



Purpose Up Podcast Episode 1 Transcript

Ben Stein: Hello friends. Welcome. Thank you so much for downloading this first episode of the Purpose Up podcast. I am so excited to be able to share this with you. You may be asking yourself, what is this Purpose Up podcast all about? Well, it started with me asking myself the question: What is my purpose? I think you've probably asked yourself that question more than once. Asking myself that question brought up fear and resistance inside me. It wasn't something that felt good to think about. It seemed big and scary. I didn't get any clarity on it when I just sat with it. I knew I needed to explore it.

This podcast is a journey into looking at what is purpose, how can we find ours, and what are the strategies that can allow us to live our purpose out. To get us there, I am interviewing some really amazing podcast guests, including people from the healing arts, life and career coaches, transformational strategists, entrepreneurs, and people doing social good in the world. People who are living out their purpose, sharing their inspirational stories, and giving us actionable strategies to help us find ours.

My goal is to have you, the audience, wake up and push past fear to action, to you living your life more fully, more authentic, and helping others do the same. I want to create a community of people who are supportive of one another, to stretching themselves, and to asking themselves these challenging questions and living their fullest lives possible, whatever that means to each and every one of you. To tapping into your intuition, to push past fear of "I can't do that" or "I'm not good enough" and all those bad voices inside our head.

If I can push one person to realize an inner dream they have that they've been afraid to take action on, then this will have been time so well spent.

If you enjoy the podcast, please help others look for and act on purpose by giving me a review in the iTunes store. Please also visit me on my site purposeup.com. You can sign up for the e-mail list there to get some great updates on when new podcasts come out or new blog posts. You can also find me on Twitter at [purpose_up](https://twitter.com/purpose_up). I also have a Facebook group. I really want to create a community of like-minded individuals who support each other in finding and acting on purpose. I invite you to become a part of that.

Thank you so much for listening. I really look forward to your feedback, your thoughts, your suggestions. Maybe you have some ideas for really great guests that would be perfect for the show. I welcome all of that. Thanks so much and I look forward to you joining me on this journey of purpose, discovery, and action.