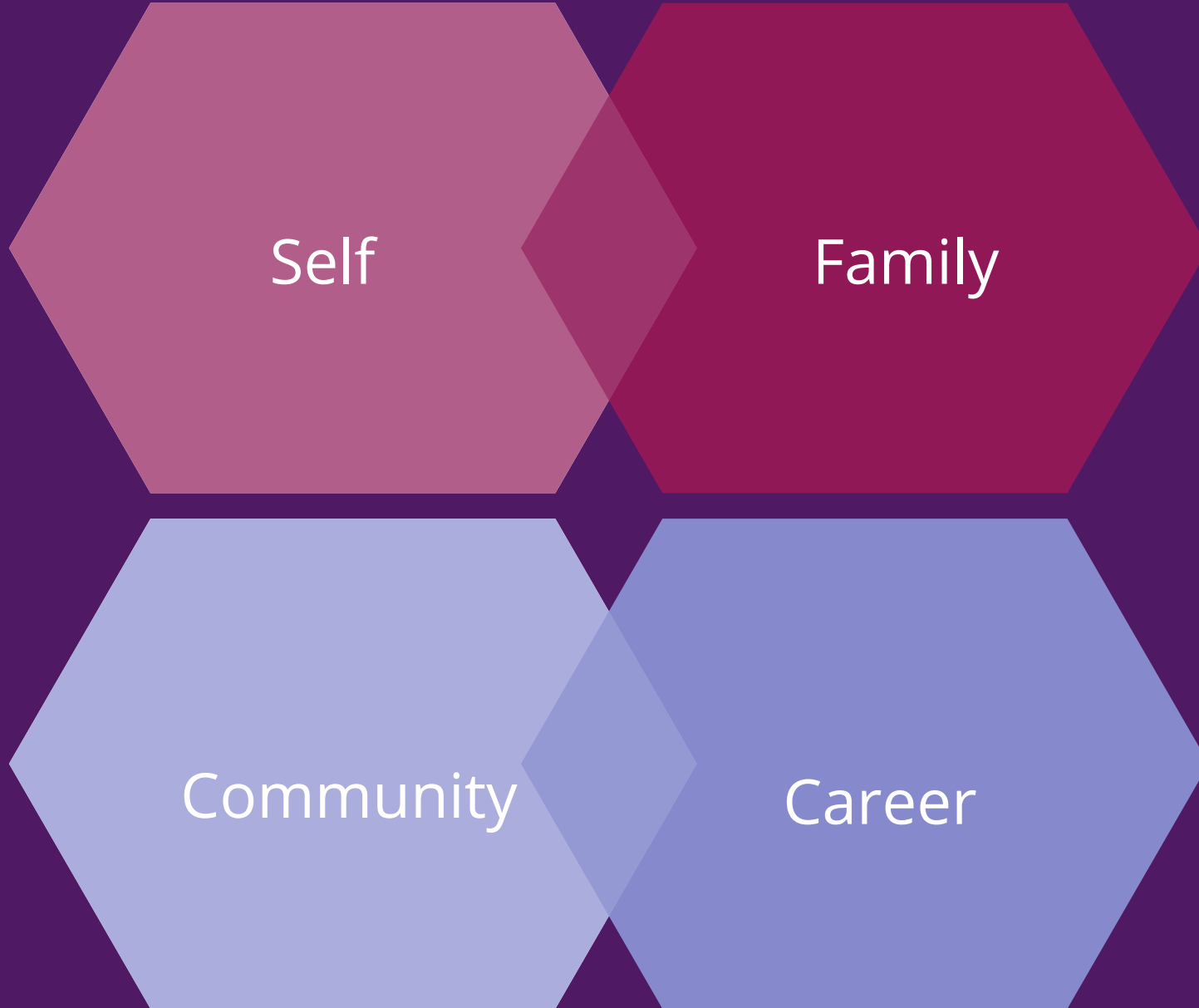
What do I value most? What do I respect about myself the most? What do I do that impresses me?

What legacy do I want my family to learn? If I could plant a seed of growth in my family it would be....

Where does my community need to change to see true prosperity? What do we need to let go of? What do we need more of?

What is the best talent I bring to the table? How does it bring value to my industry of choice? Who is someone I look up to and why? What do they bring to the table?

# ACTION STEP: YOUR FULFILLED SELF



## SESSION 1 RECAP

Pain is not quantifiable



## NEXT STEP

Success is....



# SUCCESS IS QUANTIFIABLE

## MEASURE WHAT YOU WANT TO GROW

Go back to that big wild dream. Find all the areas where you need to grow to get there. How can you measure it?



# MEASUREMENT METHODS

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Time

Money

Things

L,W,H

Impact

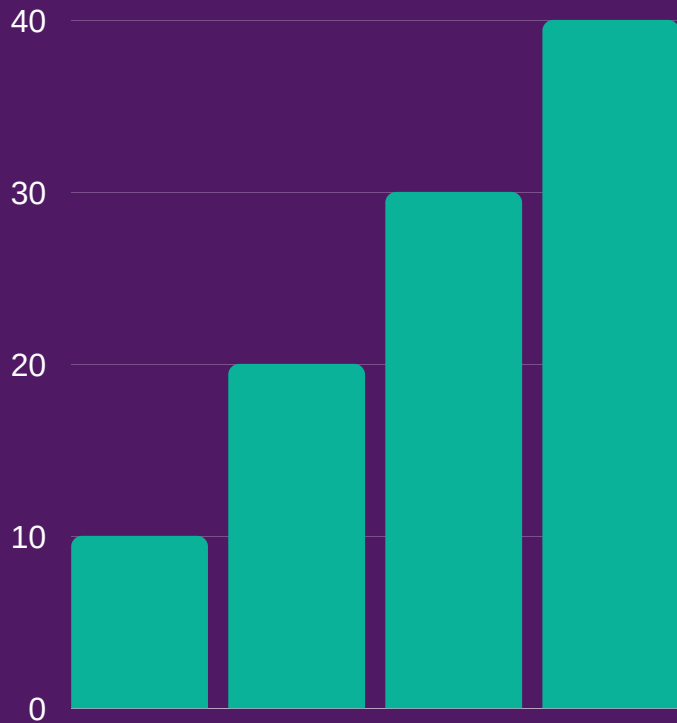
Standards



# TRACK HOW YOU ACT

**NOW FOR LATER**

Know your lowest baseline.



# Tracking Points

## TIME

What amount of time should I spend on this?

## VALUE

What do I ultimately want to earn from my energy being spent?

## IMPACT

Who do I hope to impact? How many could I impact?

## STANDARDS

What do I consider to be my best work?  
What is a success signal for me?

# QUESTIONS?



## SESSION 1

Who are you? Map Your Purpose

### NEXT STEP

Test your horizons, set and reset your boundaries.





# LIST OF ACTIVITIES TO TEST YOUR LIMITS AND SET YOUR BOUNDARIES



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## SET SCARY GOALS

Live as if your wildest dreams will come true




## CONNECT TO NEW

Find ways to make new connections



## FEED OFF OFF FAILS

It gets to the success faster



## DOUBLE YOUR DEADLINE

Be generous in the time it takes for your greatness to grow





SET 1 SCARY  
GOAL



CREATE 2  
CONNECTION  
OPPORTUNITIES



LIST 3 RECENT  
FAILS AND  
SUCCESSES YOU  
HAD AND  
CELEBRATE



# Action Plan Session



# For The Week

## Sunday

Where can I find 15 minutes to take action this week?

## Monday

What's an activity I can show up early to and take action on my side hustle plan?

## Tuesday

How can I update my action step tracker for 10 minutes this week?

## Saturday

How can I care for my self this week?

**Opportunities I am Grateful For**

## Wednesday

Where can I find an hour this week to work towards my action steps?

## Thursday

How will I celebrate success this week?

## Friday

Who can I share my progress with this week?

**Potential Obstacles to Overcome**



## LIMITLESS AMBITION DREAM KIT

Guided tools to help  
girls grow past their  
limits and fuel their  
ambition.



# RISING CAREERS

COACHING AND RESUME WRITING

1965  
COLLECTION

NEBBIE @ BRAIDS & NATURALS SALON

Monica's Creations



*HER Beautiful Mind*  
Harmonious, Enchanting, Remarkable