



## 1 | Unlocking What Breaks Your Heart

### Lesson 1 Part 5

#### Transcript

Hunger is aligned to what breaks your heart, as well as what fulfills your soul. How amazing to realize that the universe will not give you this deep inner burning without support energy and resources. An energy that comes from your innate talents and gifts. The fact is, what breaks your heart is also aligned to your energy, purpose, talents, and gifts. There is a saying that I've always shared with my friends. "An elephant is never burdened by its tusks". Somehow, the creativity to carry its tusks and maintain balance is found within.

Achieving our dreams is found within, as was the case with Margo, however. Up until now, she had not made this critical connection between her inner strength and the things that brought her great pain. \

So the next step was for Margo to identify her passions and her talents so she could begin to see how they were aligned with her Great Hunger, and what really breaks her heart. This process would then allow Margo to set herself on a path for success and to tap into how she could be of true service.

What are Margo's passions? I had a conversation about things that trigger her passion and I asked her to generate a list of those things, and they included rooting for the underdog, and working against injustice and implicit biases. She also loved saving, whether it was money or frequent flyer miles, and gifting those that needed them. She also loved learning about women who had overcome odds to fulfill their own dreams and also talking with other women who, despite having so many gifts and talents, but they still somehow experienced self-doubt and a lack of confidence, and Margo needed to know that.

I then had Margo complete my *Thrive* activity, which is designed to help anyone to identify the positive attributes which are unique to them. After completing and reviewing her responses to the Thrive activity, Margo indicated that her innate positive attributes included to ... She knew very well that she was a financial wizard. She was good at mentoring others, and she would find joy in doing that. She was a successful grant writer. Evidently, Margo had quite a track record in writing grant proposals that were funded. She was a great listener, an excellent communicator both in writing and the way she would articulate her ideas. She had the keys to her success.

This process of identifying passion and innate positive attributes allowed Margo to understand the greater purpose she longed for, and as Margo went deeper into the process, she saw how she could begin to align her passion and talents to her Great Hunger, as well as to what breaks her heart. Remember how earlier on, Margo had determined that seeing women struggle with financial literacy and security broke her heart. This was her pain and this pain resonated with her past. It also resonated with her mother. Well, from this understanding, Margo began to realize that working and supporting women, particularly those who are struggling with their finances, would ultimately heal her own heart.

Are you ready to identify your passions and positive attributes? Are you ready to begin to connect them to what breaks your heart? If yes, at this point in the lesson, you may want to download or revisit the application activity which can be found on the main page and complete Steps six and seven. And don't forget, if you are a coach or are supporting other women through this lesson, there are also additional teachings and tips in the Coach Corner of the downloads.