

Living from Purpose and Passion

How to bring more success into your personal and business life

~ Louise Dunn ~

There is no doubt that a life is more satisfying and successful when it is guided by a clear sense of purpose and the passion to fulfill it. *Purpose* illuminates the mind while *passion* allows joy and creativity to spontaneously flow from the heart.

Purpose provides guidance for thought and action and gives clear direction for all decision making. It is the inner advisor behind a life or business vision. *Passion* is the strong motivating energy to manifest that vision.

Without a definite sense of purpose – the “what” you are here to do and “why” - an inordinate amount of time can be spent wandering in different directions, searching for meaningful goals.

To act without purpose is to shoot an arrow without a target, yet expecting it to hit a significant mark.

Five Key Elements of Purpose and Passion

1. **Purpose is much easier to fulfill when it is in alignment with one's authentic self.** You know you are acting from this level of integrity when there is peace and an intuitive sense of rightness in your decisions. To go against one's nature is to set off in the wrong direction - opening the door to inevitable conflict and delay.
2. **Defining a purpose in clear and specific words is the beginning of all success.** This is true whether you are considering purpose in a life mission, a career move, a project, or a business venture. Each clearly defined purpose helps you gain the focusing power necessary to reach your stated goals.
3. **The energy of passion, experienced as a deep commitment to your goals, needs to be harnessed and directed in a meaningful way.** To experience maximum success, you want to be a laser beam of focused energy, not just a swirling ball of ideas and excitement.
4. **Purpose and passion come together more quickly and effectively where there is *courage* to take some risks and to reach outside the box of the familiar.** It is often the nature of purpose to be unique and therefore to point one in an entirely new direction. It is always the nature of passion to be bold and daring

5. **Purpose is best served when it is supported.** The support can come in the form of a mentor, a coach, a team, a committee, or any person/s that are objective and knowledgeable and who have your best interests in mind. The most successful people are those who are not afraid to ask for help as it is needed.

It is helpful to remember that action without a clear purpose is often wasted energy, while action *with* purpose is more fruitful and prospering. So take the time to consider what your real goal is and why you want to go in that specific direction. Put your thoughts into words that convey your true intention; make this your statement of purpose. Then reach within to find your passion and let the two together become your powerful vehicle for more success and happiness.

To help you Live from Purpose and Passion, I encourage you to check out the Life Coaching options at www.RichesWithin.com and www.LouiseDunn.com.