

Peace, Passion, Purpose:

A Guide for Women



Confident Passionate
Woman

www.confidentpassionatewoman.com

Founder: Stacie Hammond

In this guide:

About CPW Page 2

P3: Peace, Passion, Purpose Page 3

The Balance Equation Page 4

Into Your Purpose Page 5

Putting it All Together:
Crafting Your Own
Personal Mantra Page 6

The Formula Graphic Page 7



About CPW

What began as a small, core group of women with an idea, is growing every day to reach more and more people. We are women who love to evolve and live to challenge ourselves. We love to learn and grow, but most of all, we love to inspire other women to reach higher and to live their lives with confidence and passion.

To take our dreams out of the ether and bring them into our daily lives takes confidence. To continue reaching for those goals, to show up every day, to do the work and to overcome the obstacles, takes a lot of passion. Our goal is to guide you through both.

Join us and learn how to set goals, build your confidence, create a healthy balance in your life, make plans, and live with passion.

We're in this together!

- Stacie xoxo

Tribe with CPW!

www.confidentpassionatewoman.com

www.FB.com/ConfidentPassionateWoman

www.twitter.com/ConPassWoman

P3: Peace, Passion, Purpose

I've had the pleasure of speaking to a great number of women, up close and personal, from all over the country throughout the past few years. And the most common themes that I've seen in those that are struggling are:

- a lack of focus
- insecurity or unworthiness
- they don't consciously create room for their desires

It seems we're always giving something up; it's just inevitable. And that's okay, we're humans, not machines. But with this simple formula, we can simplify our lives and boil it down to what brings us the most value...letting go of what doesn't. It's a simple concept, with a challenging and rewarding journey.

Discovering Peace and Passion

Knowing what grounds us, and knowing what excites us, are the two building blocks of a balanced life. What raises and lowers your energy? What brings you peace of mind? What are you most passionate about? Get to know yourself. Once you identify these top two, and repeat them to yourself, daily, your life will start to change.

You'll see that everything we *crave* in life can be filed under: Peace or Passion. The next step, then, is keeping a balance.



The Balance Equation

If we live our lives solely driven by passion, we'll burn out. Quickly.

If we live our lives solely based on maintaining a blissful peace within us, we'll never move or change or encounter any risk. This lifestyle is great for monks, but not for me.



We, as dynamic and creative women, need a healthy balance.

Think of yourself as a neutral force of energy: you can burn hot and you can cool off. One action should always be balanced by the other, in order to come back to center. Back to neutral.

If you pull an all-nighter and get mountains of creative stuff done (passion), take a day off when you feel your energy start to wane. Indulge in spa day, or a nice quiet hike by yourself, or just meditate for a while and clear your head space (peace). One follows the other, and around and around, until it becomes how you *do life*. In the middle, steady and true, is where YOU live. Anchored in the weight of your being and free to chase your passions knowing you'll come back to peace.

Honor your passions and feed them. Nourish yourself, love yourself, and renew yourself, often. Find inner peace and replenish whenever you can. Finding the right balance is crucial for long term forward motion. Passion expends, peace replenishes.

"Travel and new experiences are my big passions, ocean waves and tranquil gardens are my peace."

Into Your Purpose

Purpose. It's become a buzz word, which irks me sometimes. So, what I mean, when I say *purpose*, in the simplest terms, is...

What calls to you?

Who are you trying to reach?

Are you trying to help people?

Are you leading by example?

Who do you serve?

You can also call this...your WHY. And working hard with the fire of a greater purpose in your belly comes... when it comes. Sometimes a few rounds of self-love and compassion come first. We must heal first, before we can help. We must get through the shadow work and let our pain teach us. This work is pointless if it's driven by greed or if we're filled with distrust. Your people will know if you're not being real with them. They'll feel right through you. Always carry a little vulnerability and some humanity in your pocket. Form relationships. Be *real*. Your people, the ones you're trying to reach, they respond to other *people*... not algorithms.

My purpose as I see it now is two-fold:

- I am creating a healthy and more harmonious world for my son and his peers to live in
- I am helping other women to awaken to their own magic, their creative potential, and to find ways to chase their own dreams (even if they think they're too busy or "not enough")

I am in service to my son and his future; I am in service to women. When it comes to my creative work, I center my choices around these ideas, and it keeps me focused.

Putting it All Together:

Crafting Your Own Personal Mantra

Here's how to get started: grab some paper and a pen. Make two columns: Peace and Passion. Start putting things down on paper, where you can see them, and they're tangible. List everything you can think of that calms you down and brings you peace of mind. There are no rules, this is for you. If listening to metal in your PJs relaxes you, put it down. Then, do the same for your passions. What excites you, brings you joy, what do wish you could do more of? Do you have special talents? A bucket list? Put it here. Keep the list, and revisit it. Over time, these things will prioritize themselves for you, and you'll know exactly where to put your energy. Into what brings *value*.

Discover your WHY, what's your purpose? What gets you off the couch and working toward your dream?

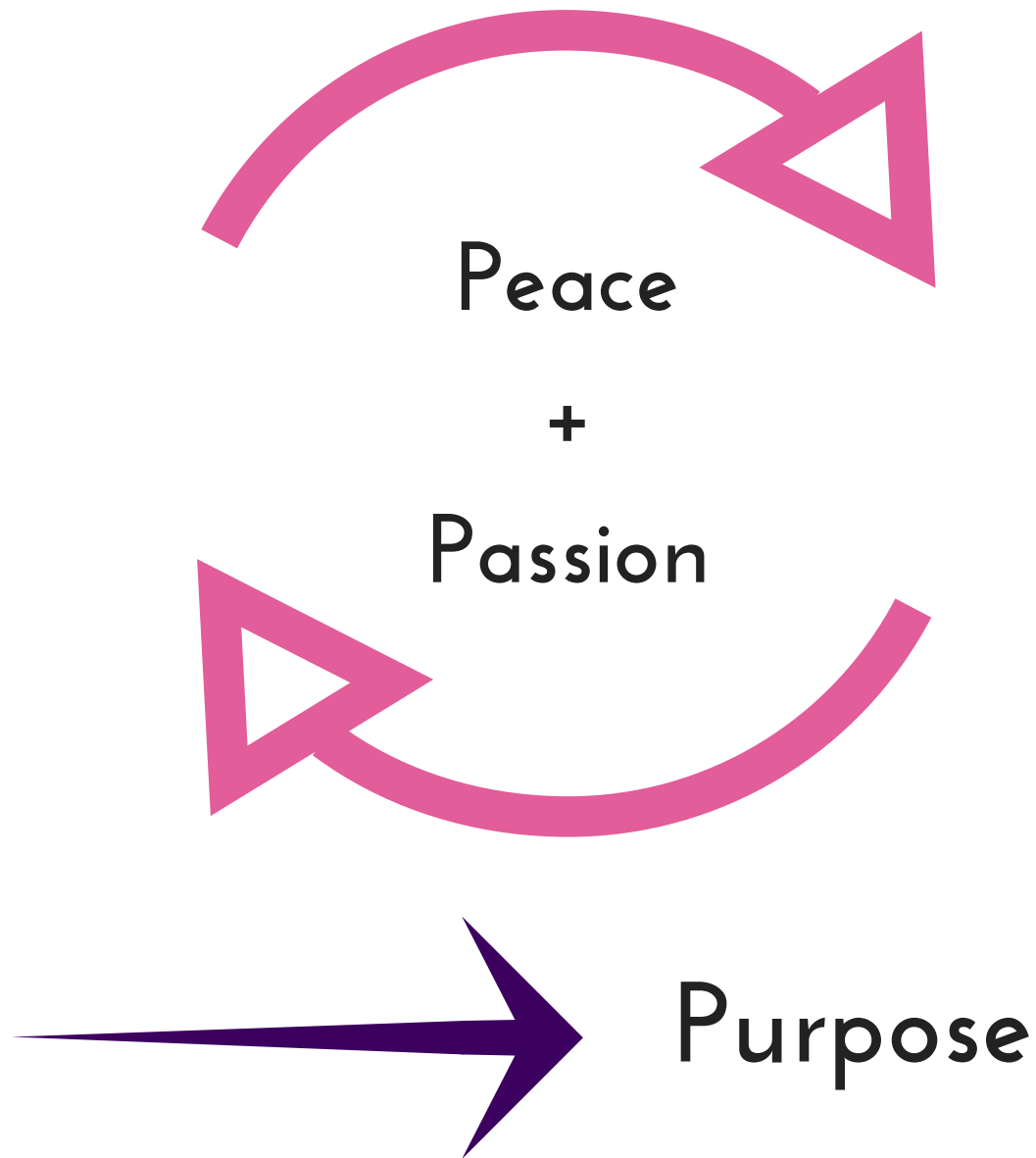
Finally, *identify*. I strongly suggest reading through Caroline Myss' book on *Archetypes*. Get to know yourself, or how you want to package yourself. Are you an Artist? A Leader? A Teacher? An Athlete? Maybe Working Mom gets it done, as it is. Are you a Coach? A Healer? And if you don't like your answers, then get busy re-creating yourself. Simple. Who do you want to be?

And then, you own it, out loud:

I am a Mother, a Leader, an Artist, a Healer

I am a Confident, Passionate Woman

Write it down somewhere and read it every morning, with love for yourself. Until you believe it. After a while, these words will become charged with powerful, creative energy. They'll be *yours*. A special, sacred pocket of universal magic with your name on it. And they'll always reset your thoughts, just enough, when you need it.



Confident Passionate
Woman

www.confidentpassionatewoman.com