Purpose in Motion

BY TOYA

FOR IMMEDIATE RELEASE
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Toya Smith Launches Purpose in Motion By Toya

Free web app brings the message of No Permission Needed to daily encouragement, guided journaling and personal goal tracking

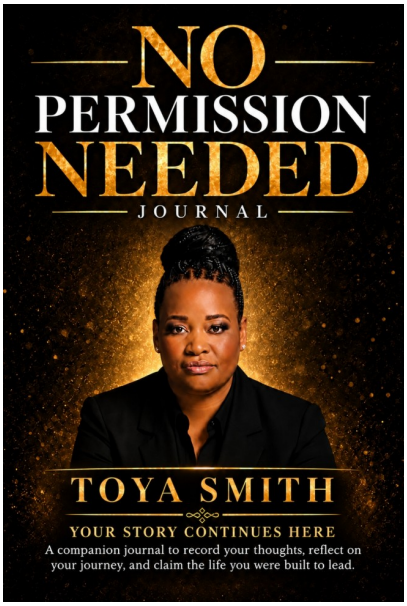
HIGHLAND, Ind., October 29, 2026 - Author Toya Smith announces the launch of **Purpose in Motion By Toya**, a free personal-growth web app inspired by her book No Permission Needed. The app offers a place to reflect, practice affirmations and take intentional steps toward personal goals.

The message behind No Permission Needed encourages people to recognize their worth, use their voice and move forward with confidence. Purpose in Motion By Toya carries that message into a daily practice, connecting encouragement with tools members can use at their own pace.

Members can read daily encouragement and uplifting affirmations, respond to guided journal prompts, record reflections and track personal goals. The app also includes mood check-ins and the option to save favorite affirmations. Each person creates an individual account to return to saved journal entries and goals.

Building on the book and its companion journal, the app gives people a digital space to put intention into action. Members can begin with a single reflection or a small goal and build a practice that fits their lives.

Purpose in Motion By Toya opens in a phone or computer web browser. Membership is free, and no app-store download is required. Visitors can open the website and select **Join free** to create an account.



Inspired by No Permission Needed and its companion journal

About Toya Smith

Toya Smith is the author of No Permission Needed and creator of Purpose in Motion By Toya. Her work encourages confidence, self-reflection and intentional personal growth.

EXPLORE THE APP | JOIN FREE

purpose-in-motion-by-toya.netlify.app

Open the website, select Join free and create your own account.

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Personal-growth content for encouragement and reflection. Not a substitute for professional care.