



Here are seven key tips about the Proof of Passion podcast with Lori Palm and Ursula Pottinga, CPCC, PCC, Certified Neurotransformational Coach, at ProfoundGrowth.com.

1. *Understanding Core Passion:* **Recognize your Core Passion** by identifying your personal gifts, challenges, and life lessons. This understanding is crucial for personal and professional development.
2. *Neuroscience and Integration:* **Achieve balance between the mind and body** by ensuring the brain, heart, and gut work in concert. Integration helps identify misalignments in life that can lead to emotional and physical challenges.
3. *Authenticity and Values:* Authenticity arises from understanding and integrating various aspects of oneself. Values guide a fulfilling life, and Core Passion helps **clarify what is truly important**.
4. *Intuition:* Intuition is accessible through brain and body pathways, not just a mystical gift. **Recognize personal triggers for intuition** to enhance access to this resource.
5. *Behavioral Change:* **Changing behavior requires intentional effort** and repetition to form new neural pathways. Personal relevance and motivation are crucial for successful change.
6. *Patience and Growth:* **Practice patience with yourself** during the change process. Be willing to step outside your comfort zone to promote growth.
7. *Seek Support:* **Seek support from others and explore resources** for personal development, such as Ursula's website, [Profound Growth](https://ProfoundGrowth.com), and the Core Passion assessment.