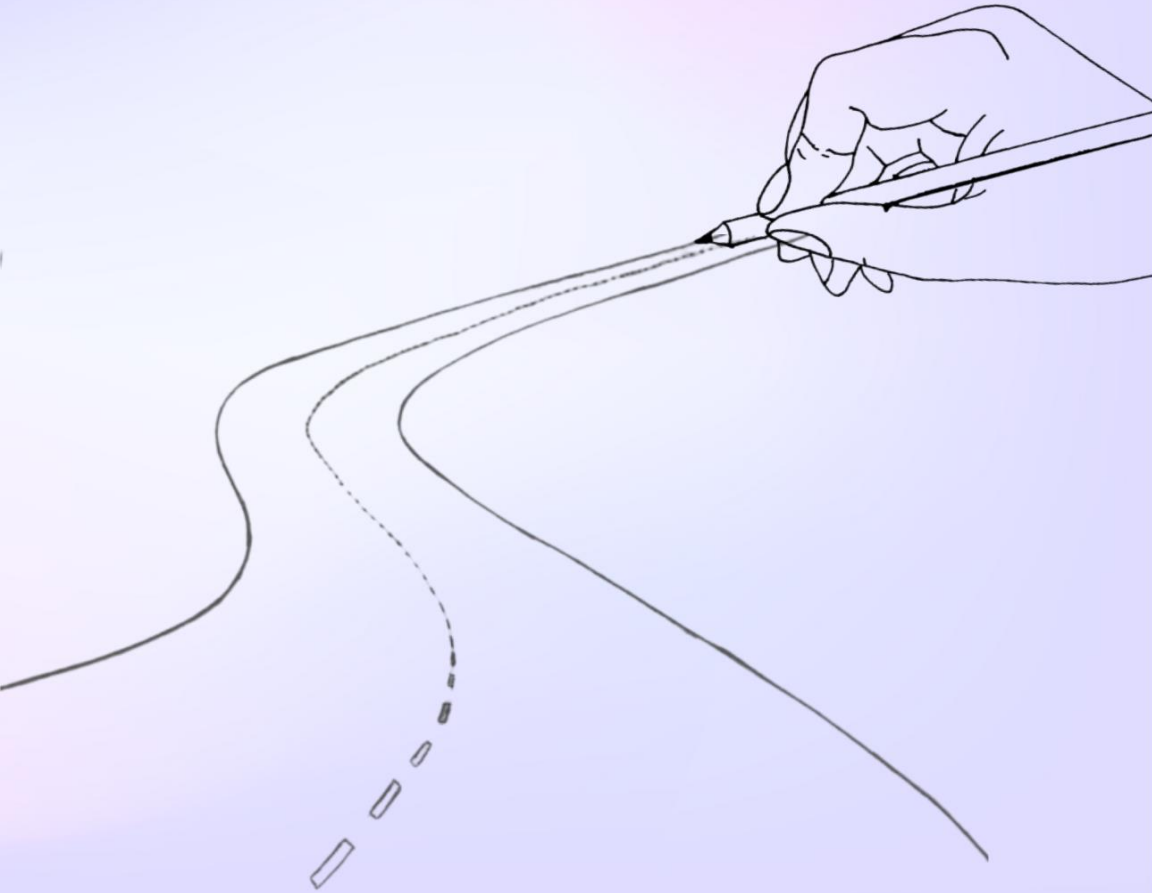


# Purpose

*Dr. Pamela Henkel*

**International Best  
Selling Author**



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## *About Dr. Pamela Henkel*



Individuals seasoned with generous amounts of charisma, compassion, and undeniable essence, possess the kind of ingenuity; that shifts the world into its own greatness. Stewarding these traits in unyielding measure; is the spirited professional, Dr. Pamela Henkel.

Dr. Pamela Henkel is an International Best-Selling Author, multifaceted compere, speaker, elite coach, CEO, and Founder of both Purpose **with Pamela** and **Pamela Henkel Ministries**. Her multifaceted production and international radio

conglomerate, fashioned to enthrall women, entrepreneurs, authors, and diverse professionals to take hold of their life's purpose.

**Dr. Pamela Henkel's mission is to add value to as many lives as possible. Reminding them that they are here on purpose with a Purpose by Design and not by default.**

Partnering her passions with sincere regard for higher learning, community, and achievement. Dr. Pamela Henkel's career remains a reflection of creative grace, captivating the hearts and minds of many. She holds a doctorate in Philosophy, Christian Leadership, and Business. Living life as one dedicated to the service of people.

Hosting a myriad of professional skill sets, without the compromise of her dedication to humanity, Dr. Henkel has maintained a nonpareil presence in the modern business world. As the creative founder of Purpose TV, The Pamela Show, and more; she extends her podcast, International radio, and social platforms to promote the voices of many, on a global scale. Her propensity for success in her field has led her to award-winning achievements, such as the nomination as one of the **Top 50 Women of Business**, an elite membership of the **Power Voice**; as well as a personal mentorship, from world-renowned speaker and mentor, Les Brown. Dr. Henkel's trusted expertise has yielded her various leadership positions, such as Client

Enrichment Program Director at the **Million in You Lifestyle**, and Head Coach, for the **Inner Circle**.

Dr. Pamela Henkel calls Minnesota home, where she is wife, mother, and grandmother to her loving family. As well as always encouraging people to be the salt and the light everywhere they go.

**Dr. Pamela Henkel. Leader. Energizer. Philanthropist.**

**[www.purposewithpamela.com](http://www.purposewithpamela.com)**

**<https://linktr.ee/Purposewithpamela>**



# *Purpose by Design*

When you arrived here on earth, you arrived, finished. Heaven sent you with a Purpose By Design, not by default. When you get a new iPhone, computer, tablet, etc. you expect it to come complete and work properly. If it, doesn't you send it back and get a correct model. You friend arrived complete from the Manufacturer. Fully functional, fearfully, and wonderfully made. No one shows up on planet earth incomplete.

Although many people function at a fraction of their FULL potential. Which is why the Late Dr Myles Munroe said, "The cemetery is the richest place on the planet." Dr Myles was absolutely right. Allow me to share an object lesson. In my kitchen I have a blender. I primarily use it to blend and puree. It has 18 additional functions. My blender is not utilizing its FULL potential.

How many of us go through life, much like my blender? We get up, go to work, eat and go to bed. Only to do it again the next day. Using two options out of our 20. We can break out of this limiting life pattern by giving ourselves permission to dream again. I don't mean dreaming with our head on a pillow. When was the last time you gave yourself permission to dream BIG about your life! You can give yourself this permission today.

Today I am living my dream. I am a lead pastor, inspirational speaker, and a results coach. I love what I do. It has not always been this way. I would like to share a little bit of my back story with you. There was a time in my early 20s when I would have told you, 'the sky is not the limit.'

I knew that I was here on purpose with a purpose. But then came the challenges and obstacles. A divorce, a miscarriage and on a professional level, my leadership and talents overlooked because I was a

woman. I was told, “women can’t do this and women can't do that”

This affected my self-image greatly. From an outside perspective everything seemed ok. No one knew how my self-worth was injured over the years. There was a key moment in my life when someone considered influential looked me in the eyes and said , “Pamela you are a joke. Why don’t you just go home. ”

I was devastated. I did not want to be a joke. I tried to go through the motions of what was expected of me as a pastor, mentor, and woman leader. On the inside I struggled like never before. I wondered if maybe I was wrong. Maybe, I should just stay home. Who would blame me, we had 6 children? I began to see myself like the blender operating on only two modes. I was ready to give up. I remember thinking, there is something wrong with me, I must be tainted goods. I was a divorced, remarried woman. Perhaps there was no place for me in ministry or in leadership at all. I had no purpose by design, only purpose by default. I judged

myself as incomplete and needing to be shipped back to the manufacturer. Then one night while giving our daughter her midnight bottle, I had what I call an Epiphany moment with the Manufacturer. These words rose up inside of me like a thunder bolt. "God's purpose never changes even if the plans do" Right then, I made a quality decision, to release myself from limitations and fulfill my Purpose By Design. I would not quit no matter what the struggles were or what anyone said.

I knew that my self-image had to change and that journey began from within. I remember sitting outside on our deck pouring my heart out to God. In a whirlwind of emotion, I asked myself this question out loud, "Pamela, when was the last time you gave yourself permission to dream?" "To think Big!" "What did Pamela want? Whether it was losing 10 pounds, taking my family on a vacation, or having my own YouTube Channel." I closed my eyes and cried tears of joy and they poured out of me. It was beautiful. After that, I wrote down all of my dreams. That was a Life

Defining Moment for me. That moment I chose to be resilient and see my dreams fulfilled.

I believe if you are reading this book, this is a Life Defining Moment for you! You will be **resilient** to the dream stealers and the naysayers and pursue the greatness within you. Les Brown says, "You are a masterpiece because you're a piece of the Master"

**Resilient** is defined as = of a person or animal) able to withstand or recover quickly from difficult conditions.: "babies are generally far more resilient than new parents realize" "the fish are **resilient to** most infections". *synonyms: strong, tough, hardy, quick to recover, quick to bounce back, buoyant, difficult to keep down, irrepressible, adaptable, flexible.*

Resilience and success go together like peanut butter and jelly. Like Tom and Jerry. Like knowledge and power. - author unknown.

We all have one overarching Purpose by Design. Along the way there are many assignments. (like a long road trip with many stops)

Looking back, it is easy to see my assignments. First, I worked with children, then youth. Years later my husband and I helped a pastor from Ghana plant a church. Then we founded our own, Victory Celebration Church. Following that I opened a bible school, led tours in Israel., traveled to other nations teaching and helping many... In 2015 I became a lead pastor. In 2019, I stepped outside of my church community into the marketplace. I began coaching, creating online courses, hosting broadcasts and writing books. All of these were assignments spanning over 30+ years.

Assignments make up the totality of what you have been called to do. Every season in life has an assignment and every assignment is significant. We have to be resilient through them all.

All assignments have transitions

Transition is defined as = The process or period of transitioning from one place to another. *Synonyms: change, move, transform, converse, adjust.*

My favorite synonym is... metamorphosis.

The path of life always will cause us to encounter transition. Here is the thing, we can be in transition and not even know it. Transition brings new territory. It definitely brings new thinking and new functions. You have to say YES and embrace the new territory, thinking and functions. I know it is uncomfortable, that's ok, do it anyway... It is ok to get uncomfortable, be resilient.

I am in new territory right now. New territory WOW such new territory. New thinking, higher thinking. New function, doing the things I dreamt about.

WARNING Most accidents happen in times of transition. Picture with me a very busy intersection. People looking in all directions. All it takes is one person to move out of turn and you have a collision. Recently, I was in a transition intersection. To avoid accidents

1. Stay alert and pray.

2. Guard your heart (only speak with those who see your vision).
3. Feed your faith.
4. Press into the NEXT

I would like to reference a man from history named Abram. You can find him in the book of Genesis. Chapter 12: 1 - The Lord said unto Abram, "Get thee out of thy country and from thy kindred and from your father's house and go to the land I will show you".

Abram was in transition. He didn't have all the details of his assignment, but he had faith. Abram was resilient and he didn't quit. His choice has been significant for generations of people groups.

Your Purpose Be Design affects many more than just you. Say YES to assignments as they come. Reach forth and be resilient!

"I count not myself as apprehended but this one thing I do. Forgetting Those things that are behind me I reach forward unto the things that are before me." - Apostle Paul



“It’s time to act boldly on your own behalf! Decide to live a larger life!” - Les Brown

# *Self-Investment is the Best Investment.*

God's gift to you is "your life."

Your gift to God is, "What you do with your life."

You are here on purpose with a Purpose by Design, not by default. The way you secure your purpose is found in and through **self-investment**.

I want you to think about your dreams and goals. To fulfill them, two questions need to be answered.

1. Am I willing to do whatever it takes?
2. Am I able to do what is required? This part is an ongoing process. It takes time, energy, education, and dedication. It takes **Self Investment**.

Doing the work makes sense but investing in ourselves can be a hard pill to swallow. All our lives we are told self-investment is selfish. We are trained to put ourselves last on the list of education, mentoring, or even self-care.

This is a lesson I learned the hard way. For years, I worked hard for everyone else. Self-investment was not anywhere on my radar. Then in 2016, I fell backward, landing on the corner of a staircase. Injuring my back in such a way that it took me over a year to recover. I had to use a walker for months to get around. I felt helpless and angry. I could not cook, play with my kids, go out with my husband, travel, minister, coach or do much of anything. In desperation, I phoned my mentor hoping for an earth-shaking prayer or at least some sympathy. Instead, I received, "Pamela, you will have to walk this one out by faith, learn how to rest and how to delegate. It is time to invest in yourself spiritually, emotionally, physically, and trust the process."

Initially, I was upset. I wanted sympathy and compassion. Through reflection, I realized my mentor was right. I had to become my own advocate and learn how to invest in myself.

My self-investment journey began with YouTube videos by Pastor Keith Moore, Mr. Les Brown, Dr. Billye Brim, Terry Seville Foy, and Bob Proctor. During these videos, I took lots of notes. I read those notes over and over again.

It is important to note that self-investment always starts within and grows. My favorite book says, "a

strong spirit sustains a man". (Proverbs 18:14). You cannot be sustained when you are empty and weak. Self-Investment will build a strong spirit, and it is the strong spirit that will sustain a person.

"Pamela, call things that are not as though they were. Live as if you are already there", my spiritual father told me. I began to journal my dreams and goals. What would I do when I was up and around? I would close my eyes and imagine I was there. Next, I began to say "Yes" when people wanted to help me. Instead of feeling guilty, I felt gratitude. Gratitude will change your attitude. Once that changes, good will follow.

We have to learn to change the trajectory of our lives. This begins where we are at with whatever we have. Below is a list of nine ways you can begin your journey of self-investment.

#### 1. Join Automobile University.

Check this out... A study done by the University of Southern California showed that if a person drives 12,000 miles a year. (Which is the equivalent to most rush hour commutes to work and home again.) This person could acquire the equivalent of two years of college education in three years, simply by listening to educational information in your car.

Listening to podcasts and audiobooks is all that it takes. Bonus tip for you, most successful people find guidance and inspiration through the pages of a book.

## 2. Dare to dream!

Visualize. Sit down and see yourself with your dream fulfilled. What does that look like, feel like, sound like etcetera? Take time to experience it. Your subconscious mind doesn't know the difference between faux or real. This will activate your Reticular Activating System (RAS) causing the Law of Attraction to go to work for you.

The Law of Attraction is a universal law. Simply put, it is the ability to attract into our lives what we are focusing on. The Law of Attraction uses the power of our marvelous mind to materialize our thoughts into reality. In basic terms, all thoughts turn into things eventually. This is echoed in the definition of the Hebrew word Davar: meaning words or things.

## 3. Vision Boards.

As my body healed, I used vision boards to help keep my dreams and goals in front of me. Mr. Les Brown says, "Your blessings are looking for you".

Vision Boards keep those blessings in the front of our minds and hearts. A Vision Board is a personal reminder of where we want to be. They help us identify and clarify our dreams and goals. Vision Boards are tangible and help us focus on our future.

#### 4. Morning Rituals (routine)

For years, I lost the battle of the bed. Which came at a great cost to me, in the area of, time and success. Here is an example. Pushing that snooze button for 30 minutes of extra sleep will cost 10 waking hours every month. Successful people across the board choose to guard their mornings. They cherish those as hours to invest in themselves while everyone else, hits the snooze button. Choose to start your day right.

- First spiritually, with prayer, devotions, gratitude, or meditation. Everything begins from within. When we begin our day right spiritually everything else will fall into place.
- Next your marvelous mind. Educate, stimulate, and think. Listen to an audiobook, learn a new language, watch a self-help video, or whatever sounds educational. Theta brain waves are strong in the morning. This is important for

processing information (learning) and memories (appropriating what you learn)

- Finally, your body. Do something physical. Take a walk, run, dance, do yoga etcetera, AND hydrate. Physical activity makes you feel strong. When a person feels physically strong their self-worth goes up. Which means you are in a better state of mind for whatever the day brings. Exercise also improves your mindset and your emotional health.

## 5. Evening Rituals (routine)

Having an evening routine allows you the time and space to decompress physically and mentally. This ritual will allow you to unwind and organize your thoughts for tomorrow.

Choose to end your day right.

- First spiritually through meditation, gratitude, journaling, worship, or prayer. These activities will center you and activate peace.
- Next your marvelous mind. Organize and Review. Review your day and organize your tomorrow. Listening to or reading something inspirational is a great way to prepare the mind for rest.

- Finally, our body. Stretch, do gentle yoga, or just breathe. Our bodies need to unwind and release from the day. This will alert the body, "It is bedtime."

## 6. Learn and Grow.

"Live as if you were to die tomorrow. Learn as if you were to live forever." -Mahatma Ghandi. Is there a class you have been wanting to take? A language you want to learn. A new form of exercise you would like to try. Learning is a fabulous form of self-investment. The UCLA Basketball Coach, John Wooden said, 'When I am through learning then I am through.' In other words, don't ever stop learning.

## 7. Accountability

Accountability will eliminate non-productive activities and behaviors that would normally be a distraction. I encourage you to find an accountability partner. Whether that be a coach, minister, mentor, or a fellow peer. An accountability partner will help us stay committed to our purpose.

## 8. Community - Where are my "peeps"?

No one needs to feel alone. When a person connects with a thriving community, they find a home. These communities can be found in masterminds, self-



help communities, classrooms, health clubs, religious organizations, book clubs etcetera. In today's world, many of these communities are virtual making weekly gatherings very easy. Do not hesitate to self-invest your time, talent, and finances into these communities. The benefits you will reap are worth the investment. I searched for years for a community that felt like a family. A community where we are united in thought and heart. I found this through The Power Voice and Thinking Into Results Communities. I promise you; it is priceless!

## 9. Arise and Build

As we begin to wrap up this chapter, I would like to reference a Master Builder from my favorite Book. His name is Nehemiah. Nehemiah was commissioned to rebuild the walls of Jerusalem. He gathered his team and went to work. They were ridiculed continuously! "You can't build this wall", "This wall is going to fall down", "little animals will crush this wall". Did Nehemiah and his team quit? No, they did not. Hear the words of Nehemiah, "I am doing a great work and I will not stop or come down!" Friend, it is time to 'Go build your wall! This is where our self-investment pays forward to the world.

- Create that Website
- Build the YouTube Channel
- Create that course
- Start that podcast

- Design that masterclass
- Build your online business
- Write that book

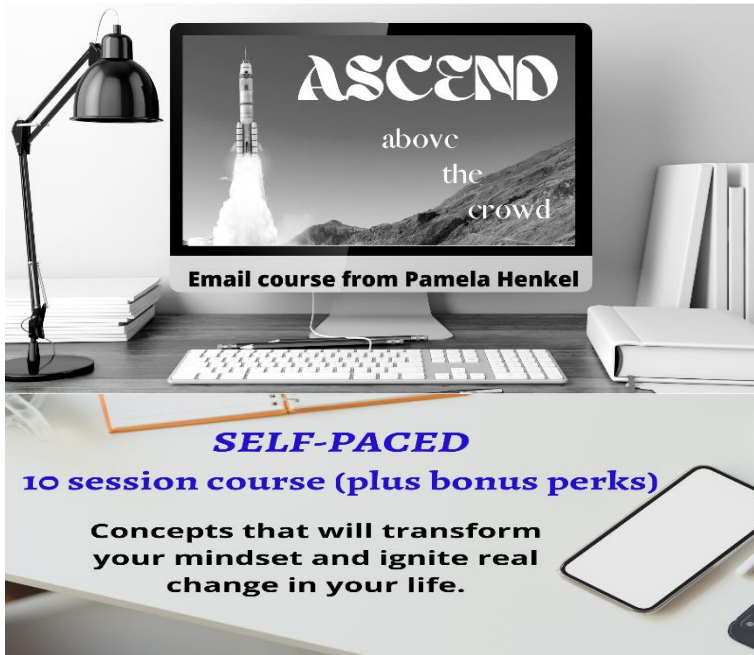
Why? Because you are a world changer. Your story and your voice matters.

If you don't Boss Your Lane who will?

Lives are hanging in the balance. Those lives are waiting for you, my friend.

Invest in yourself because you are here on purpose with a Purpose by Design, not by default. Now, go out there and be the Salt and the Light everywhere you go.

# Let Dr. Pamela Guide YOU



## Ascend Course

**ASCEND** is a self-paced 10 session course (plus bonus perks) designed to explain simple concepts that will transform your mindset and ignite real change in your life.

**ASCEND** will help you discover and develop your Purpose by Design. You are here ON Purpose with a Purpose by Design... Not by default.

It is YOUR time to ASCEND above the crowd!

Are you Ready to ASCEND? Get this course now!

<https://purposewithpamela.com/ascend/>

# *Daily Dose Destiny Devotional* *Email Mentorship* *Program*

I am so excited to invite you to my “The Daily Dose” Destiny Devotional program. You will receive an email every week from me with a 6-minute (or less) teaching. The email will also include your Daily Dose Action Steps for the week. I promise you we will have fun and grow exponentially. Beginning in month two of the Daily Dose, I have a gift for you. My new Live “The Adventure Daily Planner and Journal”. I am a fanatic about Goal Setting, Planners and Journals. I took the best from my past favorites and rolled it into one. Get ready... things are going to move fast. 🚀 🚀 📖

Your story matters, your voice matters! You are here on purpose with a Purpose by Design. ✨

Join This Program Now!!

<https://form.jotform.com/purposewpamela.office/daily-dose-email-program>





Mentorship is the influence, guidance, or direction given by a mentor.

Are you ready for change?

Let Pamela and her 30+ years' experience guide you. Pamela's mentoring sessions are unique and custom-tailored to you.

1. Define your Purpose by Design that has been placed on the inside of you
2. Identify roadblocks, and how to remove them
3. Create and define your next steps.

You will also receive Pamela's journal and Purpose by Design workbook as a tool to help you navigate your mentoring journey.

Pamela also offers:

"Answer The Call Mentoring" Your sessions can be used to focus on: Defining your next steps. Creating a

strategy to answer your call. Craft a speaking schedule from the ground up. Launch book writing ideas and understanding publishing. Creative fine tuning of your calling.

How To Launch... a TV Show, Radio Show, Podcast, YouTube Channel, Blog and/or increase your social media influence. Your sessions can focus on:

- Choosing tools that fit your voice and communication style the best.
- How to's and lessons Pamela has learned through four seasons of TV, radio, podcasting, blogging and growing as an Influencer. Her practical step by step to the crafting and creating/
- How to build your brand and use social media to amplify your vision effectively.
- Who Next? Pamela shares her connections: How to find guests, where to host your platforms, graphic design, editing, backdrops, technical, lighting,

Your story matters, your voice matters! You are here on purpose with a Purpose by Design. ✨

Go to <https://purposewithpamela.as.me/DiscoveryCall> to set up your first session with Pamela.

## Listen to Dr. Pamela...



### **Purpose by Design International Radio Show**

This Show is Live on the Radio every Wednesday at 7pm EST.  
On Envisioned Broadcasting

<https://envisionedbroadcasting.com/purpose-by-design>

You can listen to it anytime on Podcasts: Anchor - <https://anchor.fm/purposewithpamela> (which airs on Spotify, Amazon Music, Apple Podcast, Google Podcast & other platforms.)

Or Watch Every Episode on YouTube:

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### **Write Now International Radio Show:**

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