

August **Thrive** *Toolkit*



**FINDING YOUR
PASSION CAN LEAD
TO PURPOSE**



FINDING YOUR PASSION CAN LEAD TO PURPOSE

According to Psychology Today, studies have shown that having a sense of purpose makes you more resilient, supports you in reaching your life goals and contributes to a longer, happier and healthier life. Mark Twain's quote, "The two most important days of your life are the day you are born and the day you find out why," has led to many searching for that answer. Chopra.com says we were born with an internal GPS (Guided Passion System) that alerts you to when you are on or off course to your purpose and we just haven't been taught how to use it.

WHAT IS YOUR PASSION?

Your passion is very simple in that it could be a topic or activity that:

- You enjoy.
- Comes naturally to you.
- Energizes and lights you up.
- Puts you in a flow, a state in which people are so involved in an activity that nothing else seems to matter; the experience is so enjoyable that time flies by when you are engaged in it.



PASSION LEADING TO PURPOSE

The internal GPS is simply your compass and your true passions will guide you on your path by sending positive signals.

When you start moving away from your purpose, your body has signs of discomfort such as:

- Low energy or chronic fatigue.
- Feelings of being trapped or having a pit in your stomach and even digestive issues.
- Forgetfulness or inability to concentrate.
- More anxiousness, headaches and stress which can lead to other diseases.

When you follow your passions and move toward your purpose, you experience:

- Lightness, freedom and joy.
- Abundant energy.
- Relaxed muscles.
- Well-being.
- Divine timing and synchronicity.
- A natural high.

It may be time to start to pay attention to your body and notice how you feel. This could be that internal compass leading you toward your purpose. According to Dr. Deepak Chopra, there is a spiritual law of dharma, or purpose in life, that teaches that individuals have a way of doing one thing that can only be filled by your unique expression. [Select for more understanding of this philosophy.](#)

One way to get started on strategically following your passion is to write a list of the topics and activities where you feel any of the signals from your internal GPS experiences.

