

*Iván Chocrón*

Bridging the Worlds of Science & Spirit

# Living unfulfilled



[www.ivanchocron.com](http://www.ivanchocron.com)

Hey! Iván here. This is a short summary of my YouTube video about feeling unfulfilled.

You can watch the full video [here](#).

Hope it helps and thank you for reading!



Most people don't live with an inner sense of fulfillment, no matter how much money they have.

As a matter of fact, having too much money can assist in the avoidance of the sense of feeling unfulfilled by being able to afford plenty of distractions when those feelings start to creep in.

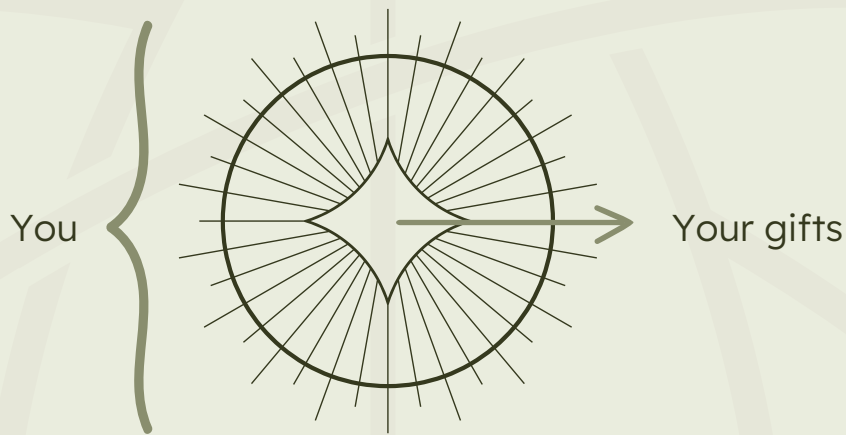
**COMFORTABLE LIFE**  
**+**  
**LOTS OF FREE TIME**  
**+**  
**FOLLOWING MY PASSION**  
**=**  
**FULFILLING LIFE, RIGHT?**



The reason why most people live feeling unfulfilled is because they have not been living in accordance with their purpose.

# Why are we here?

Why did each one of us, each individual, come to this world? The answer can be summarized with two words: **Inner gifts.**



Each person carries an array of different inner gifts, some of which we are born with and some of which we develop during our lifetime.

Your gifts have nothing to do with your job or what you do. Your gifts don't equal your skills.

Someone's gift is that thing that makes their existence create a positive impact in someone else's life that in one way or another is a healing experience

A great musician's gift is not his talent or even his music. His talent is his skill, and his music is the product of his skill. His gift is the capacity to touch people's hearts with his music, or to give them an amazing night of dancing that helps them bring joy into their lives.

It does not matter how he does it or which skill is used. The skill is just an instrument of delivery of their gift. In a way we can say that the gift is the impact.



} Skill / tool

We all have unique gifts

No one else has the exact gifts we do, and others will only benefit from them only if we manage to:

- Discover what those gifts are
- Embody them
- Give them to the world

This means that when gifts are embodied, you being yourself helps the world heal.

Each one of us is here to discover and embody the unique gifts we carry, so that being who we normally are will effortlessly help the world heal.

Discovering and embodying our own unique inner gifts is ultimately our purpose, the reason why we are here. So we all share the same purpose, but the content of that purpose is different for each person.

However, there is an important nuance about this idea.

Listening to this concept sounds like if you find and embody your gifts, then you are done. You won the game of life.

You can stop searching and do nothing. You'll be fulfilled until your death.

That isn't the case. Following the path of your life's journey helps you find those gifts. But finding those gifts guide you on new and unexpected paths.

That path is constantly changing, and what you must do and follow at each different stage of your life to walk the path of your purpose also changes every certain amount of time.

This is why we don't have to know our purpose to walk the path of it. We might realize what our real purpose was at the end of our lives, when we look back. But you'll only know that impact as a certainty only closer to the end of your journey.



# Are we on the right path?

So if we find what our purpose was at the end of our lives, how can we know if we are walking the path of our purpose, or if we got distracted on some other path?

There's a tool we can use as our compass to know if we are walking our purpose's track:

A sense of excitement

That's the sense of waking up excited and almost impatient to get out of bed because you can't wait to start your day.

Purpose is more of a path you follow than a destination.

This is why most people don't live a fulfilled life, no matter their net worth. They are not walking the path of their purpose. So why is that so common?

That is because we already have an idea of what purpose is, and that idea is wrong.

We have been living thinking that the purpose of life is to do whatever it takes to survive (aka make money), have a house, raise kids, have a good job, have time for your hobbies, etc.

While all of that is important and needed for a good life quality, it is still not our purpose. All of those things are the spices of the main dish, but not the main dish itself. Without the main dish, the spices themselves won't really feed you.

As long as we keep this erroneous idea of purpose,  
we will live unfulfilled.

It becomes evident to people who manage to get all of those things, and still continue to feel unfulfilled. All those things give us a good life quality to pave the way of making the path of our purpose a more joyful ride, something that is essential in order to walk it.

Of course, poverty and barely making it till the end of the month is a big roadblock too. Our purpose isn't a priority when we are in survival.

We need to get out of survival mode to find our purpose

A lot of people live in a survival mindset, despite not being really in survival. That mindset needs to heal to bring a sense of safety and make purpose our priority.

A person who is walking the path of their purpose wakes up feeling that there is a reason for them to be here, and that reason brings a sense that their mission is being accomplished which, in turn, brings a sense of fulfillment.

This is the journey we are all walking.

Whatever it takes to get there,  
it is absolutely worth the effort.

It is the ultimate journey.



What can we do about it?

# #1

Know or remember that you are a gifted human being, whether you know those gifts or not.

# #2

Do whatever it takes to discover and embody those gifts and remember that this is why you came to this world, so that being yourself can help others heal.

# #3

Notice what makes you feel excited. What do you want to create or share with the world that has nothing to do with money? Use that excitement as your guide that tells you you are walking the path of your purpose and money might and probably will come along the way.

# #4

Remember that the path is always changing and what used to be exciting might not be exciting anymore. This is a sign that the path of your purpose has changed directions and you must adapt.

# #5









Remember that this is a lifelong journey filled with challenges. Embody that kind of mentality in order to receive those challenges with more acceptance and less resistance so that when they come, we are okay with their arrival.



I hope this brief summary helps in your healing journey. If you want, you can watch the full video on why most people live unfulfilled [here](#).

# Contact



-  [www.ivanhocron.com](http://www.ivanhocron.com)
-  LinkedIn: [in/ivanhocron](https://www.linkedin.com/in/ivanhocron)
-  Youtube: [@ivanhocron](https://www.youtube.com/@ivanhocron)
-  TikTok: [@ivanhocron](https://www.tiktok.com/@ivanhocron)
-  X: [@ivanhocron](https://twitter.com/ivanhocron)
-  instagram: [@ivanhocron](https://www.instagram.com/ivanhocron)
-  facebook: [ivanhocron1](https://www.facebook.com/ivanhocron1)
-  [hello@ivanhocron.com](mailto:hello@ivanhocron.com)

Thank you for being here.

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