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THREE REASONS WHY YOUR TRUE PURPOSE IS ESSENTIAL TO LOVING YOUR WORK

You may have heard about life purpose, maybe you even know the “why” of your life...but what does it really have to do with your work?

Here are three reasons why your true purpose is essential to loving your work.

- 1) **Your “why” leads to your life’s work.** Whether you realize it consciously or not, your life purpose is the central message and issue you are here on the planet to express and grow through. Sanaya Roman describes the relationship between this and your “life’s work” in her book *Spiritual Growth*: “We will call the process of evolving yourself your ‘life purpose,’ and the service you came to offer humanity your ‘life’s work.’ They are intertwined, because as you serve others you will naturally evolve yourself...everything you do to evolve yourself and carry out your life’s work is an act of aligning with...your best self.”
- 2) **Your “why” aligns your energy with that of the community in which you serve.** You can say that everything is energy! That includes your attitude toward your work, every interaction, every service, and program. If your energy source is not aligned with your daily workplace activities, you will be in danger of burning out! When your work is on purpose, everything you do emanates from your “why” - including the people that it is meant to serve...and leads to wonderfully rewarding, fulfilling interactions with clients as a result.
- 3) **Your “why” is essential for maximum fulfillment at work.** Whether you work as an employee or as a contractor, work without purpose is literally like a day without sunshine. This is one of the primary reasons for the TGIF syndrome - “just get me through till Friday and I can do what I want to!” Work without purpose is empty, just a long series of same-old, same-old, endless to-do lists, and no end in sight. By contrast, work which is an expression of your life purpose becomes a series of conversations, interactions, opportunities to serve, and events that carry forward what you most want your life to be about: purpose-based work.

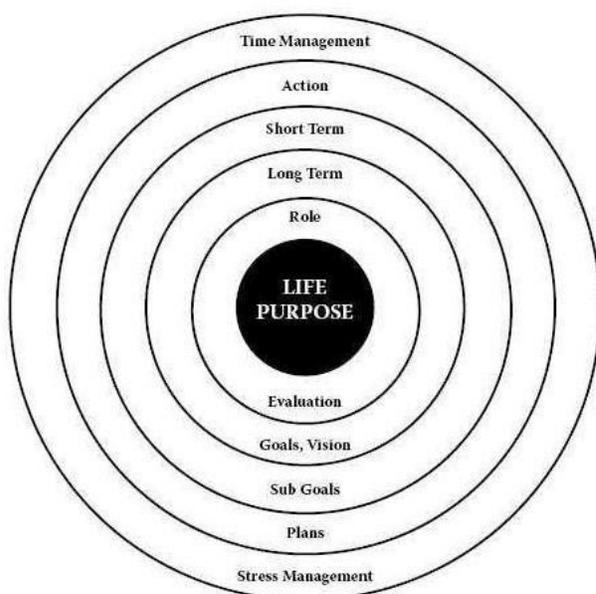
The sense of fulfillment seems unbelievable at first...but it is in fact the way we were designed to express through our work.

When all is said and done, what does your life really contribute to the world? When you die, will the planet be better in some way because of the work you did? If your “why” is aligned with your agency’s “why”, it will measurably improve the planet - or a segment of it - through the work you do with each individual, every day. If you have not experienced

the level of success that you know you are capable of, or if you have felt as if something is 'missing' from your life, take note of this very important principle: *You will experience fulfillment in your life to the extent that you are clear about your life purpose.*

Qualities of the “Why” (Life Purpose)

It is fun, joyful, and playful. When you are carrying out your life purpose, you will find that the time goes by unnoticed. Hours pass in pure bliss. Joseph Campbell and the eastern mystics use the phrase, 'Follow your bliss.' The dictionary defines bliss as 'complete happiness.' Thus, Joseph Campbell is saying to pursue those things that cause you to experience complete happiness. Abraham Maslow called these experiences 'peak experiences.' Peak experiences are a regular occurrence when you are following your life purpose. Both concepts are closely aligned with discovering and following your life purpose.



Have you ever had the experience of reading a good book, working at a hobby you love, or listening to beautiful music when several hours later it seemed as if only minutes had passed? That is the feeling that is available to you when you have deeply connected with your life purpose – and are living it.

Another characteristic of your “why” is that it is *completely unique* to you. *No one else can fulfill your purpose.*

If you imagine your life purpose as the hub of a wheel, you can enhance your efforts to implement it by moving out through the wheel.

Examine your roles: Which of them serve your “why” and which do not? Then consider your long-term goals and life vision. What do you want to accomplish in three years? Five years? Over your lifetime?

Likewise, you can daily let your “why” inform the other rings as well...as you set your action plans for the day and consider how you are to manage the use of time and the stress that comes your way.

YOUR “WHY” REVEALED FROM YOUR EXPERIENCE

Choose two or three of the following questions that are most interesting and energizing for you to answer. For example, I am not a particularly expressive person so when I think about when I have felt most passionate, not a lot comes to mind. On the other hand, when I think about when my life has had meaning, I immediately can think of jobs and periods of time when I had that experience.

It is also best not to use events like the birth of your child, your wedding, or being in a beautiful natural setting as answers to the questions. Although these may well be expressions of your soul, they tend to be universally moving experiences and will not give you much information about your unique and distinct “why”.

Again, use whichever questions work for you. You need a total of 3-5 examples from all the questions in this exercise, not 3-5 for each question.

Okay, now for the questions...choose the 2 or 3 you are drawn to answer..

- 1) When are the times in your life when you have felt most passionate?

- 2) When are the times in your life when you have felt most fulfilled?

- 3) When are the times when you have felt your life has had the most meaning?

- 4) When are the times when you have felt most aligned?

- 5) When are the times when you've experienced ease, flow, synchronicity?