

Who puts out your flame?

What can you do to get it back to a roaring flame.

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If you are reading this, its because you are someone that is looking for stories of success. Bits of information that help to keep you focused or get you focused on a future goal. Well if that's you than I am also 100% sure that you have heard the expression about "*Having a burning flame*".

So how do you keep that flame alive, and if it's just a smoldering ember right now what can you do to get it back to a roaring flame.

3 simple steps, and as my mentor would say to me, if it's simple to do, its also simple not to do. Do it anyway!

Step 1:

Determine what you are building your fire with? Are you using pieces of wood that are small, frail, and wet? These would be the equivalent of personal doubt, or beliefs that others have given you. Others would be people like your parents, saying that you would not amount to anything, or your friends saying you can't do that, even your spouse saying you are not capable. Its hard to build a fire, heck its impossible to start a fire, unless you have the right mental attitude. So step one is to make sure that you have just the right wood.

What are the things that you do well, those things that you do better than anyone else? Write them down, make a list of all the things that you do, and do well to some degree. As you review the list, you will start to see some things that you do very well, and then you will see some that you do very very well at.

Step 2:

As you build your 'fire of passion' you have now created some belief. We will refer to it as wood, this belief that you can use to get your fire started.

Now with any fire you have to start with the small wood to get the flame going. Looking at your list you have many items on there that you do well, these are the thoughts to get your flame going, get your heat of passion building.

Step 2 is to transfer that belief in all the things you do well over to the 1 or 2 things you do great.

Much like you pass the embers of the flint rock over to the leaves to get and keep the fire started. As your belief begins to grow, much like twigs and leaves in a fire, you have to put larger and larger pieces of wood on or the flames will go out in a minute. So that takes us to Step 3

Step 3:

This is where 99% of fires go out. Its allowing yourself to put those bigger logs on the fire. In your mind it may sound something like.. "well I don't deserve it" or "I'm not that good at that". I call it self doubt. You can get excited about the things you do pretty well, its the need to allow you to feel great about those things you do so well.

We were told when we were little that if we thought too much about ourselves we were being selfish. I would like you to take a different perspective, in order for your flame to grow you have to fan the fire to make it hotter and give off more heat so it can light the big logs, you would agree right?

So now you have to fan your personal flame of passion, because quite frankly, there will be no one else to do it.

**I want you to now see this as
being Self Full and not Selfish.
Give to yourself so you can give
more to others.**

Just like a campfire, the bigger it is, the more heat it can give. Go make
your fire the biggest and brightest out there.

Your friend and student,

Sean



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