

CREATE YOUR OWN TABLE WORKBOOK

A Companion to Help You
Discover, Clarify, and Act on
Your Purpose

BY HEATHER DOLLAND TAMAM

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Welcome Message from the Author:

Congratulations on reaching this point in your journey.

You didn't just read this book—you experienced it. You've explored ideas that challenge the status quo, invited your intuition to speak up, and dared to believe there's more for you. This workbook is your invitation to take action and put what you've read into practice. Your purpose isn't something to find—it's something to live. Let's build your table, one meaningful pillar at a time.

How to Use This Workbook

- Be honest. There are no wrong answers.
- Come back to these pages often. Growth isn't linear.
- Use additional paper or a journal as needed.
- Give yourself permission to dream and do.
- This is sacred space. Treat it with care.

◆ Section 1: Looking Back to Move Forward

Prompt 1:

What moments in your life stand out as defining? These could be times of triumph or challenge.

→ Write down three and note what each taught you about yourself.

1. _____

2. _____

3. _____

Prompt 2:

What patterns or themes do you notice in the roles you've played (personally or professionally) over the years?

What do these patterns tell you about your natural gifts or unmet needs?

1. _____
2. _____
3. _____
4. _____
5. _____

◆ Section 2: Redefining Your Truth

Prompt 3:

What beliefs have you inherited that you're now beginning to question?

List at least three. Then next to each, write: "Is this true for me?"

1. _____
2. _____
3. _____

Prompt 4:

Who were you before the world told you who to be?

Reflect on your childhood interests, dreams, and instincts.

1. _____
2. _____
3. _____

◆ Section 3: Asking Better Questions

The questions you ask determine the direction of your clarity.

Prompt 5:

Instead of asking, “Why me?” try asking:

“What is this moment trying to teach me?”

Write about a recent experience that left you feeling stuck or uncertain. Now reframe it by asking a better question.

1. _____
2. _____
3. _____
4. _____
5. _____

Prompt 6:

List 3 questions you need to start asking yourself more often to move forward.

1. _____
2. _____
3. _____

◆ Section 4: Intuition and Alignment

Prompt 7:

When have you ignored your intuition—and what was the outcome?

1. _____
2. _____
3. _____

Now, when have you followed it? What happened?

1. _____
2. _____
3. _____

Prompt 8:

What would it look like to live in alignment with what feels right for you—not just what looks right to others?

1. _____
2. _____
3. _____

◆ Section 5: Your Purpose & Personal Brand

Prompt 9:

How do you define “purpose” in this season of your life?

1. _____
2. _____
3. _____
4. _____

Prompt 10:

If someone asked, “What do you stand for?”—what would you say?

1. _____
2. _____
3. _____
4. _____

Prompt 11:

What impact do you want to leave behind?

1. _____
2. _____
3. _____
4. _____
5. _____

How can your story become someone else's permission slip?

1. _____
2. _____
3. _____
4. _____
5. _____

◆ Section 6: Action Begins With Clarity

You don't need to have it all figured out—just take the next right step.

Prompt 12:

What's one thing you can do this week that aligns with the person you are becoming?

1. _____

Prompt 13:

What support do you need (community, coaching, time, tools) to take action?

1. _____
2. _____
3. _____
4. _____

Prompt 14:

What will you no longer tolerate as you move forward?

1. _____
2. _____
3. _____
4. _____

◆ Section 7: Your Table, Your Terms

Prompt 15:

What kind of table are you building?

Describe what it looks like, who you want at it, and what values it's grounded in.

Response:

Prompt 16:

If this table is a reflection of who you truly are, what parts of you still need permission to show up?

1. _____
2. _____
3. _____
4. _____
5. _____

“This section is grounded in the Four Pillars. Since the questions are designed to spark deeper reflection, a journal is the ideal place to capture your thoughts and discoveries.”

Pillar 1: INTUITION

“Your inner voice is the first architect of your purpose.”

Self-Reflection Prompts

- What messages or nudges have you been ignoring lately?
- What would trusting yourself more look like in your everyday life?
- What are three decisions you’ve been postponing that intuition could guide?

Deep Dive Exercise: Body Compass

Think back to a moment when your body told you something was off.

- What were the signals? (e.g., tight chest, stomach drop)

Now think of a time you felt fully aligned.

- What did that feel like? (e.g., calm, excited, energized)

My body says “yes” when...

My body says “no” when...

Intuitive Action Plan

Choose one decision area (career, relationship, health, etc.).

Write a pros and cons list based only on your intuition, not logic.

What is your gut leading you to do?

Affirmation

I trust the wisdom within me. My intuition leads me to truth, alignment, and purpose.

Pillar 2: WHAT IS YOUR WHY?

“When you know your why, your how shows up.”

Clarity Journal Prompts

- What do I love doing—even when I’m not getting paid?
- When do I feel most alive, most myself, most fulfilled?
- What legacy do I want to leave behind?

Impact Mapping Exercise

Use the circles below to map your impact:

What I love → What I’m good at → What people need → What I can be paid for

(Use this to help define your zone of purpose.)

Guided Visualization: Meet Your Future Self

Close your eyes and imagine yourself five years from now, fully living in your purpose.

- What are you doing?
- Who are you helping?
- How do you feel at the end of each day?

Write down what you saw and felt.

Affirmation

My purpose is the fire that lights my path. I am here for a reason, and I honor it with every step I take.

Pillar 3: THE QUESTIONS YOU ASK ARE THE PROBLEMS YOU SOLVE

“Your questions reveal your purpose. Your answers reveal your power.”

Problem-Solving Prompts

- What challenges have I overcome that others still face?
- What topic could I speak about for 30 minutes with no prep?
- What problem would I gladly wake up early or stay up late to solve?

The Purpose Triangle

Label each point:

- What people come to me for
- What I've lived through and learned
- What I care deeply about

Where they intersect is the question you were born to answer.

Case Study Exercise: Your Journey as the Blueprint

Think of a turning point in your life.

- What problem did you face?
- What question did you have?
- How did you solve it?

Now imagine turning that journey into a service, talk, or offer.

Affirmation

I carry answers forged by experience and compassion. I solve problems that matter because I've lived them.

Pillar 4: DON'T LET YOUR DESTINATION BECOME YOUR LIMITATION

“Every end is a beginning in disguise.”

Release & Redefine Journaling

- What goals have you outgrown?
- What titles or identities are you afraid to let go of?
- Who might you become if you weren't afraid to start over?

The Roadmap Remix Exercise

Draw a timeline of your life. Mark every “detour” moment.

- What did you learn?
- What unexpected doors opened?
- How did your direction shift for the better?

Now rewrite your future from the perspective of possibility, not predictability.

New Destination Declaration

I give myself permission to pivot. The path is mine to create. I am not defined by one outcome—I am empowered by every next step.

Build Your Table: Integration & Action

Your Four Pillars, Personalized

PILLAR	What This Means to Me	How I Will Practice This
--------	-----------------------	--------------------------

Intuition		
-----------	--	--

My Why		
--------	--	--

Questions I Solve		
-------------------	--	--

No Limit Destination		
----------------------	--	--

Design Your Table (Visual or Written)

Draw, sketch, or write a metaphorical description of your custom table—your purpose platform. Include what each leg stands for and what you'll place on top (your mission, brand, career, life, etc.).

Final Activation: Purpose in Motion

Write Your Purpose Declaration

I am here to _____

by _____

for those who _____

30-Day Purpose Plan

Set one goal in each category below:

- Mindset Shift:
- Daily Habit:
- Connection/Outreach:
- Creative/Business Action:
- Self-Care Practice:

Closing Encouragement

This is your table. Your space. Your seat.

You no longer need permission. You've already started.

The world is waiting for what only you can bring. Show up fully—and own it.

ABOUT THE AUTHOR

Heather Dolland Tamam is a serial entrepreneur, author, speaker, transition coach, and business strategist dedicated to empowering individuals, especially professionals seeking career transitions and aspiring entrepreneurs. She is the founder of Doltam Creative Solutions (MWBE), a company that helps women who feel undervalued in unfulfilling careers take control of their futures by building businesses and personal brands that reflect their true passions.

As an author, Heather has written multiple books, including:

- Create Your Own Table – A guide for professionals transitioning from corporate careers to entrepreneurship (May 2025 Release)
- Pivot Because Life Doesn't Always Go As Planned – A practical guide for navigating unexpected changes in career, business, and life.
- Discovering the New York Craft Spirits Boom – An exploration of the rise of the craft spirits industry.
- Before The Glass Things to Consider When Entering the Booze Business – A blueprint for anyone interested in entering the alcohol business
- The Quick Author Formula – A step-by-step system for writing and publishing a book in weeks, not years. (e-book)

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