

## Finding your meaningful purpose in life

When I was about 10 years old, my Sunday school teacher's 19 year old son died in a parachuting accident. Knowing it was a tragic event, I attended Ron's funeral, trying to make sense of it all. The funeral was a pivotal event in my life. I learned that Ron was a person who knew what he wanted in life and wasn't afraid to go after it. He helped people. He was a fearless person who embraced opportunity. He lived every day to the fullest. Even though his death was tragic, I was impressed that he had not wasted any of his short life. As I sat in the church pew that day, I was profoundly inspired to be purposeful with my life and make every day count.

I've come to think of life as a precious resource and I like to explore the questions: How do you live life to the fullest? What do you have to do so that at the end of your life, looking back, you will be satisfied that you made the most of your days, your resources and your skills?

Many things we tend to place value on, like acquiring wealth or moving up in our careers, won't be the things we look back on as having given our lives true meaning. Relationships, personal growth, achievement and things we've done for others are more likely to bring lasting satisfaction.

So what do you focus on? How do you stay on track? Our lives unfold, days pass, unexpected challenges come up and it's easy to get distracted. It helps to clearly define your personal values by asking:

- What do you value most in life?
- What motivates you?
- What do you ultimately want to achieve in your life?
- What gives you tremendous satisfaction?
- What do you want your legacy to be?

These questions are integral to the Life and Financial Planning work I do with clients.

After identifying what you value most, there is great clarity of purpose and life focus. For example, a client recently identified his highest personal values as:

- Relationships and Family
- Growth and Learning
- Giving Back and Making a Difference in the lives of others both professionally and personally through education, inspiration and empowerment
- Living in Abundance based on prudent financial decisions, gratitude and generosity

He's passionate about these values! By obtaining clarity about his values and the meaningful purpose of his life, he feels confident making decisions. Insignificant fears or distractions don't hold his attention like they used to. He is able to focus his time and energy on what truly matters to him.

Summer provides a great opportunity to relax and think about what matters most to you. If you'd like help along the way, give me a call. I truly believe that clarifying your highest values will help you make good decisions and be your guiding light to a fulfilling, meaningful life.