



Michelle Vandepas

Purpose and Profit

7 Myths, 8 Lies, and 35 Excuses

What May Be Unconsciously Preventing You From Living Your Purpose?
Every day, we allow our personal stories (that we believe and accept as truth) to help navigate life. We rely on those stories to determine how we run our business, who we connect with, and how we relate to (love) ourselves. We may have learned those stories from someone else who perceives us through their own personal life-filter, or from their desire for you to live a certain kind of life.

BUT IS THAT YOUR TRUTH?

IS THAT THE REAL TRUTH THAT SERVES YOUR PURPOSE?

Have you accepted, or even developed, these stories as a protection from living the life you REALLY want but fear may not be possible?
Are you ready to go for what you want even if you don't know how to get there?

We'll explore the most common 7 Myths, 8 Lies, and 35 Excuses people use for not living their life purpose. The first step is discovering which of these you use to keep you feeling stuck, confused, and powerless. As you work through the exercises, you may find others more personal to your life and circumstances. Write them down and explore how they impact your life. There are tools at the end to help you assess their usefulness.

I invite you to use this opportunity to dive deep into these false stories, acknowledge that these are part of your current life, and and commit to letting them go. Living from this place is like telling yourself there is something wrong with you. "I can't because..."

CHOOSE THIS DAY TO EMPOWER YOURSELF AND RE-INVENT YOUR LIFE.





Michelle Vandepas

Purpose and Profit

7 Myths About Purpose and Profit

[Click Here](#) for a meditation and lesson with Michelle on rebooting your Purpose and aligning with it

Reality check. Ask yourself:

Could you be living your purpose and not even know it?

Let's explore what a myth is, and what it is not.

Definitions:

- **Myth:** Any invented story, idea, or concept; an unproved or false collective belief.
- **Belief:** An opinion or conviction.
- **Empower:** To give power or authority to.

A myth is an invented story. We often accept as truth the myths, and false beliefs based on those myths, that our environment (family, friends, teachers and society) tell us. We define how we live our purpose based on what we learn. Discovering that you have accepted a myth as a personal truth, your life will shift – empowering you to live your purpose in deep and meaningful ways. See if you identify with one or more of these myths:

Myth Number 1

If I do not know what my Life Purpose is, then I am not living it.

Once you discover your purpose you will most likely find that its elements are embedded in your psyche; these prized qualities have always been there. Look for the threads that are woven throughout your life; these are the signs that you have been living your purpose all along, whether or not you have had a conscious awareness of it.

New Truth: I am always living my purpose.

Myth Number 2

If my gift is not huge, then I must not have one.

Everyone has a purpose, but not everyone is expressing their purpose in the most powerful ways. As you focus on your gifts, and invest time and energy into their development, your purpose will grow clearer and stronger.

New Truth: I have a purpose. Period!





Michelle Vandepas

Purpose and Profit

7 Myths About Purpose and Profit

Myth Number 3

I have to be super-smart, rich, or famous to live my purpose.

You may feel you need outside recognition for there to be value in your gifts. It may even seem that celebrity status is necessary to validate your purpose, but when you have truly connected with your purpose, outside validation is irrelevant. You will feel the joy in your own heart.

New Truth: I only need to nurture the authentic me to live my purpose.

Myth Number 4

I have to give up my life and let a lot of people down to live my purpose.

Many people give up living their purpose today out of fear of letting their loved ones down or waiting for some future event. When you take responsibility for living your dreams, your life and the lives of those you love, will be enriched.

New Truth: I can live my purpose today and bring my purpose into my life as it is, now!

Myth Number 5

If I have a purpose, I have to make money at it—or it does not count!

Your career is a container for living your purpose; it's not your purpose. Your purpose is an energy inside of you that yearns for expression. It may take a little digging to identify the details, but once you have you can bring this force into all aspects of your life—including your career.

New Truth: My purpose can be expressed in every area of my life.

Myth Number 6

Life is too random for me to make a difference with my purpose.

In the chaos and random events that life seems to deliver, you are always supported in living your purpose. Your contribution is critical to the collective whole we call humanity. Every interaction and circumstance carries within it the seed of your highest expression. You will make a difference—each time it is expressed! You might find that when you are expressing your purpose, the randomness of life suddenly transforms into perfect synchronicity. You are given the opportunity to bring your unique gifts to each situation.

New Truth: In the outward expression of living my purpose, I make a difference—always!





Michelle Vandepas

Purpose and Profit

7 Myths About Purpose and Profit

Myth Number 7

Because I am good at something means that I am supposed to do it.

Often, you may become good at something because you have been told you need to improve a weakness that you have. When you believe this myth, you may become distracted from living your purpose. Your focus may go to what someone told you to do in order to earn a living or to turn a previous weakness into a strength. You may abandon the activities and desires that are alive inside of you. In some cases you may have strengthened elements of your purpose in order to fit in or to please others. You may only need a small course correction to bring you back to the most powerful expression of your purpose. Explore the energies underlying the activities (tasks) you have undertaken and turn your attention to the gift instead of the activity (task).

New Truth: My purpose can be expressed without any gifted ability. Within me I can develop the skills needed to live my Life Purpose.

Have you delayed living a passion-filled life because you identify with one of these myths?

You may not be clear just yet about your purpose. By identifying where you have limited expressing your authenticity by accepting these myths, as well as other lies and excuses we'll cover in other lessons, and instead, accepting the new truths, you create the space and energy to re-awaken and recognize your true purpose.





Michelle Vandepas

Purpose and Profit

8 Lies About Purpose and Profit

What is a lie?

Definitions:

A false statement made with deliberate intent to deceive; an intentional untruth; a falsehood.
An inaccurate or false statement.

A lie is a false statement. If you are like most of us, you lie to yourself a lot. You tell yourself various lies so you don't have to make a commitment to yourself or so you don't have to put in the effort required to pursue your own happiness. When you can identify the lies you have told yourself, you have the power to shift out of the fantasy that you will have what you want someday and into taking the actions necessary to create it now.

See if you identify with one or more of these lies:

Lie Number 1

Nobody makes money being a *(fill in the blank with what you desire most)*.

This is what you tell yourself when you believe the myth that you have to make money with your purpose.

This is a lie. Bring your

purpose into your life and acknowledge how you are living that now.

Lie Number 2

You'll never make a living doing what you love.

This is a lie you tell yourself so that you can play small or pursue what others desire for you. This comes from a fear of not having your basic needs met. The point is to live your purpose every day in your life as it is now; in doing so the outer expression of your life will begin to align with the inner desires of your heart.

Lie Number 3

You have to work a traditional job to make something of your life.

Why do we believe this lie? It is your choice. You can work a traditional job or a non-conventional job and still live your purpose. Ask yourself, "What do I really want to do with my life?" and then listen to your intuition.





Michelle Vandepas

Purpose and Profit

8 Lies About Purpose and Profit

Lie Number 4

My dream is too silly; people will think I am irresponsible if I pursue it.

The truth is that you are irresponsible for *not* pursuing it. The truth is that when you are deeply connected with your purpose and you have clarity, it won't matter what anyone thinks. You tell yourself it is silly in order to minimize how important it is to your soul and justify your lack of commitment.

Lie Number 5

If I just follow my passion, I will be living my purpose.

Just as a career is a container, your passions are also containers for living your purpose. For most people, following their passion is engaging in a specific activity like dancing or oil painting, when actually it is the energy underneath the activity that is their purpose.

Lie Number 6

All I have to do is make a list of everything I like to do and I will find my purpose.

If you do this, then you end up with a list of things you like to do, but you will not have found your purpose. You may find your purpose by looking for the unifying elements of the activities, but the activities are the container in which your purpose is expressed—not explicitly your purpose.

Lie Number 7

It will be hard and include a lot of struggle.

This is a lie you tell yourself when you don't want to do what it takes. In this lie, you are allowing your fear to lead the way. The truth is that there may be elements of it that are difficult. Most likely you will be learning new skills and stepping out of your comfort zone. This often feels challenging; however, when you are tapped into your purpose, then the excitement and commitment far outweigh the struggle. It is also true that you may find flow - the endless ease of living your purpose.





Michelle Vandepas

Purpose and Profit

8 Lies About Purpose and Profit

Lie Number 8

I am only living my purpose if I have a job that I love.

Many people may tell you that your purpose is to be a teacher or janitor, or a stay-at-home mom but those are the jobs that allow for the expression of your purpose. So, ultimately it doesn't matter what your profession is, the key is to find what it is about the job that invigorates you. What about it do you love? Why do you want that position? How do you imagine you will feel when you have that dream job? Look more to the feelings than the specific career. Then, instead of quitting your job, bring that feeling into the job you currently hold. Learning to love the place you're in generates the energy for something you LOVE!

What lies are you telling yourself that prevent you from experiencing the full expression of your conscious livelihood?

Lies inhibit you from following your dreams. They keep you stuck in dead-end jobs and are the fertilizer of unhappy, passionless lives. Now, maybe it's true that you will never make a living by following your heart, but that doesn't mean to give up the activities that invigorate you. As we learn to follow our heart we become aware of opportunities that are always presenting themselves. The more aligned you become with the truth of your heart, more aligned and joyful opportunities arise. Your true conscious livelihood may be completely different (and more joyous) from anything you've ever imagined.

Most of us will totally give up our dreams to follow someone else's expectations of us. In the end, we are left feeling angry and resentful, when **we make** thousands of tiny choices that got us to where we are today. If this is you, and you want to re-orient yourself towards your purpose and profit you can make a course correction. Choose to bust your own lies.





Michelle Vandepas Purpose and Profit

35 Excuses About Purpose

What is an Excuse?

Definitions:

To obtain exemption or release for yourself. An explanation offered as a reason for release from an obligation, promise, etc.

Excuses are perhaps most limiting. We have listed some of the most common. To determine if you are using them as excuses, consider if you are moving forward or if you are using them to blame yourself or others for not taking action. We often

make excuses for why we aren't doing what we want with our lives. Use this as an opportunity to identify where you have made, or are currently making excuses. Take back your power by giving up all tolerance for excuses.

Here is an extensive list of excuses, but by no means exhaustive. Add your excuses not found on this list. Be rigorous in listing them all. Check the excuses you commit to giving up and post them to remind you in case you forget.

I have to wait till my kids are grown
I live in the wrong town
I'm too fat
I'm too skinny
I'm too young
I'm too old
I'm married to the wrong person
I'm not married
I don't have enough money
I have to earn a living
I'm not creative enough
I'm not talented enough
I'm not pretty enough
I'm out of shape
I'm not good enough
I don't know what I'm supposed to do
I don't have enough time
I don't have enough space
I don't have enough energy
I don't have enough support
I have a medical condition

I always fail
I have depression
I don't know how
My (parents, spouse, children, friends) will disapprove
I have to wait my turn
I have bad luck
It's not my time
If it was meant to be it would have happened
I have the wrong education
I come from the wrong side of the tracks
I'm not smart enough
I took the wrong classes in school
My parents abused me as a child
I'm not strong enough





Michelle Vandepas Purpose and Profit

Myths, Lies and Excuses Summary

How Do You Resolve the Myths, Lies, and Excuses Identified?

Many people use these Myths, Lies, and Excuses to put off living a passion-filled life. They put off living their purpose. Also, they put off doing the very things that invigorate them and bring joy to themselves and the people they love.

If you have been able to identify some of the Myths, Lies, and Excuses that have been holding you back through this presentation, Bravo! Awareness is the most critical of all processes to bring you into integrity with yourself by committing to living your purpose—today!

There is both a myth and a truth around the typical advice given “Just follow your joy.” You may feel fear, confusion, or uncertainty instead of joy when you identify your next step. Your purpose can literally be expressed in hundreds of ways, so ask yourself, “Am I listening for the opportunity to live my purpose, or am I saying “NO” because of the container in which it presents itself?” The key here is to check in with your heart and listen. If your heart tells you what your next step is, take it.

The universe will give you whatever you say YES to even if it is NO! Once you’ve decided that you cannot live your purpose, the universe will support you in your choice. What are you saying YES to? Is it a Myth? Is it a Lie? Is it your Excuses? Or is it the opportunity to express your purpose?



It is easier to listen to the Myths, Lies, and Excuses than it is to pay attention to the clues that are right in front of you. Choose this day to bring your purpose into your life. Choose this day to listen to what empowers you to go for your dreams. Choose this day to re-invent your life.





Michelle Vandepas Purpose and Profit

Myths, Lies and Excuses Summary

Consider this:

What if Franklin Delano Roosevelt gave into his medical condition when he was crippled by a polio attack instead of going on to become president of the United States?

What if Helen Keller used being blind, deaf, and unable to speak as an excuse not to communicate?

What if Richard Branson, billionaire, founder of the Virgin companies empire and a known dyslexic, used his 'problem' as an excuse for failure?

What if Beethoven used his deafness as an excuse to give up music?

What if Mother Teresa used growing up without a father as an excuse to keep her from dedicating her life to the poor?

What if Gandhi used his anger as an excuse not to stand for non-violent peace?

What if Oprah used her childhood abuse as an excuse to play small?

What if you continue to use your myth, lie, or excuse to keep you from living your purpose? What will you be missing out on? What will the people you interact with miss out on? What will the world miss out on?

While I have identified many of the Myths, Lies, and Excuses running our lives, I acknowledge that sometimes it isn't just this easy; identify them and change your life. Poof. Done.

3 Questions You Can Use to Help Change Your Beliefs:

Is this true?

(Is this myth, lie or excuse true or do I believe it to be true because someone told me it was, or I learned that it was or I saw someone else try and fail and so now I too believe it to be true? Is this a habit of my mind?)

What would it take for me to change this belief?

(Can I just stop believing it? Do I need more information about why I believe it (personal history or conditioning)? Do I need to talk with someone or go somewhere to release this belief? Do I need to use a tool such as EFT to release conditioning?)

Do I want to change this belief?

(What do I lose if I change this belief? What do I have to gain? How will my life change as a result of changing this belief?)

An entrepreneur, we're always looking for new tools and new tricks to sell more and serve our clients better. Sometimes the best thing we can do is dive deep and clear out our internal inventory weighing us down.

Let me know if you need help: Admin@MichelleVandepas.com.

