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Photograph: Ismail Sadiron/Getty Images/EyeEm Familiar recently stated that my main problem in life is that I have no purpose. It was strange to hear, but also welcome. What is the purpose of life? Sounds good, but what does that mean? Help others, raise a family, create beauty, earn money, work with plants, solve addiction, go into space? Most people feel they have a purpose? How often does this change? People without a goal want it? And if you have a goal, can you take a break? (And if so, how long? two days, 20 years? I Googled do most people ... and the first auto-hints were funny, at least: there's herpes/there's a vech/dream in color/have presidents day off. In case anyone else ever feels concerned or confused about the purpose of life - or life's passion - the last two stories kind of ease the pressure. In short, anyway. Purpose and passion seem similar, but one difference suggests that the goal involves reason, while passion involves emotions, although both engines and perhaps the line between them is not so important. In a short essay for Outside, author Brad Stulberg writes about the lies we often talk about the concept of finding their passion. First, you won't find it. You cultivate it. Change your expectations to meet something perfect to develop something interesting, it offers, and work from there. (Stulberg also has a new book on the subject - The Paradox of Passion.) The idea of demotion is kind of sad, but also funny. I don't have to dream of becoming an amazing artist, just enjoy using these nice pens. Where did this belief in passion come from? Is finding your passion cousin happily ever after? Maybe passion appears at certain moments in life, not in others, and the ebb and flow is natural. Or maybe he appears in one life arena in one season and another arena in another season. Is my former passion for finding funny YouTube videos my current passion for eating fiber? It could be. Meanwhile, in a particularly soothing story on one of my favorite knitting blogs, Mason Dixon knitting, writer Max Daniels makes a compelling case in support of swipes the whole concept of discovering the purpose of your life off the table, gently. What if there is no predetermined purpose of life? She writes. What if you don't need to spend your precious life looking for one because there is no one to discover? Daniels suggests, instead, doing things that support your physical situation, like cleaning, working, and paying bills; Activities that have no purpose other than fun, like watching Netflix and spending time with friends; and, where possible, an activity that covers both bases. Maybe the concept of purpose also comes and goes like passion, and make it come out when it's not obvious is just as unnecessary. For what it's worth, I thought my purpose of life and passion were the same: to make sure, to make sure Jokes. But that no longer seems right, and now I think mostly about having a child and family. And knitting. And, like, three more things that I keep with myself. Well, maybe the purpose of life is a rope with a series of knots, and the space between the knots is how long it takes to feel your way to the new? I had coffee with a friend and asked him if he had a purpose in life, and he said, No. No, definitely not. I definitely don't have a goal and it made me laugh. Is it ok to be aimless The last update of October 20, 2020 you stressed and overwhelmed, wishing you had more time to do what really mattered? Are you ready to do something better, something special in your life or your career? If you are willing to take responsibility for your life, then you need to use some principles of success. Many people maybe you-stopped after their passion and purpose too early in life because their talents were ignored, minimized, or ashamed. They didn't have the chops to win the American Idol competition or nab an Olympic gold medal, so they stopped expressing their innate gifts in general. You don't have to be a prize winner to rock your life. Living in the life of your dreams is discovering your superpowers and feeling bright and joyful when you use them. It's about what makes you unique and find like-minded people to support you. Here are 10 principles of success that will help you achieve your goals and live a rich life on your terms.1. Get the hobby moving closer to your dreams if you've never become a professional dancer or world-renowned author, it doesn't mean you have to stop dancing or writing! These activities make you come alive even if you only do them as a favorite pastime. Participating in a hobby is one of the most important success principles you can follow to get closer to your dreams. When you try something creative for the first time or for a long time, you start to see opportunities at work and in life that you didn't know before. You also feel happier and more energetic, according to a recent study from New York. Some of my most burnt-out executive clients have stepped up their careers by opening a creative outlet that fueled them after the end of the day. Research at San Francisco State University shows that having a hobby reduces stress and helps you succeed at work. Give yourself permission to try new things and return to the old passions you abandoned long ago. Putting just one hour a week into personal research can make a significant difference to your life and help you focus on setting goals. Focus on your strengths, do you know that you are more likely to succeed when you develop your natural strengths rather than work on your weaknesses? The problem is that you, don't know where your true talents lie. Once you realize what makes you tick, you can use these skills at work and your personal life to get more done in less time. If you increase your unique abilities through practice and study, study, can accelerate your career and become a leader in the field that matters to you. So it's worth investing in yourself.3 Jumping off a cliff doesn't require a workworker thing: most people are too afraid to change. When participants first come to my seminars, they tell me that they have mouths to feed, bills to pay, and fear that if they follow their dreams, someone will suffer. The old saying jump and grid should appear does not comfort them. Because they are hesitant to plunge into the unknown, they believe that their only option is to stay where they are in life. Can you relate? You don't have to sacrifice the life you have now to start a new one. I was a psychology professor day and singer at night for years before I moved on to a full-time music career. To use this principle for success, take a little time each week to do something that enlivens you through hobbies, volunteer work, etc. Feel it. Is that what you really want? If that's what you really want to do, increase the time, stop it, and make the transition when the time is right.4 Give your inner critic Some LoveThe main culprit that keeps you from going outside your comfort zone and getting your dream life KCRP or K-CRAP, a radio station that plays 24/7 in your head. The moment you try to do something interesting in your life, it slaps you down with such chart-topping killer hooks as Who do you think you are? And you'll never be good enough! Have you ever noticed that a sneaky KCRP DJ sounds like your parents, teachers, bosses and other power officials who shut you down creatively? These people don't need to strangle you anymore (although they often still do) because your inner critic does it for them. It keeps you stuck in a rut. To break free, try to think of this DJ as a rude old grandfather who gives you shit to keep you safe. Remember that this grumpy grandpa is unfortunately out of touch with time. Give him a pat on the back for his good intentions, and put your attention back on what makes you come alive. This is one of the principles of success that will give you the courage to go into the unknown, where you can dance to the beat of your own drummer. 5. Embrace your inner SelfMany we don't go after our dreams because we are afraid that people will find out how weird or strange we are. However, our little eccentricities often turn out to be our strongest. Chances are you lost track of your true passions and talents before you were still old enough to know what you were getting out of the way. You've become a slow adult, learn: Take on family roles that don't match who you really are. Mow back what teachers taught you in school and not risk getting bad for being the original. Hide parts of yourself that don't seem acceptable to certain social groups. The price per installation is that you can end up leading a life that doesn't suit you all that well. Your true calling becomes clear when you accept what it does different from others and allow yourself to stand out from the crowd, even if it feels awkward. Often, those are the very qualities that you regard as your flaws are your greatest gifts. Here's how to listen to your inner voice for more fulfillment.6. See the big picture to find your true CallingI can not emphasize the importance of this principle of success enough. Your true calling is right in front of you, but you may miss it because you are looking for it in the wrong place. To see it clearly, try to broaden your point of view. Example: Maria felt that she needed to retire early from the police detective so that she could go abroad. I encouraged Maria to think about how she could continue to serve as a law enforcement officer (a career she loved) and travel abroad at the same time. A few months later, Maria took a job at the United Nations in Bosnia, teaching the local police force to understand and adopt human rights procedures. Like Maria, you are an everyday rock star capable of achieving more than you can imagine. Is that what you're looking for right in front of you, too? Do you have a hint of what that might be? Look beyond your day-to-day activities, your current job, and even the city in which you live. Look at your life from the point of view of the eagle and be open to new opportunities. 7. Try a little Wish-List MagicPretend I'm your fairy godmother and I'm giving you permission right now to be your most gorgeous self. What kind of life will music be like for your ears? It doesn't matter if it seems unattainable or even completely crazy. Write it down on your wish list. How would you like your career, your relationships, your health, your finances and your spiritual life to be similar? Get enough details to make your wishes seem tangible to you. Then look at this list every morning before you start your day and every night before going to bed.8 Take breaks to get clues about your ideal FutureDid do you know that working right before the deadline leads to lower profits? Studies show that a break of 15 minutes every 75-90 minutes can help you recharge, update your focus, and get more done in less time. In addition, a Stanford study shows that walking increases your creative result by 60 percent. Doing repetitive activities such as walking, running, cycling, swimming, and radical allow you to solve problems to pop in your mind out of nowhere. What does this principle of success have to do with creating your dream life? These mini-breaks provide vital clues about what to do next to reach your ideal future. Also, you won't waste precious time and energy getting lost in other people's agenda.9. Take action on your inspired ideasIn this inspired thought appears in your mind, take action. It's one of the most Principles of success to make your dreams a reality, the sooner the better. Whatever it is - from calling an old friend to a new route home - be sure to do it! Notice your eccentric guesses. Guesses, need to go after what you want and not just dream about it. As comedian Jim Carrey warns: You can't just visualize and go eat a sandwich. To learn more about how to get out of autopilot and take concrete action towards your goals, check out this video.10. Count Your Rockstar MomentsStill is not sure that you have what it takes to get the life of your dreams? This principle of ultimate success is guaranteed to help. Make a list of everything you've ever achieved. As you read back through it, put the star next to each item and let it sink in. You'll also see how effective you've been in the past at getting what you want. You have succeeded before and you can succeed again. Final thoughtsEleanor Roosevelt said: The future belongs to those who believe in the beauty of their dreams. Following these principles of success will help you find the time and energy to achieve your goals and live with clear intent. Stand still, be quiet and listen. Your life constantly tells you what you need to do to realize your own rock star potential in life and business. It may just be a whisper now, but the more you pay attention to it, the louder it will get, and the easier it will be to follow. Read more about the success of LifeFeatured photo credit: Rahul Day via unsplash.com unsplash.com

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