

THE JOURNEY OF DESIRES: NAVIGATING THE TWISTS AND TURNS ON THE ROAD TO SUCCESS



Do you ever wonder why fear seems to overpower your desires? It all comes down to our emotions and how we feel. As humans, we are driven by our emotions, and our choices are often based on how we think they will make us feel. That feeling of wanting something is called desire, and it's what motivates us to pursue our goals.

Desire can be approached from two mindsets that yield very different results. You can approach it from a scarcity mindset, rejecting what is and feeling lack and resistance, resulting in pain and suffering. On the other hand, you can approach desire from an abundance mindset, accepting what is and desiring from a place of gratitude and appreciation, yielding excitement for the possibilities to come.

Both approaches to predicting the future rely on past events and learned environments, trapping us in a cycle that's hard to break out of. We base our beliefs and limitations on history, even if it supports what we think is possible. But the uncertainty and fear of failure in the future can snuff out our desires.

Our instinct to protect ourselves from harm can hold us back from pursuing our desires. While it's normal for our brains to throw doubt our way when faced with uncertain situations, we must learn to process the emotions that come with feeling fear, failure, shame, rejection, and disappointment. When we become proficient at recognizing and dealing with our emotions, we become unstoppable.

Another obstacle we often face is our need to know the exact steps to take before embarking on a journey. However, if we wait to have a clear plan, we may end up waiting forever. Instead, we must forge our own paths towards our dreams. The road to success is never straight, so we must be willing to test and trial different approaches until we find what works.

We must also replace the concept of "trying" with "trialling". By embracing the process and committing to reaching our destination, we become free to enjoy the journey and all the twists and turns that come with it.

Don't shy away from experiencing a range of emotions, including doubt, fear, shame, and disappointment. Instead, embrace them and work through them.

That is the road to success.

[List to podcast episode 7 - The Missing Ingredient of Success](#)