

WORKING WITH PURPOSE & PASSION

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Purpose & Passion

1. Purpose has to do with thoughts
 - Intention
 - Determination to Act in a Certain Way
 - Objective
 - Goal
2. Passion has to do with emotions
 - Strong Feeling
 - Enthusiasm
 - An object of Affection or Caring

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Purpose & Passion

WHICH COMES FIRST...

FEELINGS
OR
THOUGHTS?

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The Power of Thought

- One of the most significant findings in psychology in the last 25 years is that individuals can *choose* the way they think.
- When one changes the way they think the emotions associated with these thoughts also change.

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The Power of Thought

- All Thoughts Create - Some More Powerfully Than Others
- Thoughts Are Invitations For What You Are Focused Upon

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The Power of Thought

- Optimist – Take responsibility for challenging situations; learn from these experiences and focus on the positive or what they can learn or change.
- Pessimist – Blames himself/herself or others for things not going as planned and focus on the negative by giving attention to what went “wrong”.

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BELIEFS CAN BE CHANGED

- Beliefs are “habits of thought” or a “pattern of thinking”
- Habits of thinking can be changed....or in essence
- Beliefs can be changed

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Self Fulfilling Prophecy

- We attract what we give attention to, or what we focus on.
- If we focus our thoughts on our desires, we can attract them.
- If we focus on not having what we want, we will create obstructions that repel our desires.

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Self Fulfilling Prophecy

- Beliefs are patterns of thought. We attract experiences that are in alignment with our beliefs.
- The Self Fulfilling Prophecy, just like the Law of Gravity, is an invisible energy force.
- While we cannot see gravity, we can see the results of it.

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ESSENTIALS TO ALIGN WITH PASSION AND PURPOSE

1. Put the Past Behind You:

- The reason we hold onto negative thoughts about ourselves or someone else is because we hold a belief that inhibits us from seeing the situation from a nonjudgmental perspective.
- Reframing exercise

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ESSENTIALS TO ALIGN WITH PASSION AND PURPOSE

Align with Well-Being

Abundance vs. Scarcity Consciousness

- When we are anxious, fearful, or feeling negative emotion we are out of alignment with well-being

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ESSENTIALS TO ALIGN WITH PASSION AND PURPOSE

Gratitude

- Gratitude is the acknowledgment of well-being. It is a state-of-mind that creates a direct pathway between ourselves and the abundance of the Universe.
- “You cannot move forward to something better until you are grateful for what you have now”
(*Michael Beckwith*)

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ESSENTIALS TO ALIGN WITH PASSION AND PURPOSE

Wholeness & Self Worth

- Wholeness is about viewing ourselves and others without judgment.
- “I have an everyday religion that works for me. Love yourself first and everything else falls into line.” —Lucille Ball

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ESSENTIALS TO ALIGN WITH PASSION AND PURPOSE

Integrity

- “It’s a funny thing about life; if you accept anything but the very best, you will get it.”
—W. Somerset Maugham
- Live from the Highest Degree of Integrity-
make decisions that are 100 percent aligned with who you are

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ESSENTIALS TO ALIGN WITH PASSION AND PURPOSE

Integrity

- Decisions that are not within the highest degree of integrity will be accompanied by negative emotion

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Deliberately Create Your Life

CREATE FEEL GOOD MOMENTS

Emotions Serve Two Purposes:

- 1) Guidance System/ Benchmark:
 - Positive Emotion- Harmony with your desires
 - Negative Emotion- Lack of Harmony With Your Desires

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Deliberately Create Your Life

Emotions Serve Two Purposes:

2) Attraction Power:

Mental State of Being-

- Cannot Attract Prosperity if Feeling Poor
- Cannot Attract Companionship if Feeling Lonely
- Cannot Attract Work that you Love if Feeling Unworthy

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Identify & Clarify Your Desires

- Values - Beliefs
- Mission – Your Purpose
- Vision – Where you see Yourself Down the Road
- Strategies – Steps to Get You There

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Activate Your Intentions

Intention: Desire + Belief

- Wanting and Believing You Can Have Something = Intention

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Activate Your Intentions

- Guidelines for creating successful imagery:
 1. Always imagine success
 2. See the desire as though it already exists
 3. Focus on the end result –see yourself enjoying your work.
 4. Allow yourself to enjoy the emotions-Visualize being happy, laughing and fulfilled
 5. Create believable imagery – stretch a bit

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Activate Your Intentions

- Keep your visualization private, or share thoughtfully with someone who can mentor and encourage you
- Be open and focus on the abundance of the Universe. Scarcity mindset will only attract more of the same.

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Activate Your Intentions

- Take steps...be open to other possibilities showing up (rather than worrying)
- Maintain integrity by being true to your desires rather than deny they exist.
- Stay personally connected to your ideal image of what you desire

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Activate Your Intentions

- Refrain from comparing yourself to others or giving attention to what others want for you.
- Allow your actions to be inspired.
- Take time each day to close your eyes & quiet your mind. Listen rather than talk. Relax, rather than think. Just breathe deeply and allow thoughts and images to be impressed on your mind.

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Release the Outcome

- If your peace of mind or happiness is on hold waiting for something to show up, then it never willand you will be waiting until you let go.
- Live in the present. Get on with your life *knowing* that your desires will show up at the perfect time and in the perfect way.

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Release the Outcome

- If you try to rush things you will keep your desires just beyond your reach.

You cannot force the rose to bloom. It will bloom when the time is ready. For now, enjoy watching the rose unfold gloriously.

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Release the Outcome

- Release fear by setting the intention to trust in your ability to manifest your highest good.
- Attune to synchronistic events in your life. You will come to realize how connected you are to a pool of Universal intelligence.
Allow yourself to “Be in the flow”

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Release the Outcome

- Look forward with pleasure to what you are creating.
- Put good thoughts around all your desires yet get on with your life.
- Let your dreams unfold naturally. Let yourself be inspired into action.

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Release the Outcome

- Reframe undesirable situations to see them from a higher and more optimistic perspective.
- Practice “Allowing” rather than “Tolerating”
Allowing: Freedom from Negative Emotion in Regard to What You or Others are experiencing (nonjudgmental)

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Release the Outcome

- Tolerating is feeling like you have to “put up” with something or someone
- Tolerating Creates Negative Emotion
- “Allowing” Creates Positive Emotion

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Be Playful, Be Lighthearted & Have Fun Along the Way



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