



FROM PASSION TO PURPOSE

by Serena Bostock

For years I had been ignoring the call. The voice in my head got louder and the tug in my heart pulled harder, as I hopped from job to job, promotion to promotion to promotion thinking, this time it'll be better.

But it never was. At 19 I drew up a business plan, by 23 I'd forgotten about it.

So here I was, 10 years later, aged 33, babe in arms, and although in a great position job-wise, I couldn't help but think, what if? My head buzzed and I thought of at least 50 different business ideas.

One by one my excitement beamed. I'd think about the steps to make it happen, and then bam! In walked self-sabotage! As quickly as an idea came, I binned it even faster. I repeated this self-sabotaging pattern for years; I became weary of the same revolving excuses coming up...

I'm not good enough

My experience doesn't match the idea

I'd have to retrain and it's too expensive

Where would I find the time to do that?!

This weariness opened my eyes and I discovered I was looking at this from the wrong angle! I needed to think about the things I loved! What excited me? What did I enjoy? What was I good at? I'd lost myself in the world of work. But these questions changed my perspective. It made me realise that I wasn't doing enough for myself.

My interests didn't go beyond 'personal development.' In translation, this meant 'collecting qualifications in replace of my self-worth' Yep, it was deeply rooted.

These questions stumped me! Here I was, a grown woman, married with a beautiful baby boy and I had no idea who I was.

So I regressed...waaaayyy back to childhood.

I remembered making mud pies and inventing imaginary worlds. I was creative and loved to paint, draw, and dance. Then it hit me. Boom! I loved to write. When I was young, I copied books word for word and started weaving my own stories. Once I put pen to paper in my teens, the words just flowed.

So here's where it began. Slowly but surely, I rediscovered parts of myself that were hidden. I began blogging about 'My journey toward self-belief' without knowing where it would lead. It resonated and I quickly grew a following. I was on the right path. I wrote about lessons I'd come across, as my subconscious uncovered another layer of conscious conditioning.

Here's where it gets interesting. A situation at my mediocre job unveiled an opportunity for growth (Yes, another promotion!) I acted on my learnings, and self-affirmation with meditation, and a positive mindset and of course

I was promoted. But that path was not meant for me. However, from the most unlikely source, another way revealed itself.

A colleague enrolled in a Hypnotherapy practitioner course, allowing her to work one-on-one with clients. Every week, she'd eagerly share the amazing practices she'd learned on the course.

I was captivated.

Could I cope with study and promotion at the same time? You bet your ass I could and I did.

It was the most eye-opening transition of my entire life!

Fast Forward 5 years later, I have a growing Hypnotherapy Practice and I am now the Principal of the very school I trained at.

If it wasn't for me recognising my self-sabotage and leaning into my heart, I may still be repeating the same toxic patterns. And I'm just getting started!

So the lessons?

Never forget your passions...

**Notice the patterns
that are holding you
back...**

Follow your own path...

Let your journey be your story!



Serena Bostock is a Hypnotherapy and Psychotherapy Practitioner at Seren Therapies and the Director and Principal of MindWorks Therapy Training.

Serena's passion is helping women realise their abilities & gifts towards a heart-led career, whilst boosting confidence and renewing their self-beliefs through her Revive & Thrive Therapeutically Blended Programme.

