

# Four ideas for overcoming the beliefs that are extinguishing your passion.

**Follow your passion, it leads to purpose!** Well, that's easier said than done, isn't it?! Why is it so hard to follow your passion and fulfill your purpose in life? Albeit there is more than one possible answer to this question, the one we believe is a huge culprit in causing you to get stuck in a rut on your purpose path is that you believe everything you think. Say what? Yep, you assume that all your assumptions are correct. Here are a couple of examples to help you see what we mean: "I can't afford to quit my job; I'll never make this much money anywhere else!" Or I can't do that people will think I'm crazy! Sound familiar? The fact is everyone has purpose sabotaging beliefs. These are assumptions you think that may or may not ever happen. Your brain almost always will assume the worst-case scenario.

So how can you over-come some of these beliefs that are extinguishing your passion and getting you stuck in a rut on your purpose journey? Here are four ideas you can use.

**Always challenge your assumptions-** Don't allow fear to cause you to jump to the worse conclusion. Almost every assumption you will make to follow your passion which leads to purpose will probably never happen. Most of the assumptions you are making are highly exaggerated in your mind, not even true, or slightly true. Meaning, you can most likely figure it out along the way. Truly, what is the absolute worst thing that could happen? Is it life-threatening to you or someone you love? No? Then go for it!

**Assume the best** – Assume success. Believe that it is not by chance you have a burning desire to achieve whatever it is

that is setting your soul on fire. Believe that you have a Creator, who designed you with this purpose in mind. If that's true, and it is, then you have everything you will need to be successful. Of course, there will be bumps, valley's, and potholes, along the way, but you will survive, and you will achieve what you are meant to accomplish. Believe it.

**Fuel up on truth** – Who or what are you listening to? If it's not truth, stop. Are the people you hanging around inspiring you to be better and to follow your passion? Are they walking testimonies of people who are following their heart's desire? Find someone who is a success story that you can follow and fuel up on their positive outcome. Read God's word. It is the only truth you can count on. Anything else, could be false information. Let the truth fuel your fiery passion. Your passion will lead you to your purpose.

**Just start** – There is no better time than today to start your purpose journey. Start where you are, and with what you have. Challenge yourself to start taking the steps towards where you know in your heart you should go. Yes, you may have to make some changes, it's going to be hard, it may be uncomfortable, but you can do it. You are competent and capable. Let go of whatever is holding you back and take a step. Just start!