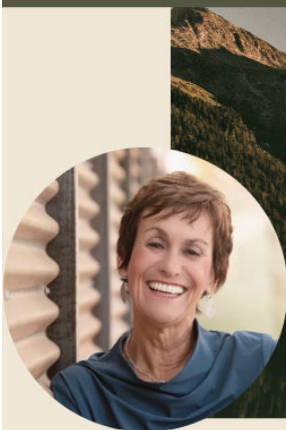


LIVE & LEAD WITH PASSION & PURPOSE STEPS TO A PURPOSEFUL LIFE



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Special Guest

Lori Palm
Modern-Day Muse, Global Passion Expert

Jan-Feb 2024 – 4 Tips to a Purposeful Life

In the podcast, we discuss steps for finding your purpose and passion. My guest, Lori Palm is the creator of the Core Passion Assessment which gives you the words and the energetic compass to what your passion might be.

Here are 4 Tips to enrich your life.

TIP #1 NOTICE WHAT IS OUT OF ALIGNMENT

Reflect on what is not working for you right now. What feels out of alignment?

TIP #2 CLAIM YOUR COURAGE

Find courage and remember that taking even a small step in the direction of your North Star can be hard since your brain is used to staying in a comfort zone of habits, thoughts, and actions. This search for purpose might require change, and change can make us uncomfortable.

TIP #3 INTEGRATE YOUR PASSION IN SMALL, EASY-TO-EXPERIENCE STEPS

Start small, don't turn your whole life upside down. Start with what might be exciting or inspiring. What could be fun? But remember that if you add too much novelty and change to your system, your brain and body may feel overwhelmed.

TIP #4 START DREAMING

Start dreaming - it can unlock your door to passion and purpose. Don't let your dream die inside. Instead, nurture them, visualize them, and take action. Embrace and own your gifts.

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