

# The Path Made Clear Summary

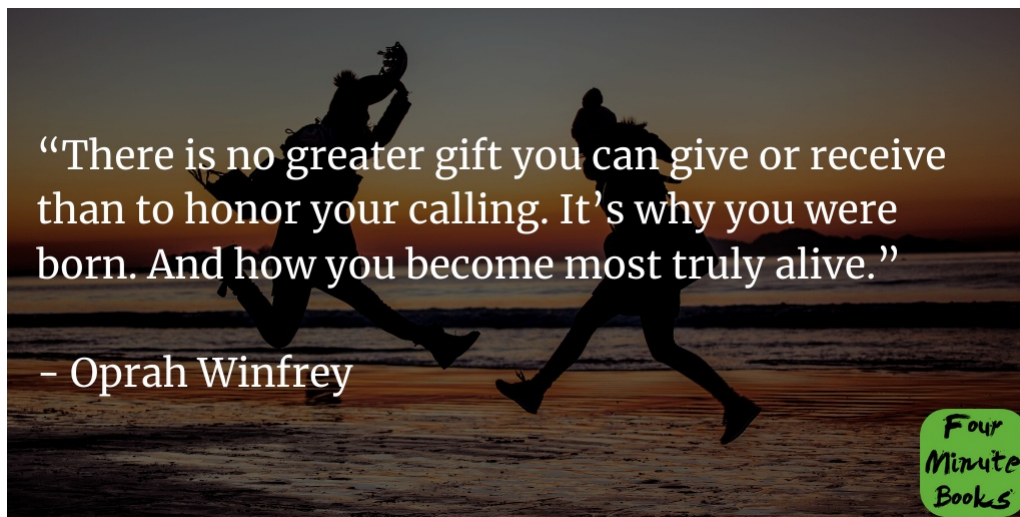
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**1-Sentence-Summary:** *The Path Made Clear* contains Oprah Winfrey's tips for how to discover your real purpose so you can live a life of success and significance.

**Read in:** 4 minutes

**Favorite quote from the author:**



Wouldn't it be nice if we all came to this earth with some sort of calling based on what we're good at that would give us purpose? In a sense, we actually are all born with a calling. We have innate strengths and interests that can guide our path. But often the complicated nature of the world today keeps us from discovering which path we should follow. Because of this, many of us live on autopilot. We work jobs we aren't meant for, just to get a paycheck. Too many of us just float through our lives without really *living*.

If you feel like a ship without a rudder drifting through your life, Oprah Winfrey wants to help. She believes that "Everyone has a purpose. Your real job in life is to figure out as soon as possible what that is, who you are meant to be, and begin to honor your calling in the best way possible."

In her book, *The Path Made Clear: Discovering Your Life's Direction and Purpose*, Oprah shares personal stories and wisdom from her own life as well as the lives of many other successful people who also found their true calling. Her guide aims to help you build a framework for a life of success and significance.

Here are the 3 best lessons from her book:

1. Listen and pay attention to yourself to find your purpose in life, because everyone has one.
2. Fear is an unavoidable part of discovering our dreams.
3. The best measure of your success in life is whether or not you are true to who you are.

Are you ready to find your path and start living your best life? Let's learn!

## **Lesson 1: If you really pay attention to yourself and your feelings, you can discover your purpose.**

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Oprah teaches that we all have a calling while we're here on earth. In order to find what it is, we need to recognize what makes us who we are. She calls these the seeds of our identity. For example, someone who is born with a love and gift for music probably has been watering this seed by learning to play an instrument from a young age. One day, they can bloom into a musician or a music teacher.

Sometimes, however, these seeds hide so deep that we don't find them until later in life. We have the chance, through choices, failures, and successes, to nurture and discover new seeds along the way.

Oprah shares the story of her beginnings on TV to illustrate this. In her early career, she was a news anchor. It would be an exciting job for most people, but she wasn't happy with what she was doing because she felt like she couldn't be herself. Her bosses were also unhappy with her because they felt she displayed too much emotion for an anchor.

Eventually, she was let go and hired as a co-host on a talk-show. This was considered a downgrade in her career, but she loved it. She discovered a seed that had been hidden inside that she didn't know about. She loved to interview, listen, and engage in meaningful conversations with people. And because it was her true calling, this is where she shined.

**To find what your calling is and find your seeds, live a life full of awareness, particularly to yourself and what's in your heart.**

## **Lesson 2: Being afraid is an intrinsic part of discovering your dreams.**

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They say nothing worth having is easy, right? This is true to so many things, and it's true for finding your dreams. Sometimes it's downright scary to go for your dreams, but Oprah teaches that fear is a natural part of growing as a human being.

**Every important undertaking will bring some level of fear, and the amount you feel is relative to just how significant it will be for your personal development.**

When Oprah interviewed the author Steven Pressfield, he explained that every dream he has is met with resistance. He said that the bigger our dream is, the more resistance we will feel moving forward with it.

She likens it to Newton's law of motion. Every action has an equal and opposite reaction. That reaction comes as anxiety and fear. Once we are able to overcome the resistance, the key to realizing our dreams comes from committing fully to them.

### Lesson 3: **Success is best measured by whether or not you are true to yourself.**

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When she's talking about finding success, Oprah doesn't mean financial. She wants to redefine this term in a way that doesn't mean material wealth.

She says success is cyclical. We will experience ups and downs, and these can't define us.

When talking to the best-selling author Sarah Breathnach, Oprah learned that Sarah started to lavishly spend in the wake of her book's success. When the book eventually fell off the list, she was devastated. She didn't prepare herself for the fact that success comes in ups and downs.

The way people spend their money is a reflection of how they feel about themselves. For those who experience a rush of success like Breathnach, they tend to feel unworthy of financial success and buy things to create a sense of self-worth.

Instead of a huge house or being on the best-seller list, success should be about staying true to yourself and your calling. **The ultimate goal is that we get to a point where we have a balance between our inner thoughts and our outer actions.** Because things like celebrity status and net worth change with time, to be truly fulfilled, we need our innermost self to be constant.

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## **The Path Made Clear Review**

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Anyone seeking direction in their life can benefit from this *The Path Made Clear*. Those who are fans of Oprah will particularly enjoy it. It feels a little more like snippets of advice picked up from wise people she's interviewed rather than a continuous line of thought, but that's not to say there weren't valuable pieces of advice inside. I found it to be worth reading and insightful.

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## Who would I recommend The Path Made Clear summary to?

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The 29-year-old who feels like she's feeling a directionless life, the 41-year-old who is wanting to spend more time in self-reflection to improve himself, anyone who wants to live a fuller and more purposeful life.

What do you need help with at the moment?

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