



## Why You Are Here – *Discovering Your Life's Purpose*

by [Jeff Hastings](#)

If you could do anything with your life, what would you do? Where would you live? Who would you spend your time with? When you own your own business, knowing what drives you is an essential element in developing a business that satisfies your craving and instinctual quest for life's purpose. It could be your love for travel, accomplishment, security, financial gain or simply for serving others that gets you up in the morning. Taking the time to become fully aware of the driving force behind your personal desire will change the way you run your agency and your life.

Self-awareness is a focused process of understanding and acceptance of who we are. And who we are is made up of our environment, events that have happened in our life and the decisions we've made or failed to make along the way. As human beings who live in a complex and changing world, we often put our reactions on auto pilot by creating habits to deal with the mundane and boring issues that no longer hold our interest. Without even noticing it, we drift through life making decisions subconsciously as we are driven by a relentless surge of learned impulses. While some of these impulses are positive and make our lives easier, others are affecting our business and personal life in a tragic way. For most of us, we live life this way without a realization or understanding behind it all. Until, that is, we hit rock bottom and fall into the dark world of sadness and frustration.

To stop and pay attention to what is happening in your life is the first step in understanding why, at this point in your life, you are where you are today. Without placing blame or playing the victim, you need to clear your mind of all distractions and take a hard and focused look to remember the events and decisions you've made to end up exactly where you are at this very moment. Sit in a quiet room. It could be in your home, a quiet place on the lake or in your neighborhood yoga studio. Take a deep breath. Close your eyes if it helps. Relax. Become aware of your body. Clear your mind of all the clutter about the past and future. All that matters right now is today. This moment. Engage in the process of recreating who you want to become in a deliberate way.

Practicing formal meditation one to two times per week can be one of the most effective ways to help you relax and bring a fresh new perspective in your life. Become aware of who you really are is not something that is going to come to you in a few sessions. True awareness is a process that has to be cultivated over time. It requires effort and dedication until the process becomes part of our routine and learned impulse.

During meditation, whatever you feel or observe, embrace it. Understand it to the fullest. If it is something that is causing you pain, accept it for what it is. Feeling sad or pain from a past event does not make you weak or unworthy, it's a normal human emotion that is natural. Do not be afraid of it or ashamed. In fact, when you understand your past and truly accept it with a clear understanding it has made you what you are today, you can let it go and become stronger because you realize you survived it. Bad things happen to everyone of us; even death. There is no escaping it. Tragedy is the unfortunate part of life. And while we may not be able to control everything that happens to us or the ones we love, we can certainly control our reactions and interpretation of those events. Instead of developing ways to mentally escape from the past, embrace it for what it was. If it was the loss of a loved one, be thankful of the memories and times you shared together...however brief it may have seemed. If your pain is from an abusive relationship, understand you have survived and the abuse has made you stronger.

Guilt is often the reason for holding on to the pain as a way to punish ourselves for mistakes we have made. Resolve this guilt by admitting your mistakes and apologizing to the ones we hurt. Even if the one we hurt has passed, write a letter or have a spiritual conversation to express your feelings and sorrow. Make peace with your past. Realize that continuing to bring pain on yourself may also hurts the ones around you now.

Let go. By letting go, you it doesn't mean you will lose your memories or recollection of your past. It simply means to accept your life for what it is and realize each and every day is a gift you have been given. Cherish this gift. Don't take it for granted. Your new interpretation of the events of your past will shape your own reality and perception of your future. And it is your perception of your future that shapes your attitude and dictates your behavior to realize your true purpose in life. For without purpose, life has no meaning. Living a life with meaning is the secret of happiness. You are not here by mistake. You are special. You have the power to shape your own destiny and improve the lives around you. Stop and listen. Find your true purpose in life and don't let anything or anyone stand in your way!



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