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*"We are human beings, not human doings."* — **THE DALAI LAMA**

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One of the greatest gifts we can give ourselves is the gift of embracing that which makes us truly come alive with a deep sense meaning and purpose. When we live with such passion, we become intrinsically motivated with a positive reason to be alive and empowered with the confidence that our lives just make sense. Most encouraging of all, this sense of purpose provides us with guided direction to help navigate life's challenges.

We know the value of living with this deep sense of purpose, yet there are many who seem to flounder through life like a boat with neither sail nor wind. When we lack this sense of meaning, we can become frustrated by even minor setbacks, confused by a lack of direction, and discouraged by disappointments.

So the question becomes, how do we cultivate this sense of purpose?

## **PRACTICE**

A valuable positivity practice that can help to ignite the flame in your heart is to ensure that what you do dances in harmony with who you are.

This practice is a reminder that we are human beings, not human doings, and when we sincerely embrace this idea we discover that we actually have two purposes:

- 1) A primary inner purpose (which centers on who we are),
- 2) and a secondary outer purpose (which centers on what we do with who we are).

The outer purpose is considered secondary, because what we do should be informed by who we are. Yet for many people we often put so much emphasis on what we do, that we overlook the even more important primary purpose of who we are, leading to senseless frustration, confusion, and discouragement.

When we're mindful of who we are and our inner purpose, we discover that no matter where our feet take us, no matter what our hands are doing, and no matter the company we keep, we can always find a way to express our inner selves. In other words, we will know that we have found a deep sense of purpose when what we do dances in harmony with who we are.

## **REFLECTION**

There are countless ways to apply this practice in our everyday lives, and to help get you started, consider the following reflections:

- 1. What are your values? Who are you when no one else is around? What stirs your spirit?*
- 2. If today were your last day, what would you do? What would be so important that it would become the last thing you did before leaving this life?*
- 3. Up until now, how have your actions reflected your values and what really matters most? In other words, how does what you do dance in harmony with who you are?*

## **FINAL THOUGHTS**

The happiest and most positive people are those who have truly come alive, living a life of passion that's intrinsically motivated with a positive reason to be alive and empowered with the confidence that their lives just make sense. Though this sense of purpose is often challenging to discover, it is a worthy one. By engaging in the positivity practice that ensures what you do dances in harmony with who you are, you'll be empowered and encouraged with an authentic sense of purpose where no matter what's going on around you, you can always find guidance to navigate the challenges ahead.

KEY INSIGHTS

DATE: \_\_\_\_\_

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**• MY NEXT STEPS •**

PRIORITY	ACTION	COMPLETED	RESULT
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

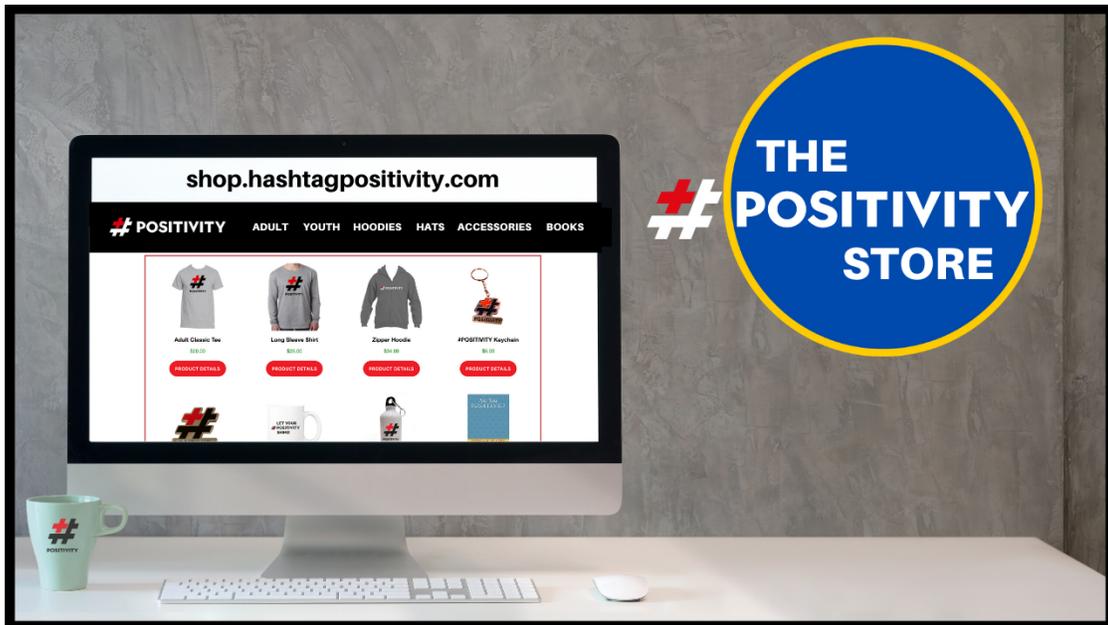
*What mindset will you use to stay Engaged?*

*What talents, skills, knowledge, information, or interests do you need to stay Empowered?*

*What reminders will you use to stay Encouraged?*

*How will you experience more Enjoyment?*

*How are you preparing yourself to achieve Excellence?*



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