



You're Worth It

LIFE PURPOSE

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Have you ever asked yourself the question, Why am I here, here on Earth? What's the point of my life?

This is a question usually asked in or around midlife, however, I see people asking this question at a much younger age today. Maybe it's because there is so much talk about life's purpose. Several well known authors have written about finding one's purpose, Rick Warren – Purpose Driven Life, Joel Osteen – Your Best Life, Carol Adrienne – Finding Your Purpose, Change Your Life, and Andy Stanley – Visioneering. The conversation is being conducted in all mediums and people are listening.

I'm a firm believer we were each put on this earth to bring our gifts to the world in order to build the Kingdom of God. I also believe we are prepared throughout our life experiences to bring these gifts to the world. The issue for us is to recognize these experiences and find the common threads in order to determine and name our gifts.

Let me explain what I mean by "gift". Mozart was given the gift of music. There were things he had to learn about the skill, but once he did the "gift" was brought to the world. When I was in elementary school I too, learned the skill of music, however, it remained only a skill. When I "toot" a horn it is only a toot, not a gift. Others who have learned the skill of music have true talent and bring music to life for many of us, but their work is a talent and not a "gift". A "gift" is something we do that comes natural. We may need to hone the skill in order to bring our "gift" to the world, but the honing is easy, fun, exciting and brings out the best in each of us. The important thing to remember is each of us has a "gift". This "gift" was given to us at the time of our creation by our Creator. It is the reason for us being here on earth and it is our responsibility to bring this "gift" to the world.

One way to examine your life in order to understand what your "gift" might be is through a Life Tapestry. This life tapestry is a mine-mapping game we can play to get to the core events which played integral roles in shaping who you are today. These life events contributed in developing

your value system, behavior choices, and priorities. As you engage in the game you'll look at each decade of your life noting the -

geographic and socio-economic circumstances,
key relationships,
uses and directions of self,
age by year,
marker events,
events and conditions of society/world,
images of God,
centers of value and power,
and authority figures.

STEP 1 – On a sheet of paper set up a column across the top for each of the above mentioned topics.

STEP 2 – Down the left side of the paper make a row for each decade of your life, i.e. 0-9, 10-19, 20-29, 30-39, etc.

STEP 3 – Now mark the chapters in your life by inserting the marker events in each decade for each category.

STEP 4 – Recognize any "A-ha" experiences.

STEP 5 – Look for the common thread running through the decades. Can you see how your life has been preparing you for your life's work? Example – today you may be a nurse, but the gift is that of compassion, understanding, and kindness and through the decades you can see how these "gifts" were always working in your life.

STEP 6 – Take some time to really reflect on these "gifts" and how this awareness has made a difference in your outlook, tolerance, and patience with yourself and others. Has this exercise brought a new appreciation for who you are and why you are here?

This exercise is hard, and for some may be painful. I promise it will be worth it, because you're worth it, and we need you here on Earth. Without you, we've lost. **WN**