



THE PURPOSE CONNECTOR



WORKBOOK



BASED ON "THE EMPOWERED VOICE" BY KRYSTAL DIAZ



Welcome

If you've felt like you're "grinding" through life—operating out of fear, duty, or external pressure—rather than living with "grit" fuelled by passion, you are in the right place.

Purpose doesn't always show up as a single "aha." It's a set of clues you've been getting for years: the moments that energize you, the patterns you repeat, the things your body relaxes into, and the things it resists. This workbook will help you bridge the gap between the truth you already sense (your tacit knowledge) and your daily actions.

Together, we'll craft your intrinsic purpose statement. Think of it as a compass, not a contract: a working guide you can use now and refine as you grow.

Let's begin!



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STEP 1

The Joy Inventory

FINDING YOUR FLOW

GOAL

To identify activities that provide intrinsic reward.

INSTRUCTIONS:



Set a 90-second timer for the brainstorm below.
Write freely without editing.

- *What activities make you lose track of time?*
- *What did you naturally enjoy doing as a child before the "weight of expectations" set in?*



THE FLOW FILTER

Look at your list and circle the activities that reliably put you in flow. Use the criteria below to guide you. These flow-inducing activities are “breadcrumbs” toward your purpose.

- **Highly engaging:** It fully captures your attention.
- **Sits at your challenging sweet spot:** It isn't too easy (which can lead to boredom) or too hard (which can cause anxiety).
- **Emotionally fulfilling:** It leaves you feeling nourished, not drained.

MY TOP 3 “FLOW” ACTIVITIES



STEP 2

Gifts Vs Talents

DISTINGUISHING WHAT YOU DO VS WHO YOU ARE

GOAL

To consider your talents and your gifts so you can bring to light the unique ways you enrich the world—and gather insights that can inform your intrinsic purpose statement.

MY TALENTS (WHAT I DO WELL)

List the skills or specialized abilities you have developed through practice or natural inclination (e.g., organizing, drawing, singing, coding, managing finances, writing).



MY UNIQUE GIFTS (WHO I AM / THE IMPACT OF MY PRESENCE)

Reflect on your "way of being." What is the energy you bring into a room? How do you make people feel? (For example, your empathy, curiosity, humor, or ability to make others feel safe.)



REFLECTION

- *"My purpose may have something to do with...(a recurring theme or pattern you see)"*
- *"I feel most aligned when I'm...(how you're being) and/or when I'm...(what you're doing)"*

STEP 3

The Meaning Matrix

DISCOVERING THE FUEL THAT DRIVES YOUR PURPOSE

GOAL

To view your joy inventory through the lens of meaning. Enjoyment might spark action, but *meaning* is what sustains it even when things get tough.

THREE LEVELS OF MEANING

Go back to your joy inventory. For each of your circled flow-inducing activity consider if there is deeper personal, relational or societal meaning in it for you.

- **Personal Meaning:** How does this help you grow or connect with your true self?
- **Relational Meaning:** Does this help you connect with or inspire those around you?
- **Societal Meaning:** Does this contribute to your community or the world at large?

REFLECTIONS



STEP 4

Intrinsic Purpose Statement

DEFINING YOUR INTERNAL COMPASS

GOAL

To synthesize your insights into a working Intrinsic Purpose Statement. Use the framework below to help you.

FRAMEWORK

"My intrinsic purpose is to **[describe what you feel called to do, share, or express]** so that **[describe the meaningful impact or outcome you hope to create]**".

If the above framework doesn't resonate with you, play around with the wording until you find a structure that aligns more.

DRAFT YOUR STATEMENT HERE



STEP 5

Explore Your Vehicles

EXPRESSING YOUR INTRINSIC PURPOSE

GOAL

To identify the specific roles, activities, and opportunities—the "vehicles"—that will carry your intrinsic purpose into the world.

INSTRUCTIONS:

Your intrinsic purpose is the fuel, but it needs a vehicle to get anywhere. These vehicles can be big or small, formal or informal. Use the three categories below to brainstorm how you can start expressing your purpose right now. Don't worry about what's "realistic" yet—just let your imagination lead.

CATEGORY 1: IN YOUR CURRENT WORKPLACE

You don't always need to change your job to change your life. Look for ways to shape your current professional environment to align with your "Why".

- How can your current role express elements of your purpose?
- Are there opportunities to shift your focus or responsibilities toward things that bring you into flow?
- Could you join or create a workplace program—like a mentorship, a culture-building committee, or a workshop—that reflects your purpose?



CATEGORY 2: PERSONAL & COMMUNITY

Your purpose doesn't have to be limited to your career. It can thrive in your creative life and your service to others.

- What personal projects could you get involved in that can help you express your purpose?
- What existing communities could you join that would align with your purpose? (e.g., a book club, volunteering at an animal shelter or food bank, joining an interest-based meetup.)



CATEGORY 3: ENTREPRENEURSHIP

If you're feeling a nudge toward something new, you can start with a small-scale entrepreneurial experiment or a side project.

- Could you try a low-risk offering like freelance consulting, creating online content, or a one-off workshop?
- Is there a low-stakes, manageable side project or business idea inspired by your purpose that you could explore?



STEP 6

Your Next Aligned Step

COMMIT TO ONE SMALL ACTION STEP

GOAL

To commit to one small, tangible action step. Clarity comes from action, not from merely thinking about taking action. By choosing one aligned action step, you are practicing trusting your internal compass—your intrinsic purpose. As you learn more about yourself, the way you express that purpose will naturally evolve.

INSTRUCTIONS

Look at all the vehicle ideas you've listed. What is the simplest, low-risk first step you can take this month to explore one of these possibilities? Choosing an "aligned step" helps you move past the "grind" and start building momentum fueled by passion, purpose and "grit".

