

 THE WOMAN SCHOOL

NEW WOMAN

MASTERCLASS

CLASS

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Design a Life of Purpose

Lesson 1: KNOW YOUR WHY

Lesson 2: WHAT WOMEN DESERVE

Lesson 3: DISCOVER YOUR DESIRES

Lesson 4: HONOR YOUR WOUNDS

LESSON 1: KNOW YOUR WHY

SELF ASSESSMENT	RATE YOURSELF NO 0 -10 YES
1. Are you clear about your purpose right now?	
2. Are you clear about your purpose in every arena?	
3. Are you equipped with the right skills to fulfill your purpose?	
4. Are you clear about your purpose at the end of your life?	
5. Do you feel like your life has meaning?	

LESSON 2: WHAT WOMEN DESERVE

SELF ASSESSMENT	RATE YOURSELF NO 0 -10 YES
1. I deserve to love and be loved unconditionally.	
2. I deserve to be accepted, appreciated, and respected.	
3. I deserve peace of mind, happiness, and abundance.	
4. I deserve to feel safe and secure.	
5. I deserve an opportunity to fulfill my potential.	

LESSON 3: DISCOVER YOUR DESIRES

SELF ASSESSMENT	RATE YOURSELF NO 0 -10 YES
1. I give myself permission to explore the desires of my heart.	
2. I am aware of my desires in every arena of my life.	
3. I observe my desires every season of my life and give myself permission to develop them.	
4. I do not judge my desires, instead, I study them and align them with my highest good.	
5. I do not allow myself to be a victim of other people's desires for me, I know what I want and don't want.	

LESSON 4: HONOR YOUR WOUNDS

SELF ASSESSMENT	RATE YOURSELF NO 0 -10 YES
1. I have done my work to heal from past trauma.	
2. I carve out time to process my pain and allow myself to learn from it.	
3. I give myself permission to feel my pain and not numb myself.	
4. I am patient with my wounds and give myself permission to feel the pain.	
5. I see my wounds as a compass for my contribution.	

LESSON 1 KNOW YOUR WHY

1. SEASONAL PURPOSE

Describe Your Season of Life	What do you believe is your purpose in this season?

2. ARENA PURPOSE

The diagram features a central circle with 'TWS' in the middle. Eight segments radiate from the center, each labeled with a category: WEALTH, FAMILY, SELF-IMAGE, HEALTH, FRIENDSHIP, INTIMACY, CONTRIBUTION, and ENVIRONMENT. Lines connect each category to a corresponding 'PURPOSE' and 'WHY' table. There are eight such tables arranged around the central diagram.

3. LEGACY PURPOSE

How do you want people to feel about the legacy you are leaving?	How would you like to describe your purpose at the end of your life?

4. REFLECTION JOURNAL

Rate yourself right now from 0 to 10 (0 = No, 10 = Yes)

- I know exactly what my purpose is in this season of life.
- I'm aware of my purpose in every arena of my life.
- I'm intentionally developing myself to fulfill my purpose.
- I'm committed to developing myself for the rest of my life in to fulfill my unique and irreplaceable purpose.

5. How would your life be transformed if you were aware of your purpose in every season and in every arena?

6. Write and describe in detail how you want your legacy to be thought about – your unique and Irreplaceable purpose.

LESSON 2

WHAT WOMEN DESERVE

1. Replace an old belief with what you deserve.

OLD BELIEF	NEW BELIEF	IMPACT ON YOUR LIFE	SCRIPT

2.  Identify and reflect on what you believe you deserve in every arena.

SELF-IMAGE	HEALTH	FRIENDSHIP	INTIMACY
CONTRIBUTION	ENVIRONMENT	WEALTH	FAMILY

REFLECTION JOURNAL

Reflect on how your beliefs about what you deserve have shaped your current reality.

3. Are you currently living the life you want? Explain.

4. How are you currently designing the life you deserve?

5. What part of your life have you compromised what you deserve?

6. Write down how these circumstances in your life have shaped your current beliefs and your overall quality of life.

CIRCUMSTANCE	INFLUENCE
Family belief system	
Circle of influence	
Fixed mindset/victim mentality	
Lack of awareness	
Habitual patterns	
Don't know what you want	
Lack of skills	
Current environment	
Not investing in personal growth	
Lack of hope/settling	

LESSON 3

DISCOVERING YOUR DESIRES

1. Discover the desires of your heart by identifying what you want and don't want in every arena.

Step 1: Rate yourself

0 – You are living what you don't want in this arena
 10 – You are living your desire in this arena

Step 2:

Write down what you want and what you no longer want to put up with in every arena.

The diagram consists of a central circle divided into ten segments, each representing a life arena. Lines connect each segment to a corresponding 'WANT' and 'DON'T WANT' table. There are also two standalone 'WANT' and 'DON'T WANT' tables at the top of the page.

WANT	DON'T WANT

WANT	DON'T WANT

WANT	DON'T WANT

WANT	DON'T WANT

WANT	DON'T WANT

WANT	DON'T WANT

WANT	DON'T WANT

WANT	DON'T WANT

REFLECTION JOURNAL

2. Do you give yourself permission to dig deep into your deepest desires in every arena of your life? Explain why or why not.

3. What are your roadblocks to discovering and developing the desires of your heart? Explain how they impact the quality of your life.

4. How would your life be different if you were intentional about discovering your desires?

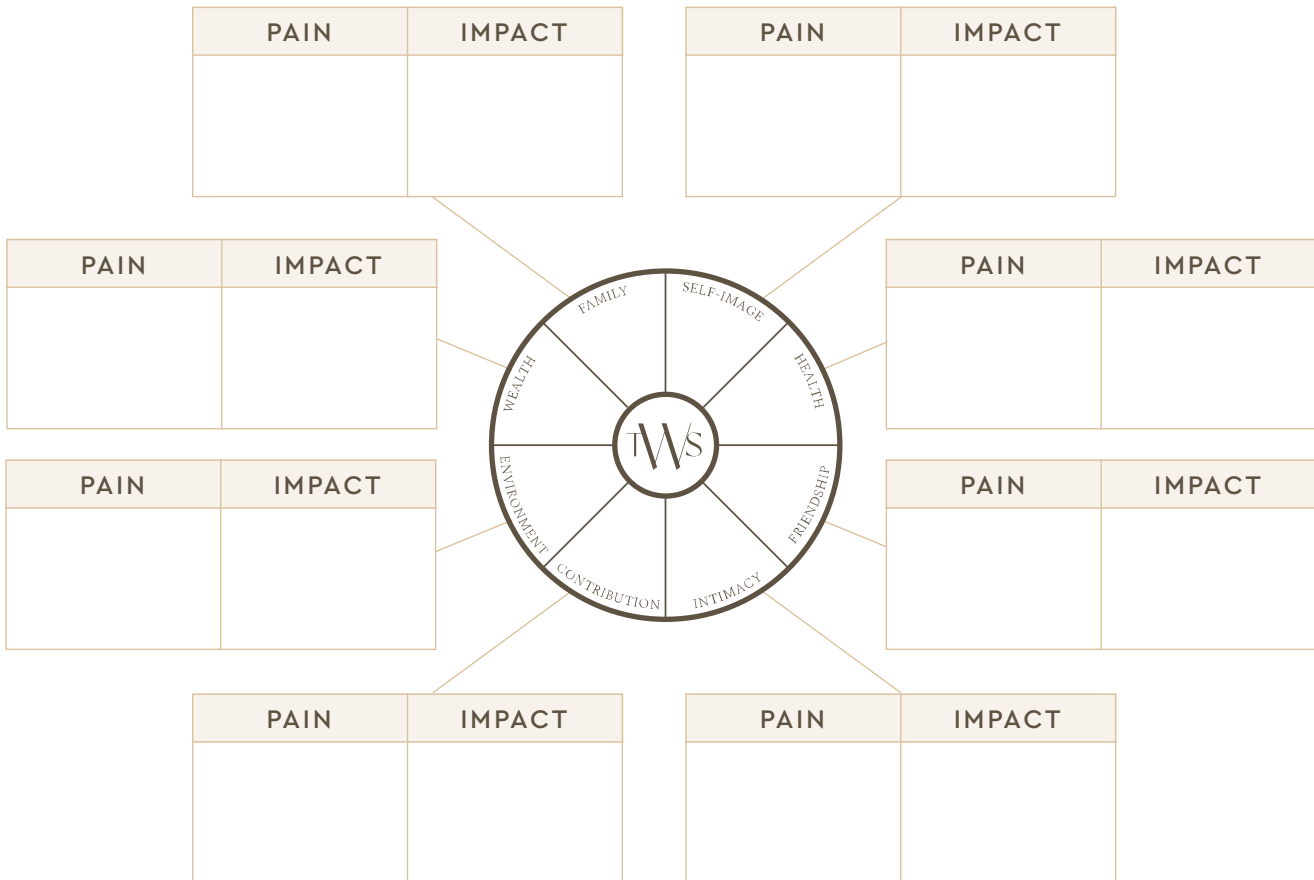
LESSON 4

HONOR YOUR WOUNDS

- Let's learn the skill of harvesting wisdom from your wounds by processing how it can serve your future self. Write a list of unprocessed pain and work through the steps to help you harvest the good from your experience.

IDENTIFY UNPROCESSED PAIN Who? What? When? How?	STEP 1 How did you respond?	STEP 2 Impact on your quality of life.	STEP 3 What good can you harvest?	STEP 4 What is the new opportunity from this pain?

- Identify your pain points right now and the negative impact they have on your specific arena.



REFLECTION JOURNAL

3. What are the biggest consequences of your unprocessed pain and unhealed trauma in every arena of your life?

4. What are some generational wounds that you do not want to inherit from your family of origin?

5. Explain in detail the positive impact it would have when you learn to harvest from your pain and seek the good in all things.