

REBUILDING PURPOSE IN A CHANGED LIFE

A Deeper NEXT Framework Workbook

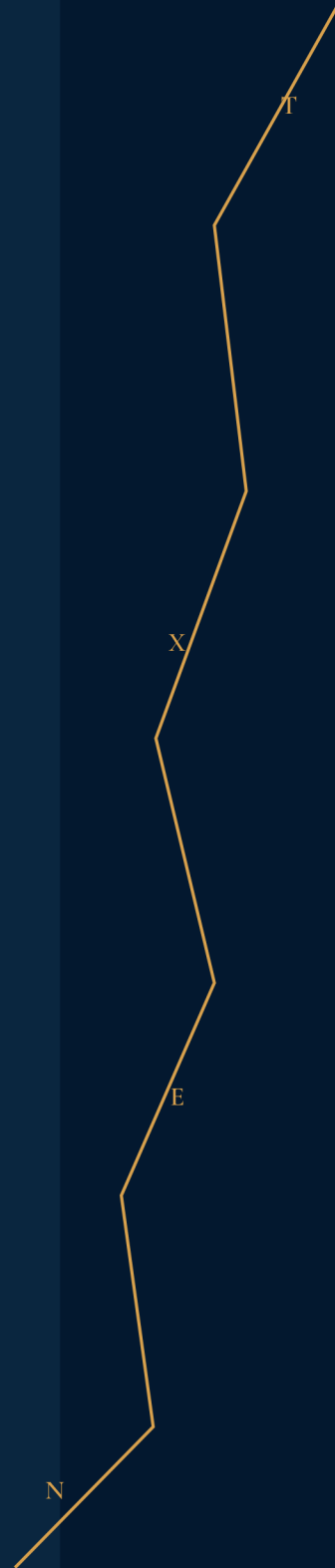
Your former life may no longer fit.
Your purpose is not over.

"For we are his workmanship, created in Christ Jesus unto good works..."

Ephesians 2:10 KJV

ANGELA CONNER FOLAND

KINGDOM GROWTH



When the Future You Built Is No Longer Possible

"Purpose can remain even when the form of your life changes."

After 30 years in corporate America, I was laid off. I began imagining how I might use my experience differently and create a new professional direction. Then Tim became critically ill, and our family entered a medical, disability, caregiving, and financial season we had not planned.

At first, I thought rebuilding purpose meant replacing what I had lost: another title, another plan, another version of the future that felt recognizable. But the life available to me had changed. My responsibilities, energy, schedule, freedom, and priorities were different. Any meaningful next chapter would have to be built from truth, not pressure.

I began to understand that purpose is greater than a position. It can be expressed through caregiving, advocacy, writing, creating, learning, earning, encouraging, serving, resting, healing, and taking responsibility for what God has placed in front of us. The expression may change from season to season without making the life we are living less valuable.

This workbook will not ask you to force a dramatic reinvention. It will help you name what changed, examine what remains, explore possibilities that fit your present life, and take one faithful step. You do not need the entire plan before you begin.

With faith,

Angela Conner Foland

This workbook is for the woman who:

- lost a job, role, relationship, ability, routine, or future plan;
- knows the old life no longer fits but cannot yet see the new one;
- has gifts and experience but limited time, energy, money, or freedom;
- feels pressure to choose a permanent direction before she is ready;
- needs a practical way to rebuild without ignoring grief or responsibility.

BEGIN WITH THIS PRAYER

Lord, help me release the pressure to rebuild everything at once. Show me what remains, what this season can hold, and the faithful step in front of me.

A STARTING TRUTH

You are not rebuilding from nothing. You are rebuilding with faith, experience, wisdom, relationships, lessons, and a clearer understanding of what this season requires.

Purpose Is Greater Than a Role

“For we are his workmanship, created in Christ Jesus unto good works, which God hath before ordained that we should walk in them.”

Ephesians 2:10 KJV

A role is one place purpose can be expressed; it is not the whole of purpose. A job title, marriage, income level, caregiving role, public platform, or level of productivity can change. The person God formed, the values you hold, and the ways you can faithfully contribute can remain.

IDENTITY

Who you are before what you produce: a child of God, a person with dignity, character, a story, and the ability to respond faithfully.

VALUES

What matters deeply and guides your decisions: faith, family, honesty, service, stewardship, compassion, growth, justice, or peace.

STEWARDSHIP

What is actually yours to care for in this season: health, people, responsibilities, resources, boundaries, opportunities, and time.

CONTRIBUTION

How you offer what you carry: loving, serving, creating, earning, teaching, listening, leading, learning, advocating, or encouraging.

PURPOSE MYTHS TO RELEASE

MYTH If my old role ended, my usefulness ended.

TRUTH One expression ended; my capacity for purpose did not.

MYTH Purpose must be paid, public, or impressive.

TRUTH Quiet faithfulness can be deeply purposeful.

MYTH I must know the whole plan before I act.

TRUTH Clarity often grows through wise, small steps.

MYTH Rest means I am doing nothing valuable.

TRUTH Rest can preserve capacity and prepare the next season.

The role I have confused with my whole identity is:

A way purpose has been expressed through me before is:

A different form that purpose could take in this season is:

A TRUTH TO CARRY FORWARD

You can lose a role without losing your ability to live faithfully, love deeply, learn, serve, create, contribute, or grow.

N Name What Changed and What You Are Grieving

“Trust in him at all times; ye people, pour out your heart before him: God is a refuge for us. Selah.”

Psalm 62:8 KJV

Rebuilding purpose begins with truth. Name not only the visible event, but also the secondary losses it created. Grief may include what ended, what became harder, and what you believed your life would be by now.

ROLES, STATUS, AND BELONGING

- ☐ Job, title, professional identity, leadership, or workplace community
- ☐ Marriage, partnership, parenting, caregiving, provider, or helper role
- ☐ Recognition, authority, usefulness, or feeling needed

TIME, FREEDOM, AND CAPACITY

- ☐ Energy, health, mobility, concentration, privacy, or independence
- ☐ A familiar routine, flexibility, spontaneity, or freedom to plan
- ☐ Time for work, relationships, rest, creativity, or personal interests

SECURITY AND DIRECTION

- ☐ Income, benefits, housing, savings, stability, or financial options
- ☐ Confidence in the future or belief that effort would create certainty
- ☐ A clear next step, timeline, goal, or definition of success

RELATIONSHIPS AND SELF-UNDERSTANDING

- ☐ Friendships, family patterns, church community, or shared traditions
- ☐ Trust, confidence, hope, or the way you recognized yourself
- ☐ The version of yourself you expected to become

The change that altered my daily life most is:

The loss other people can see is:

The loss people may not understand is:

What I miss about my former life or self is:

Something I am relieved to leave behind is:

Today, I need permission to feel:

A TRUTH TO CARRY FORWARD

Grief and gratitude can coexist. Naming what hurts does not deny what remains good.

N Release the Future You Expected

“A man's heart deviseth his way: but the LORD directeth his steps.”

Proverbs 16:9 KJV

Releasing an expected future does not mean calling the loss good, abandoning every hope, or pretending you no longer care. It means loosening your demand that life must follow the old route before it can hold meaning again.

SURRENDER IS NOT RESIGNATION

Resignation says nothing meaningful remains. Surrender tells God the truth, releases control of the exact route, and stays available to faithful action.

WHAT I MAY NEED TO RELEASE

An exact timeline; one specific title or route; the pressure to prove I am still valuable; comparison with people in different seasons; another person's approval; responsibility for an outcome I cannot control.

WHAT I CAN CARRY FORWARD

Faith; values; skills; lessons; relationships; earned wisdom; healthy ambition; compassion; creativity; discernment; boundaries; a hope that can take more than one form.

I expected this season of life to look like:

I believed purpose would require:

I am afraid releasing the old plan means:

The timeline, title, or outcome I am ready to hold more loosely is:

The hope or value I still want to carry is:

My honest prayer of release is:

A TRUTH TO CARRY FORWARD

You may release the old route without releasing your faith, values, wisdom, or hope.

E Examine What Remains

“As every man hath received the gift, even so minister the same one to another, as good stewards of the manifold grace of God.”

1 Peter 4:10 KJV

This inventory is not an attempt to recreate the old life. It is a way to notice the material still present: faith, wisdom, skills, relationships, resources, responsibilities, and lessons that may be expressed differently now.

FAITH AND TRUTH

What I know about God; Scripture that steadies me; spiritual practices and communities that remain available.

EXPERIENCE AND WISDOM

What work, relationships, hardship, caregiving, leadership, parenting, or recovery has taught me.

STRENGTHS AND SKILLS

What I can do well, learn quickly, explain clearly, organize, create, solve, teach, notice, or improve.

RELATIONSHIPS AND TRUST

People who know my character, encourage me, ask for my help, offer perspective, or may collaborate with me.

RESOURCES AND ACCESS

Time pockets, technology, transportation, education, space, tools, community programs, or professional connections.

RESPONSIBILITIES AND NEEDS

The people, health, obligations, boundaries, and real-world needs that shape what purpose can look like now.

TRANSFERABLE EVIDENCE

A problem I have solved more than once:

Something people consistently ask me for help with:

A strength I used before that could take a new form:

Something hardship taught me that may help someone else:

Five things that remain available to me now:

A TRUTH TO CARRY FORWARD

What remains may not recreate the life you had, but it can become material for the life you build now.

E Assess Your Present Capacity Honestly

“And he said unto them, Come ye yourselves apart into a desert place, and rest a while: for there were many coming and going, and they had no leisure so much as to eat.”

Mark 6:31 KJV

Capacity is information, not an indictment. A plan that ignores health, grief, caregiving, finances, time, safety, or needed recovery is not more faithful because it is more demanding. Build from the life you actually have.

RATE YOUR CURRENT CAPACITY FROM 0 TO 5

0 = none available | 5 = strong current capacity

	0	1	2	3	4	5	
PHYSICAL ENERGY	☐	☐	☐	☐	☐	☐	health, sleep, pain, mobility
EMOTIONAL BANDWIDTH	☐	☐	☐	☐	☐	☐	grief, anxiety, stress, recovery
TIME AND ATTENTION	☐	☐	☐	☐	☐	☐	work, family, appointments, focus
FINANCIAL MARGIN	☐	☐	☐	☐	☐	☐	costs, income, benefits, debt pressure
SUPPORT AND FLEXIBILITY	☐	☐	☐	☐	☐	☐	people, childcare, transportation, backup
LEARNING AND DECISION CAPACITY	☐	☐	☐	☐	☐	☐	research, concentration, follow-through

GREEN: AVAILABLE NOW

Responsibilities or experiments I can carry consistently without neglecting health, safety, or core obligations.

YELLOW: TEST CAREFULLY

Ideas that may fit in a smaller, temporary, supported, or reversible form. Review before expanding.

RED: WAIT OR DECLINE

Commitments that exceed capacity, create avoidable harm, require unsafe sacrifice, or belong to a later season.

I can consistently offer this much time each week:

My clearest or strongest time of day is:

My non-negotiable responsibilities are:

Before I add anything, I may need to reduce or delegate:

The boundary that will protect this rebuilding season is:

Some limitations are not mindsets to overcome. Illness, disability, caregiving, financial pressure, legal obligations, and safety concerns may require accommodation, professional guidance, support, or a different pace.

X eXplore What May Be Possible Now

“Behold, I will do a new thing; now it shall spring forth; shall ye not know it? I will even make a way in the wilderness, and rivers in the desert.”

Isaiah 43:19 KJV

The eXplore step is not a permanent commitment. It gives you permission to notice several forms a meaningful life could take while honoring your present values, responsibilities, and capacity.

HEAL AND STABILIZE

Rest, treatment, counseling, grief work, routines, boundaries, financial stabilization, or receiving help.

SERVE AND SUPPORT

Prayer, listening, mentoring, caregiving, volunteering, advocacy, hospitality, or helping one person.

LEARN AND PREPARE

A short course, certification research, reading, skill practice, informational interview, or planning.

CREATE AND COMMUNICATE

Writing, art, speaking, teaching, content creation, a resource, a support group, or a private creative practice.

WORK AND EARN

Flexible work, consulting, employment, a service, a small offer, part-time work, or a home-based option.

CONNECT AND BELONG

Church, Bible study, walking group, professional community, friendship, support group, or collaboration.

PURPOSE DOES NOT HAVE TO BECOME A BUSINESS

Not every gift must produce income. Some seasons are for healing, serving, learning, creating privately, strengthening relationships, or preparing for what may come later.

QUESTIONS THAT CAN UNCOVER POSSIBILITIES

LOOK BACKWARD FOR CLUES

- ☐ What problem do I understand because I have lived it?
- ☐ What skill could be used in a different format or setting?
- ☐ What need keeps drawing my attention?

LOOK FORWARD WITHOUT PRESSURE

- ☐ What interest have I postponed or quietly returned to?
- ☐ What would I eXplore if I did not have to commit forever?
- ☐ What possibility fits the capacity I have, not the capacity I miss?

One possibility I am curious about is:

Why it may fit this season:

The smallest version I could eXplore is:

X Test Possibilities Without Committing Forever

“Without counsel purposes are disappointed: but in the multitude of counsellors they are established.”

Proverbs 15:22 KJV

A faithful experiment is a small, time-limited, low-risk action designed to help you learn. It is not a promise that the idea will become your calling, career, ministry, or permanent direction.

EXAMPLES OF LOW-RISK EXPERIMENTS

LEARN BY DOING

- ☐ Write one page, article, lesson, or sample resource.
- ☐ Volunteer once or observe a role before committing.
- ☐ Interview someone already doing work you are considering.
- ☐ Attend one class, group, meeting, or community event.

LEARN BEFORE EXPANDING

- ☐ Offer one pilot session or help one person within clear limits.
- ☐ Try a routine, creative practice, or service for two weeks.
- ☐ Research one requirement, cost, schedule, or how the option could affect benefits.
- ☐ Create one sample, outline, prototype, or private test.

MY PURPOSE EXPERIMENT

The possibility I want to test is:

The question I want this experiment to answer is:

The smallest test is:

My time or money limit is:

The person whose counsel I will seek is:

I will review what I learned on:

A SAFE-TO-TEST FILTER

- ☐ This aligns with my faith and values and does not require me to ignore clear responsibilities.
- ☐ The experiment fits my present capacity or has been reduced until it does.
- ☐ It does not require unsafe sacrifice, secrecy, avoidable debt, or pressure I cannot sustain.
- ☐ It can be paused, reversed, or reviewed, and it will give me useful information even if I do not continue.

MEASURE LEARNING, NOT ONLY OUTCOME

A test can be successful because it reveals fit, energy, interest, skill gaps, timing, cost, support needs, or a clear reason not to continue.

T Take One Faithful Step

“Thy word is a lamp unto my feet, and a light unto my path.”

Psalm 119:105 KJV

A faithful step is not the biggest action you could imagine. It is the clearest responsible action you can take now with the information, support, and capacity you have.

1

CHOOSE ONE POSSIBILITY

Select the idea that best aligns with faith, values, current responsibilities, and honest capacity.

2

REDUCE IT

Make the action small enough to begin without needing certainty about the whole future.

3

SCHEDULE IT

Choose a date, time, place, and realistic amount of attention.

4

ASK FOR SUPPORT

Request prayer, practical help, information, accountability, or qualified guidance.

5

REVIEW WHAT HAPPENED

Notice what you learned before deciding whether to continue, adjust, pause, or release it.

THE NEXT STEP FILTER

ASK BEFORE ACTING

- ☐ Is this faithful and aligned with my values?
- ☐ Is this actually mine to do?
- ☐ Does it fit the life and capacity I have now?
- ☐ Is it specific enough to begin?
- ☐ Can I take this step without solving the entire future?

My next faithful step is:

I will begin on:

The smallest 15-minute version is:

The obstacle I expect is:

My response or support plan is:

A TRUTH TO CARRY FORWARD

Clarity often follows movement, but movement should not outrun wisdom, capacity, safety, or responsibility.

Four Weeks to Listen, eXplore, Test, and Review

“And let us not be weary in well doing: for in due season we shall reap, if we faint not.”

Galatians 6:9 KJV

This plan is a structure, not a deadline. Adjust it for illness, caregiving, work, grief, finances, and family needs. A slower pace is still a pace.

WEEK 1 - LISTEN AND NOTICE

- ☐ Pray for wisdom and release the pressure to produce an answer.
- ☐ Notice repeated interests, needs, ideas, energy, and resistance.
- ☐ Record what gives life, what drains, and what your responsibilities require.

WEEK 2 - eXplore AND ASK

- ☐ Research one or two possibilities without committing.
- ☐ Have one honest conversation with someone experienced in the area or someone you trust.
- ☐ Identify the smallest safe experiment and its time or cost limit.

WEEK 3 - TEST ONE POSSIBILITY

- ☐ Complete the smallest useful version of the experiment.
- ☐ Protect your health, family responsibilities, rest, and financial boundaries while testing.
- ☐ Write down what you notice instead of judging the entire future.

WEEK 4 - REVIEW AND DISCERN

- ☐ Review fit, energy, learning, cost, support, and impact.
- ☐ Choose whether to continue, adjust, pause, or release the idea.
- ☐ Name one faithful step for the next 30 days.

MY REBUILDING RHYTHM

The time block I can protect each week is:

My prayer or reflection practice will be:

The person who will check in with me is:

The sign that I need to pause or reduce the plan is:

At the end of 30 days, the most important thing I want to have learned is:

Do Not Confuse Every Obstacle with a Lack of Faith

“For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.”

2 Timothy 1:7 KJV

Some obstacles are fears or beliefs to examine. Some are boundaries that protect what matters. Others are real constraints requiring support, accommodation, professional guidance, or a different plan.

BARRIER

A belief, fear, habit, avoidance pattern, or untested assumption that may be keeping you from a responsible step.

BOUNDARY

A limit that protects health, safety, faith, family, finances, recovery, time, or responsibility.

CONSTRAINT

A real condition to plan around, such as illness, disability, caregiving, legal requirements, benefits rules, financial limits, transportation, or childcare.

COMMON REBUILDING PRESSURES

NOTICE WITHOUT SHAME

- ☐ Fear: What if I fail, choose wrongly, or cannot sustain it?
- ☐ Guilt: Am I allowed to want something beyond survival or caregiving?
- ☐ Comparison: I should be farther ahead than I am.
- ☐ Urgency: I must replace everything I lost immediately.
- ☐ Perfectionism: I cannot begin until the plan is complete.
- ☐ Approval: Someone else must validate this before it counts.

The barrier I need to examine is:

The truthful response I want to practice is:

The boundary I need to honor is:

The real constraint I need support or accommodation for is:

MY SUPPORT TEAM

Prayer and encouragement:

Practical help or accountability:

Experienced or professional guidance:

A TRUTH TO CARRY FORWARD

Wisdom is not weakness. Support, accommodation, boundaries, and a smaller plan can make faithful action possible.

Build a Statement That Fits This Season

“And whatsoever ye do, do it heartily, as to the Lord, and not unto men;”

Colossians 3:23 KJV

A purpose statement is not a permanent contract or a slogan you must prove. It is a working expression of who you are, what you value, what you carry, whom you hope to serve, and what this season can realistically hold.

I am a woman who is:

The values I want to live by are:

My experiences have taught me:

The strengths, skills, or wisdom I can offer are:

The people, needs, or problems I feel drawn toward are:

My present responsibilities and capacity require:

The possibility I am willing to explore is:

The kind of fruit I hope faithful action will produce is:

COMPLETE YOUR WORKING PURPOSE STATEMENT

Because I am a child of God, and I value _____, I will use _____ to serve or steward _____ in a way that honors _____ and fits _____. For the next 30 days, I will _____.

Write your purpose statement in your own words:

Signature:

Date:

Review date:

A LIVING STATEMENT

Your purpose statement may grow as your capacity, responsibilities, understanding, and opportunities change. Revision is not failure; it is discernment.

Your Purpose Is Not Over

“Being confident of this very thing, that he which hath begun a good work in you will perform it until the day of Jesus Christ.”

Philippians 1:6 KJV

A PRAYER FOR REBUILDING PURPOSE

Father,

You know the life I expected and the parts that no longer fit. You see what I lost, what remains, what I can carry, and what exceeds my capacity. Thank You that my worth is not held inside a title, role, income, relationship, achievement, or uninterrupted plan.

Help me grieve honestly without believing my usefulness has ended. Show me the faith, values, wisdom, relationships, skills, and responsibilities still entrusted to me. Give me courage to release the exact route I imagined and wisdom to eXplore what may be possible now.

Protect me from rushing, comparison, perfectionism, and the pressure to prove myself. Teach me to honor my health, family, boundaries, finances, and present capacity. Bring the support and counsel I need. Give me enough light for one faithful step and humility to review what I learn.

Use this changed life for Your purposes in the form this season can hold. **In Jesus' name, Amen.**

TRUTHS TO REMEMBER

1 Purpose is greater than any single role or title.

2 Grieving the old future does not disqualify me from a meaningful one.

3 Capacity is information, not a character verdict.

4 Rest, healing, caregiving, and preparation can be purposeful.

5 Not every gift must be monetized or made public.

6 A small experiment can create real clarity.

7 Support, boundaries, and wise counsel strengthen faithful action.

8 The life I planned may have changed, but my purpose is not over.

MY FINAL NEXT PLAN

N - What I am naming:

E - What remains and what capacity allows:

X - What I am willing to eXplore:

T - The next faithful step I will take:

Seek God first. Honor the season you are in. Take the next faithful step.

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