

## **Do you know your purpose in life?**

How often have you thought you knew what you wanted only to find that once you acquired the object of your desire you no longer want it or you still had the space you thought it would fill? It might be the long awaited promotion, the new car or home or the relationship you thought would complete your life. Having discovered that this particular object of desire didn't do the trick you then seek something else to fill the gap. In the world we currently reside we are constantly bombarded with what we "need" to have in order to be happy which serves to support this cycle of seeking outside ourselves for what we want.

I think that when we ask the question "what do I want?" without first asking ourselves "what is my purpose in life?" we set ourselves up for this constant cycle of seeking new things to make us happy or give us a sense of fulfillment. Knowing our purpose helps us to know what we want and to give added meaning to what we attain or acquire. Knowing our purpose, when we ask ourselves "what do I want?" guides us to make choices that will always support our life purpose and bring added meaning to all we strive for.

From the time I started questioning the meaning of life in my teens I was driven to find a purpose for being. It took a number of years before I finally came to a clear decision as to the purpose of my life. My purpose is very broad, spiritually based and has an element of service to it. Over time it has become so much a part of me that I haven't always been aware that it has unconsciously driven most of my choices and decisions. On hindsight I realize that my values are intimately tied to my life purpose. I have a wonderful sense of congruence between my purpose, my values and the goals that I have set for my life. Obviously these goals have changed over time but they have always either supported my life purpose or at the very least not got in the way. I have come to realize how much simpler this purpose has made my life as it has guided the major life choices and decisions I have made.

I believe that having a purpose to our lives gives our lives meaning beyond acquiring possessions, including husband/wife, family, pets, houses, career, status etc, in this world. It is what we hold on to when all else is failing. It is what gives us a reason for getting up one more time than we fall. It answers the question – Why bother? It is our reason for being and defines what we stand for. Our purpose enlarges our world, provides a real service and keeps expanding us.

So for those of you who could relate to the question asked at the start of this article and would like a greater sense of fulfillment, next time before asking "What do I want?", try finding the answer to "What is my reason for being, my purpose, beyond attaining the physical and material success's of this world?" Use this answer to guide your future choices and observe if you notice a difference in the quality of your life.