

**SOPHIE PHAM**

**PAIN**

— *is* —

**POTENTIAL**

Finding Purpose Through Your Story

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This is dedicated to anyone who pursues  
a life of purpose and truth



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**POTENTIAL**



# INTRODUCTION

I FOUND MY potential in 2013, when I confronted what was my deepest fear. I was twenty-two and had a history of promiscuity, depression, eating disorders, alcoholism and violence. I had been carrying a false identity that caused me to self-sabotage, in denial of self-love and love for others.

This stemmed from the pain that I had experienced, both as a child and growing up. It stemmed from trauma.

We all experience pain. It is a crucial part of human life. Our pain may find expression as sadness, anger, anxiety, various mental disorders or addiction. All pain impinges on our personal freedom. It limits our ability to live an enriching life.

As pain is embedded in our personal stories, it becomes integrated with who we are and, subsequently, who we can become. In this book, I show you how we can transform our pain to

find our potential. This book is a guide towards finding your purpose.

I discovered my fear and false perception when I expressed love to a man for the first time. This act revealed my resistance to love. Through the destruction of my false identity, my true identity emerged. In discovering my true self, I was able to connect with my purpose.

I have written this book to share everything that I have learnt about discovering your true self and finding your purpose in the world. Our intimate relationship with our pain gives us a profound understanding of that pain. And our transformation of this pain allows us to be of service to those experiencing the same challenges.

We each have potential that extends far beyond what we allow ourselves to realise. This book is your invitation to an empowering, inspiring and rewarding life that lies outside your current identity.

Through my own journey, I have come to understand how pain is the beginning of great strength. I founded The Introvert Project as the expression of my mission. It is the embodiment of my self-actualisation, which has emerged from my self-realisation. In this book, I will take you through each step of this discovery.

I am going to share my story with you to show you how pain can transform into potential. This will be demonstrated in two parts:

### Self-realisation

In the first part of the book, I discuss self-realisation. I will explain what this really means, illustrate its benefits and walk you through the experience of it.

We have all experienced pain at some point in our lives, whether it's physical or psychological. Our pain has arisen from trauma of some kind. To avoid this pain, we develop ways of coping despite their negative consequences. These are our human addictions, which sabotage our lives.

Understanding our pain and where it comes from allows us to change our destructive patterns. Self-awareness is the beginning of our transformation. Our self-realisation is the recognition of our truth, and it is our truth that creates potential.

### Self-actualisation

In the second part of the book, I discuss self-actualisation, which is the expression of our self-realisation in service to the world. I will guide you through the different elements and lead you towards your self-actualisation.

When we have realised our truth, we can discover our purpose. Purpose bestows on us a sense of meaning. It gives us an existential relevance. Our purpose is found within our own life story and, therefore, necessitates self-reflection.

A life of purpose is a passionate life, as passion is what drives our self-expression. Our expression occurs most freely in our state of flow.

Every experience of our life has been deliberate, acting as seeds for our self-actualisation. Our actualisation is represented as our mission, which is comprised of our purpose and experience. In our mission, we contribute to the segment of the world that we are strongest to serve. Successful expression of our mission requires a committed mind and action that is aligned with our truth.

Through explanation, examples, exercises and my own story, this book will lead you towards your self-realisation and self-actualisation. In recognising your truth, you will discover your purpose. With this purpose, you will learn how to create a mission. Your mission is the materialisation of your self-actualisation.

Your potential awaits you ...