

# Finding Passion and Purpose in Life: The Six Secret Steps

By Brent Scarpo

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# Who is Brent Scarpo?

- Brent Scarpo has more than 25 years of experience as a speaker, educator, producer, writer, director and actor in Hollywood. He served as a casting director for such well-known films as Air Force One, That Thing You Do, The Shawshank Redemption and Matilda.
- Recently, Brent was chosen out of 100,000 entries for The Today Show's writing contest, "Everyone Has A Story" where his inspirational, life changing story, The Red Balloon was selected as the winner, proving there was a heaven. Currently, Scarpo is a Speaker and Life Coach.
- Brent believes that EVERYONE has a passion and purpose in life and the key to finding it is unearthing the "blocks" that keep us from becoming who we were born to be and allowing our dreams, goals and aspirations to come true.

# Now: Who Are You?

- Over the next 75 minutes, this program is about YOU! By the time we are finished, you will be STEPS closer to finding your true PASSION and PURPOSE in Life or in some cases, reigniting the PASSION that somehow has eluded you.
- Let's Begin...

# What Is Your Favorite Holiday?

- Tell me your favorite holiday?
- Why is this your favorite holiday?
- Now, let me tell you my favorite holiday?

# My Favorite Holiday Is Your BIRTHDAY.

- Do you celebrate yourself?
- Daily?
- Weekly?
- Monthly?
- Or, just on your birthday?

# Secret #1

- INVITE PERSONAL GROWTH INTO YOUR LIFE DAILY
- Now Exercise: Write down 5 imaginary lives. What other “lives” would you like to be right now?
- Home Exercise: Create a journal and on the top of the first page write, WHY WAS I BORN? Try to journal each day the answer to this question, even if you don't have one.

Time To Make A Wish...



We ALL Deserve WISHES!!





# Secret #2



# How many of you have flown on a plane?

- Where is the farthest you've flown?
- Where did you go?
- What about that oxygen mask?

# What is Secret #2

- You must care for **YOURSELF FIRST**, before **CARING FOR OTHERS**.

# Secret #3

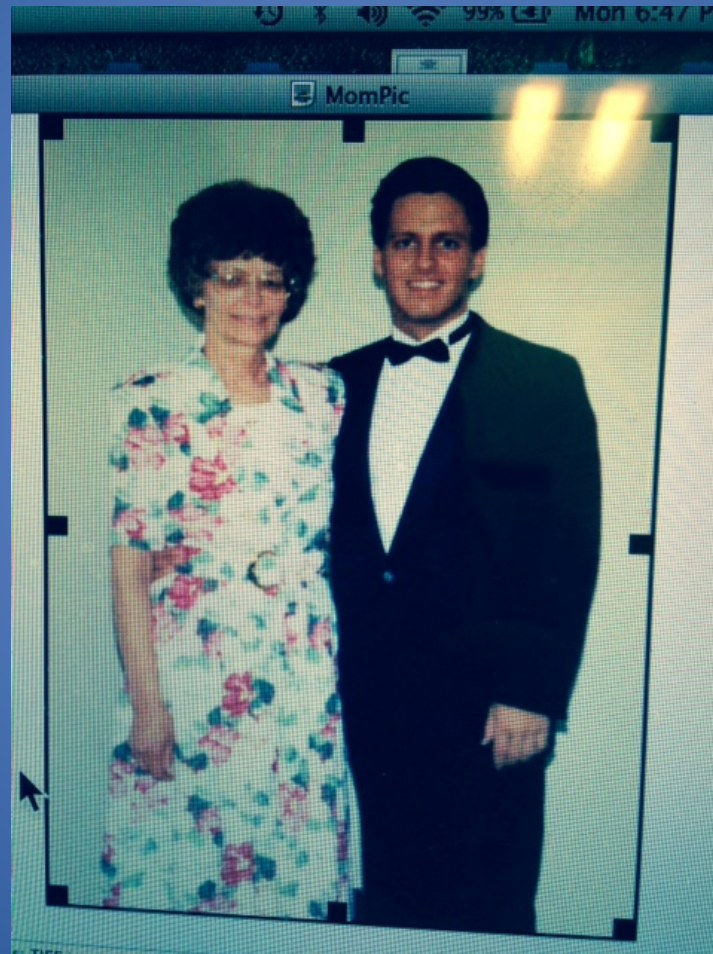
It's Story  
TIME

The image features the text "It's Story" in a black, cursive font on the top line. Below it, the word "TIME" is written in a bold, purple, sans-serif font. Two red circles are placed above the lowercase 'i' in "TIME", one above the 'i' in "It's" and one above the 'i' in "TIME".

# What Is Your Story?

- The POWER of the STORY is one of the KEY components of finding PASSION and PURPOSE in life. It is the STORIES told to us that can direct us to what we most desire in life.
- Let me give you an example:

# College Graduation w/Mom



# Secret #3

- Fill your THIMBLE with LOVE, CARE & RESPECT.
- Now Exercise: List 5 ways that you are mean to yourself. Yes, write them down now.
- Home Exercise: Restate each one of the above into a positive and create one action step for one of them by the end of the week.
- Example: I smoke cigarettes.
- Action Step: I will try hypnosis to quit.

# Secret #4

- You have to PRACTICE Secrets 1, 2 & 3 before 4 will appear and no this is not Secret #4.





# How Does Secret #4 Appear?

- Adopt the next five concepts and PASSION will appear in your life.
- 1. Listen to your inner child.
- 2. Seek Help.
- 3. Write down your dreams, goals & aspirations.
- 4. Volunteer.
- 5. Give It A Go and it will APPEAR.

# What Does Passion FEEL Like?



# That's PASSION!

- At age, 47 Susan Boyle dared to Dream her Dream. She even sang about it.
- In 2016, at age 55, magazine, People with Money named Susan Boyle the TOP PAID SINGER that year with estimated earnings of 96 million dollars.
- What's your Dream? How long will you wait?

# Secret #5

- Life is about creating HARMONY, not BALANCE.
- YES, Life is about Harmony. Consider your LIFE as a song.
- YOU are the CONDUCTOR. It's up to you to bring together the various sections of your orchestra in a unified HARMONY creating your personal song.

# More on Secret #5

- Now Exercise: Draw a circle and draw an X in the circle with a third line in the center going from left to right. It should look like a PIE CHART with six pieces.

# PIE CHART EXAMPLE



# Label The Pie Chart Pieces

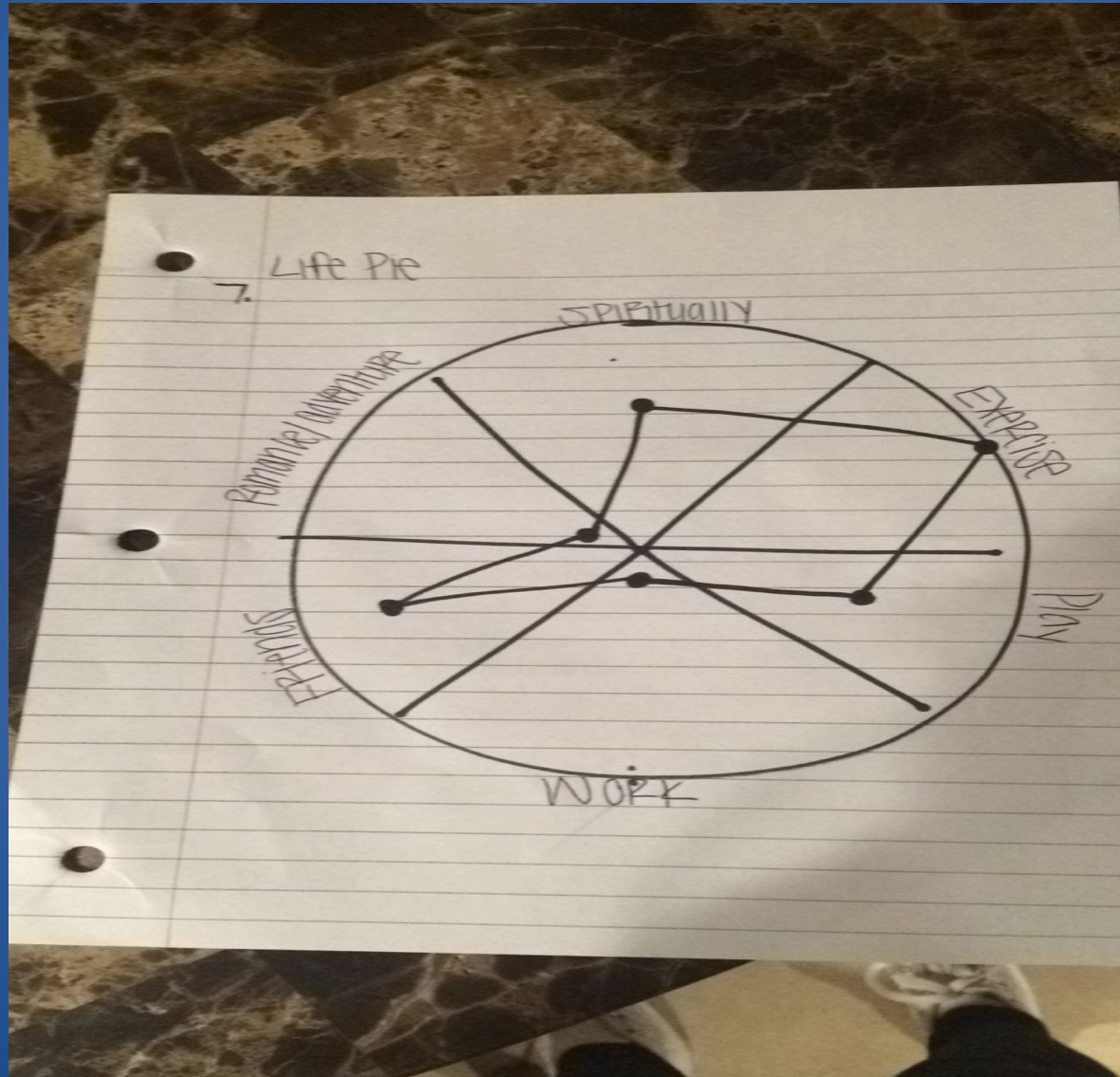
- Each Pie Piece will have its OWN label.
- 1. Health/Exercise
- 2. Work/Career
- 3. Friends/Family
- 4. Spirituality
- 5. Play
- 6. Romance/Adventure



# Next...

- Place a DOT (.) on each PIE PIECE for a total of SIX DOTS based on the following criteria:
- If you are totally satisfied with what the Pie piece represents for you in your life, then place the (.) on the most outer part of the Pie piece or what would be the crust. If you are totally unsatisfied, place (.) towards the center, or somewhere between the two areas.
- Do this for ALL six pieces of pie.
- Now connect the DOTS.

It might look like a Tarantula



# Even More On Secret #5

- Home Exercise: Take a look at the area that you have the LEAST satisfaction and create three ACTION STEPS this week that will move your dot closer to the outside of your pie with more satisfaction.

# Secret #6

- LEAVE A LEGACY!
- 1. What Legacy are you going to leave on the planet?
- 2. How do you want to be remembered?
- 3. What can you do TODAY to start that legacy?

# Life Is Short...

- We don't think about leaving a legacy.
- We don't think about it because it requires us to realize that one day we will die.
- 9/11, War, Personal Tragedies are reminders that we need to leave a legacy.
- Do Now Exercise: Tombstone Exercise. On one side of a piece of paper write down how you want to be remembered on your tombstone. On the back, write down you DON'T want to be remembered.
- Have FUN with this Exercise!! Yes, I said, HAVE FUN!!

# REAL LIFE TOMBSTONES

Ripley's - 1890 - 1949 - "I Died...Believe or Not!!"

# More...

- John Brown –Dentist in Texas – “Stranger! Approach this spot with gravity! John Brown is filling his last cavity.”

# And More...

- John Dryden on his wife tombstone -  
(1631-1700)
- “Beneath this stone my wife doth lie. Now  
she's at rest and so am I.”



# But Wait...

An anonymous tombstone in Texas simply reads.. "I told you I was sick."

# Yep...

- Harry Edsel Smith of Albany, New York tombstone reads "Looked up the elevator shaft to see if the car was on the way down. It was."

# And Finally...

- Mel Blanc - Man of a Thousand Voices, Bugs Bunny, Daffy Duck

Mel Blanc's Tombstone reads...

"That's All Folks"

Passion + Legacy = FUN! FUN! FUN!



# The Six Secret Steps

- 1. Invite Personal Growth in your life each day.
- 2. Care for yourself first, before caring for others.
- 3. Love, Care & Respect Yourself.
- 4. Do EVERYTHING with PASSION!
- 5. Create Harmony in your Life.
- 6. Leave a Legacy for those you Love & Serve.

# Q & A?

- **For Speaking Engagements, Personal Coaching and/or your FREE Personal Strategic Consultation, please contact Brent Scarpo at 760-831-5315 or [brent@brentscarpo.com](mailto:brent@brentscarpo.com) with more information at [www.brentscarpo.com](http://www.brentscarpo.com).**