

Download Follow Your Heart : Finding Purpose In Your Life And Work

This post is a part of the Follow Your Heart series. Would you like to follow your heart, but your mind or something else is stopping you? Does it feel uncomfortable, uncertain, and maybe even confusing to follow your heart?. What you are experiencing is very normal and very common when you are beginning to follow your heart. This post was published on the now-closed HuffPost Contributor platform. Contributors control their own work and posted freely to our site. If you need to flag this entry as abusive, send us an email. Do you feel lost or as if something is missing in your life? Maybe you want to make a bigger ...“Finding your purpose” is more than just a cliché or a dream that will never be fulfilled. It’s actually a tool for a better, happier, healthier life that too few people attempt to use. Are you trying to figure out what you're meant to do and be in this life? Discover these 7 steps for finding and living your purpose - Follow Your Heart : Finding Purpose In Your Life And Work