

A Magnificent Obsession!

What makes us want to get out of bed in the morning? This is the big question at the heart of living with purpose- our why?

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1009 words | 4 pages

All of us are on a quest to make a life for ourselves that has meaning and purpose.

The Sufi poet Rumi says "you might do a hundred other things, but if you fail to do the one thing for which you were sent, it will be as if you had done nothing". He tells us to think of our lives as if we had been sent by a King to a distant country with a special task.

This quest for purpose is at the heart of the world's greatest religions and spiritual traditions. We're all searching for the one thing that Rumi intimates and to experience the rapture that comes with finding it and living it.

I had lunch with a woman yesterday who was in transition from 30 years of a stellar career in the sustainable environment field. Although she has experienced an absolutely brilliant career including going back to school in England to receive a law degree 10 years ago... she has been tossed out rather unceremoniously in the past two jobs, due to downsizing or as many others in a similar situation call it -"capsizing".

Here she is... early 50's, divorced, no kids at home, healthy... and all of a sudden in a life crisis. In her words, she is confused about where she is going next.

In my life coaching practice and networking business, I have seen this pattern over and over again.

Career transitions present a critical though often painful choice to reinvent ourselves or perish.

What makes us want to get out of bed in the morning?

This is the big question at the heart of living with purpose— our why?

Having a clear compelling vision and then attaching strong emotions to it affects both our vitality and our longevity.

Life without purpose is life without depth. Without purpose, we're "busy dying". We become old fast.

One of the first people I met when I moved to Minneapolis 2 ½ years ago is Harry. Harry has become a model and mentor for me and we meet for lunch at least once every month. Harry is vital, fun, totally engaged in life, swims a minimum of 2 hours each day and has just started 2 new businesses— and celebrates his 90th birthday this September!

Harry is the best example I know of someone who is living with purpose— a "chrono-rad" or someone who is chronologically— radical. He is a "wise elder" who is reshaping the notion of growing older. He has uncovered a purpose in life that transcends his smaller self-interests. He is busy mentoring many of us and he loves hanging out with "youngsters" who are 30-40-50 years younger than he is!

One of the greatest motivators for each of us is the question of why.

"Why should I...? Why am I?"

Deep inside each of us we yearn for the true meaning in our life. This journey towards purpose is in our DNA, our hard-drive.

As Dr. Wayne Dyer says "at our deepest level, our divine spirit, we know we are born for a reason." The secret is that we must install the software.

We must find our purpose, claim it and risk doing it!

"Most people tiptoe through life, hoping to make it safely to death."

Earl Nightingale

As networkers we often encounter people "in crisis".

I believe we can help people discover a new map for the next stage of their life's journey. It takes courage to do this. It is much easier to just live with what we have, secretly longing for a new map and a new itinerary. We can offer them both the map and the itinerary.

I believe we offer people the "good life."

What is the "good life?"

"The good life is a journey of living in the **place** we belong, with the **people** we love, doing the **right work**, on **purpose**" (R. Leider)

I agree and would add, having the financial health in place for peace of mind.

My purpose is to inspire people that the road ahead can indeed be the best part of the journey. It can be a chance to weigh our choices, arrange our priorities, and reframe our vision of the "good life."

As Dr. Wayne Dyer says in his new book, *Living with Inspiration*, it also allows us to redefine a new sense of what it means to be a human being, not a human doing."

What a gift it is to be able to offer this to so many people right now who are seeking "the good life" and just don't know how or where to find it!

So as a fellow networker, remember to ask yourself and your prospects this question when seeking an answer to the question "are you living the good life"... are you smiling and does all that you do make you happy?



Elizabeth Harrington, after initially working her way up through the corporate executive ranks with Xerox, on to a senior government post in Toronto, Canada, then spending the past decade exploring the rollercoaster ride as an entrepreneur with Unicity International, is uniquely prepared to understand the demands of each career role as well as the best practices required for extreme success.

Elizabeth was married in Maui, Hawaii 2 1/2 years ago to Tom Spindler. Together they are living a balanced happy life in a suburb of Minneapolis MN, where frequent visitors are bunnies, deer, and possum! She and Tom escape to Maui as often as they can to enjoy their Pacific paradise!

Following her passion of being the best leader and mentor she can be, she and Tom are currently becoming certified as Master Coaches and becoming part of the Purpose Project at the University of Minnesota (it's going to be all about vital aging over the next 2 decades)