

8-WEEK FORMAT

Life On Purpose

A Condensed Journey to Identity, Purpose & Direction

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What We'll Cover Together

01 Who Am I?

02 Gifts & Passions

03 Who/What I Want to Impact

04 Bullying & Identity

05 Fentanyl & Hard Conversations

06 Sex, Relationships & Respect

07 Assessments: Know Yourself

08 Ikigai Capstone + AI Mission Statement

Who Am I?

Identity — The Foundation of Everything



1

Your Story Matters

We start with narrative — who you are before you're defined by what you do. Students learn that identity is not performance.

2

Labels vs. Truth

Unpacking the labels placed on you by school, family, or peers — and separating those from who you actually are.

3

The Three Drivers

Comfort, control, and approval: the three psychological forces that shape your choices. Understanding them is the first act of self-leadership.

Gifts & Passions

What You're Good At + What You Love



Natural Gifts

Things that come easy to you — the stuff others struggle with that feels obvious to you. These are clues.

Passion

What makes you lose track of time? What would you do even if no one paid you? That pull is data.

Developed Talents

Skills you've built through effort, repetition, and experience. Different from gifts — equally powerful.

Gifts × Passion

The overlap of what you're good at AND love doing is a rare intersection — that's where purpose starts to form.

Who & What You Want to Impact



Purpose is always pointed at something beyond yourself

People

Your community, your neighborhood, your generation. Who specifically do you want to show up for — and why?

Planet

The environment, sustainability, the world your children will inherit. Some callings are bigger than any one person.

Animals

Living things that can't advocate for themselves. If this is your pull — it's real, and it matters.

Bullying & Identity

Why people attack — and why it's never really about you



Why It Happens

Bullying is a power deficit, not a power move. People hurt others to feel control they don't have at home, in their own minds, or in the world.

Understanding this doesn't excuse it. It explains it — and that explanation is your armor.

Building Your Shield

- Know who you are before others try to define you
- Your reaction is the only thing you control
- Silence is not weakness — it's strategy
- Build your inner circle intentionally

Hard Conversations

Fentanyl · Sex · Relationships · Respect



Week 5 — Fentanyl

2 micrograms — a lethal dose. Fentanyl is now in pills, powders, and counterfeit medications.

This session is not a lecture. It's a frank conversation about what students are actually facing — and how to protect themselves and their people.

Week 6 — Sex & Relationships

Not a health class. This session is about respect, boundaries, and decision-making aligned with the identity work students have already done.

If you know who you are, you make different choices — in friendships, relationships, and how you let people treat you.

Know Yourself — Assessments



Data about yourself is one of the most powerful tools you'll ever have

16Personalities (MBTI)



Personality type across 4 dimensions — how you process the world, make decisions, and recharge. This is the one students love most.

Gives vocabulary for self-description

VIA Character Strengths



Identifies your top character strengths from 24 universal virtues. Research-backed by positive psychology (Seligman, Peterson).

Connects to Gifts work from Week 2

O*NET Holland Code



Career interest profiler using the RIASEC model — maps personality to career clusters. Free, research-grade tool.

Bridges purpose to 'what you could be paid for'

Ikigai — Your Reason to Wake Up



What You Love

Passion

→ Explored in Weeks 1–7

What You're Good At

Gifts & Talents

→ Explored in Weeks 1–7

YOUR
PURPOSE

What the World Needs

Impact

→ Explored in Weeks 1–7

What You Can Be Paid For

Vocation

→ Explored in Weeks 1–7

The AI "Who Am I" Statement



Every student leaves with a personalized mission statement — generated by AI, grounded in their own answers

1

Student Answers

Over Weeks 1–7, students build a picture of their identity, gifts, passions, and impact goals.

2

Digital Tool

Students enter key reflections into the Life On Purpose digital tool — designed for school devices.

3

AI Synthesizes

The tool sends their answers to an AI engine that writes a personal 'Who Am I' paragraph — in their voice.

4

Their Statement

Students receive a printed or saved mission statement to carry with them beyond the program.

Ready to Build Something Purposeful With Your Students?

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Life On Purpose is a program. But the goal is a generation of young people who know who they are — and live like it.