

Finding a Passion for Your Life

Hello. It's Bill Harris, Founder of Centerpointe Research Institute with another Brain Inspiration message, wisdom you can use in 5 minutes or less.

Many people write to me saying, "I don't know what I want to do. I can't find my purpose." Gary Larsen has this great cartoon where this dopey looking guy is searching under the couch cushions and pulls out something that looks kind of like a whoopee cushion with a bunch of weird things sticking out of it and the caption says, "Edgar finds his purpose."

Well, it isn't like that. Look, you already know what you love doing. You may be telling yourself, though, that what you love isn't what you should love, or that it has no value. Oprah Winfrey loved to sit around talking to people. Doesn't sound that valuable, yet she found a way to make millions doing it.

What you love, I promise, can be equally valuable. What did you love to do as a child? There's some big clues on that list. Those you admire for having a life purpose are doing what they loved as a child, and they figured out a way to make it into a career, or at least a cool hobby.

Make a list of people you admire. There's something you love that you see in them. You may be stuck because what you love doesn't pop into your mind mapped out in a step by step blueprint. So, you disregard it, decide it won't work. There IS a way to make it work, though, I promise.

Such things are rarely obvious, though. You often have to go one, small, blind step at a time, often without knowing what the next step will be or how to get to the finish line. None of the people I know with a strong purpose knew in the beginning how it would work out. Not Jack Canfield, not Peter Diamandis, or any other high achiever knew in the beginning how to get started or where their actions would ultimately take them. I certainly didn't. They just knew they loved something so they started doing it.

They took action – and many times their first action, and sometimes their first twenty actions, didn't work out. But they learned, and they did the most important thing, which was to keep going. Cynthia Kersey, who started the Unstoppable Foundation, which builds schools in Africa, asked me the other day, "Do you want to know how to be unstoppable? Don't stop!"

Thinking that you have to know how it's all going to work out in advance is sabotaging you. Not knowing isn't a valid reason to not begin, or a reason to stop. You might also be blocked because when you were growing up, your parents made most or all of your decisions for you – which was probably well intentioned – but it robbed you of the opportunity to do what YOU

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chose and what you loved, to have the experience of making your own decisions, sometimes winning and sometimes losing, and gaining the confidence that what you decide is worthwhile and doable.

If this is you, start now the process of trying, failing, and changing course until you create what you want. Here's what I would do. First, what unfilled longings do you have? Feel them. Become clear about what they are.

Then, without evaluating whether or not you think it's possible, think about what you love that would fill that longing. Pretend, just for fun, that everything is possible. I'll tell you a secret, though. Everything IS possible. You just don't yet know how to tap into the possibilities, the opportunities, and make them into a reality. The great Napoleon Hill, author of Think and Grow Rich, is famous for saying, "Whatever the mind can conceive and believe it can achieve." You may not believe this – yet – but you can borrow his faith, and my faith, that this is so, until you can develop your own.

That's what I did many years ago. So just pretend that everything is possible and think about how that certain "something" that you love could fill your longing. You might figure this out immediately, or it might take a while. The point is to start looking, and expect to figure it out. And, when you notice yourself discounting the ideas that pop into your head, push that negativity aside. Tell yourself you'll think about the negatives later.

Once you know what will fulfill your longing, no matter how unlikely it seems, go to the next step, and take some kind of action, even if it doesn't seem likely to lead to anything. Every successful person I know started where you are, having no idea how to start or what to do next.

Once you realize what will fulfill your longing...or what, for you, is super-fun and you'd love to be doing it most of the time (in fact, you may already be doing it, but haven't considered that it's your purpose), THEN you figure out one action you can take right now to move in that general direction, even if the action seems totally lame and leading nowhere.

When you act, the next action will present itself, if you're looking for it. It might not appear immediately, so just keep going. Be unstoppable by not stopping.

So, until we're together again, above all, be well.

Bill

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