

## Chapter 2

# The Journey to Find Meaning and Become a “Heartisan”

## TABLE OF CONTENTS

Opening Thoughts	1
<b>Find</b>	
1. The Personal Journey to Find-Fulfill-Flourish.....	00
2. The Journey to Find Meaning and Become a “Heartisan” .....	00
3. Where to Begin .....	00
<b>Fulfill</b>	
4. Values: You Are What You Value .....	00
5. Inspired Direction: Finding Purpose, Vision, and Action .....	00
6. Spirituality: If You Breathe, You’re Spiritual .....	00
7. Relationships: Why You Need Others and Others Need You .....	00
8. Living Possibilities: Making the Impossible Possible.....	00
9. Life Leadership: The First Person You Need to Lead Is You .....	00
10. Choices: Change Your Choices, Change Your Life .....	00
<b>Flourish</b>	
11. Passion to Action to Fruition.....	00
12. Forward Navigation: Who Am I Becoming?.....	00
<b>Appendix</b>	

Think of the world you've always dreamed of.  
Once we approach adulthood, we may abandon the dream,  
thinking it no longer possible.

What kind of world could we create  
if each one of us worked a little bit each day  
toward making the world more like the one of our dreams?

If creating the world of our dreams became  
an integral part our lives and our legacy to others,  
imagine the lives we would touch  
and how our own lives would become more meaningful.

-- Robin Damsky and Steve Weitzenkorn

## Chapter 2

### The Journey to Find Meaning and Become a “Heartisan”

Defining who you are  
Discovering what it means to be a “heartisan”  
Integrating heartisanship into your personal DNA

#### Sarah’s Identity and Commitment: The Beginning of a Life Journey

A ten-year old girl tells Sarah how scary it was to know her dad was being hunted by the Mexican Mafia. Another young girl shares that her mother, a single teenager when she was born, is struggling to both work and go to school while taking care of her. A daughter of illegal immigrants describes how her parents were victims of police brutality and she hasn’t seen them in years. Another discloses that her mother is an alcoholic and how tense life is at home.

Sarah is a high school student who volunteers at Camp Swift, which offers free overnight camping experiences to economically disadvantaged children. She is moved that these elementary school girls, who have known her for only a day or two, trust her enough to disclose such intimate details about their lives.

These heart-wrenching stories touch Sarah deeply. She refers to them as a “flash of moments” that remind her how much help these children need. Hearing their stories conjures a mix of emotions. Sarah knows there is little more she can do than listen and be a friend, yet she feels deep compassion for these girls. The camp session ends, and Sarah experiences a sense of accomplishment and loss.

While Sarah knows she has had an impact, she feels a “momentary relief but not pardon” – there is still so much to do, and she feels even further compelled to help. This is the paradox of fulfillment for Sarah and many others on their LifePath: “You are pleased that you have helped, but are increasingly aware of the great needs that remain.”

Sarah explains, “Just because you are helping children doesn’t mean you are solving the problem.” It’s like treating the symptoms of virus, rather than curing it. “Suppressing the symptoms won’t get rid of the problem.”

This realization motivates Sarah to a higher level of service. Her sense of fulfillment and accomplishment inspire her to do more. And the cycle keeps perpetuating itself. As Sarah says, “I briefly acknowledge myself, pick up, and continue.” She also notes that she has not done this work by herself – others are involved. “I did not start my work helping others alone – I was never alone.” Knowing that others on the team are also deeply engaged makes the entire undertaking that much more powerful and significant.

Sarah believes in the "catalyst effect" – creating a "pay it forward" chain reaction, referencing the belief in repaying a good deed you receive by helping someone else, even a stranger, and encouraging that person to help someone else, still, thereby radiating waves of kindness. The more people who embrace this value as a personal commitment, the greater the good and the greater the impact.

Sarah's deep commitment and awareness of issues are striking for a seventeen-year-old. Although her journey has been underway for a few years and she has direction, she also is just getting started. She is very involved in community service and social action initiatives, and the more she does, the more inspired and committed she becomes. She has already been involved in numerous social service projects and is especially drawn to helping children living with very difficult circumstances.

Sarah's actions are fueling her passion and she wants to devote her life to making a difference. To equip her for this adventure, she is planning to major in nonprofit management in college. However, she has already launched herself on a purpose-infused path, and you can feel the power of her motivation.

Sarah conveys a sense of pride and self-confidence in the person she is. In part, these reflect her youthful exuberance and inclination to explore new ideas, remain open minded, learn from experience, and spread her wings. She is developing her own voice and seems to recognize that this is a work in progress. Accompanying this new phase is another evolving aspect of Sarah's character, which she describes as "thinking about things more rationally than in the past." Perhaps her strengthened rationality, coupled with her "let's try everything" disposition, is the source of her healthy confusion.

Sarah realizes she is still figuring things out and that her direction may change as she grows and matures. However, she has a very good idea of who she is, what she wants to be, and the general direction she wants to go. She is simultaneously grounded and animated. Her core values are proactivity, compassion, and rationality. She describes rationality as "not just thinking about yourself, but really thinking things through and then doing something." Sarah is combining purpose with action to make a difference. Sarah believes it is important for everyone to find something that inspires them, even if it makes them uncomfortable at first. As she says, "Just do something."

This outlook is integral to Sarah's life philosophy. She reflects on times she has felt uncomfortable and perhaps had a sense of insecurity, saying, "I remind myself that everyone is equal and human. People don't always expect you to do something, sometimes they just want you to listen."

For Sarah, listening is important; she expresses her love in the doing.

---

*For more information about Camp Swift, visit [campswift.org](http://campswift.org).*

## The Journey Begins With Who You Are

From Lewis Carroll's classic *Alice's Adventures in Wonderland*:

Alice: Who in the world am I? Ah, THAT'S the great puzzle!

She generally gave herself very good advice, (though she very seldom followed it).

\* \* \*

Caterpillar: Who are you?

Alice: I – I hardly know, Sir, just at present – at least I know who I was ... but I think I must have been changed several times since then.

Caterpillar: What do you mean by that? Explain yourself!

Alice: I can't explain myself, I'm afraid, Sir, because I'm not myself, you see.

Caterpillar: I don't see.

Alice: I'm afraid I can't put it more clearly, for I can't understand it myself.

How many of us are like Alice, wondering who we are, where we are, why we are here, how we got here, and whether or not we are lost? Is it possible that the way you have been defining yourself no longer suits you? If so, you may be unsure about how to redefine yourself and who you would like to become. How often do we diminish ourselves by pretending to be someone we are not? How many of us cannot explain ourselves, wonder about our purpose in life, or question the meaning of our life? We wonder if this is all there is. Many of us want to know how we can get more out of life, how to make our lives much more meaningful than they already are.

*If someone asked you, "Where are you on life's journey?" could you answer without saying something about your age, education, career, or wealth?*

This book explores ways to respond to these questions. It's important to realize that each of us has our own unique answers. Our individual **Beliefs, Intentions, Behaviors, and Impact (BIBI)** – is at the center of who we are. The concluding chapter, "Passion to Action to Fruition," crystallizes the connection between the Eight Dynamics and our identity.

If someone asked you, "Where are you on life's journey?" could you answer without saying something about your age, education, career, or wealth? Some may wonder what other response there could be to such a question.

Answers to the "what else" question address the most meaningful aspects of life. They define not only where we are, but who we are, and they create the motivation that gets us out of bed in the morning on those days when we don't have to work, that feeling that happens when you do something for someone

without asking anything in return, or when you've done the right thing in a difficult situation. It is the spirit that defines why you are here, and what you will leave behind when you are gone – something that is you, but also much bigger than you.

Think about parents of babies and young children. They often seem to have a glow about them. Having welcomed a new life into their family, they convey a sense of fulfillment and joy, perhaps greater than they have known in some time. Through their children, they have taken on a commitment greater than themselves; it is about more than love. They have created a new purpose for their lives – that of caring for and raising their children, helping them to become successful people in their own right. Each step toward this goal, whether small or large, give parents deep fulfillment and happiness. In raising children, parents often find meaning and purpose.

Parenthood and its attendant responsibilities become a springboard for pursuing meaningful and purposeful endeavors – and simultaneously represent something much greater than oneself, because effective parenting requires us to think beyond ourselves all the time. As parents, we **must** put our focus on our children. With the onset of family, we instantly find ourselves in the position of having created something bigger than ourselves.

Raising a family gives some people their first true sense of purpose, of working to improve something outside themselves. In fact, many people who discover a purposeful existence through family go on to devote themselves to other kinds of service.

This is one way of discovering a path to deeper meaning; there are many, many others. In fact, there are as many ways to design a rich life as there are people in the world. Some learn about the value of service when they are young, as they watch their families help the sick or clothe the poor. For others, the joy of reaching out may come from spending an afternoon with a friend who volunteers at a homeless shelter. For others still, service is learned in a church, synagogue, or mosque. It may come from wanting to see a cure for a chronic illness or from seeing injustice and knowing in your bones that it is wrong. It may come from a love of the earth and its beauty.

Your personal springboard to creating a deeply fulfilling, meaningful life could come from exposure to ideas, life experiences, serendipitous opportunities, and even a personal or family trauma. For example, Linda Bergendahl-Pauling created the Make-A-Wish Foundation, along with Frank Shankwitz and Scott Stahl, after her 7-year old son, Chris, died of leukemia.

Examples that are profiled in subsequent chapters of this book include:

Denise Resnik established the Southwest Autism Research and Resource Center (SARRC), with Dr. Cindy Schneider and Dr. Raun Melmed, to help children and families with autism.

Kelly and Anne Campbell founded The Village Experience, an organization that offers travelers an inside experience of villages and their inhabitants in underdeveloped countries and created a fair trade store for selling crafts.

Elaine Birks Mitchell, after discovering the need, began The Bra Recyclers, a business that collects and donates thousands of bras to women's shelters in Arizona, around the country, and around the world.

Yosef Garcia was raised a Catholic in Panama before discovering his Jewish heritage, converting to Judaism, and becoming a rabbi. He now helps other "Crypto Jews" who wish to return to the religion of their ancestors.

Each of these individuals discovered a need and turned it into a project that was useful not only to themselves, but to others as well. Each of them began by seeing an opportunity to make a positive difference. Some evolved from unfortunate personal circumstances, others from seeing a need in the community. Your passion can come from a positive transformational experience, a personal challenge, your faith, or the simple desire to make the world a better place. While these stories profile people who launched large undertakings, we will also provide examples of individuals who pursued a meaningful purpose in more modest ways, through volunteering and other endeavors that suited their busy schedules and lifestyles.

Many find their inspiration for meaning

One fascinating aspect of our collaboration is that Robin, as a rabbi, lives her life from a faith-based orientation: God plays a prominent role in her experiences and life path. Steve, while based in a religious tradition, utilizes a secular approach to finding meaning in his life.

You will hear both authors' voices throughout this guide. This is done intentionally in an effort to be inclusive of all perspectives as you embark on charting your LifePath journey. We hope that at least one – if not both – perspectives will help guide you.

Regardless of whether your perspective more closely aligns with that of Robin or Steve, our central premise is that we develop meaning in our lives through intention and action. You may or may not be motivated by a higher power or spirituality. Nevertheless, you can gain fulfillment through the deep reward you receive from caring for and investing in something outside of yourself.

\*\*\*

Belief in a higher power, alone, is not enough. Robin's grandmother always used to say, "God helps those who help themselves." This aphorism is true, in that God requires your partnership and investment in making this world a better place. This is a major tenet of the Jewish tradition, in which God created people to partner in building and perfecting this world. Big job!

A more secular approach is seen in Steve's view. He believes that while God may have a place in determining our purpose, we can also develop a meaningful life without such belief. According to Steve, the real work is up to us, and the inspiration may come from within us or be triggered by events in our own lives. He believes the important question is not, "What is the meaning of life?" but rather "What is the meaning we can put into life?"



and purpose through their belief in God or a higher power. Rick Warren, in his bestseller, *Purpose Driven Life*, sees this as integral to the process. He quotes Bertrand Russell, an atheist, to reinforce his point: “Unless you assume a God, the question of life’s purpose is meaningless.” Though a belief in God is central to many people’s discovery of their life purpose, many other paths do exist. This guide will help you find your path, whether or not spirituality and religion play a role in your life.

Thomas Jefferson, author of the United States’ *Declaration of Independence*, wrote the famous phrase that all people are “endowed ... with certain unalienable rights, that among these are life, liberty, and the pursuit of happiness.” The wording Jefferson uses is significant. We are given life by our parents, and enlightened government can grant us liberty; however we, as individuals, must take it upon ourselves to pursue happiness. We have the choice to seek happiness; if we value it, pursuing it becomes a personal responsibility. It is also a continual process. The same can be said for the pursuit of self-fulfillment. The opportunities and choices are continually appearing for us to pursue and explore.

Ultimately, we must take responsibility for finding and achieving a fulfilling life, as elusive as that process may be. Self-fulfillment cannot be granted to us; we must develop it on our own by living a purposeful life that reflects our values. This pursuit of self-fulfillment and meaning is not a destination, but rather a journey that continues throughout life.

### **Becoming a “Heartisan”**

The word “artisan” calls to mind a person who works in the arts, a trade, or a craft. They usually have a commitment to their work and a true love for it. Artisans create new aesthetic works out of raw materials. They often take ordinary objects and raise them to a greater level of beauty or give them a new meaning or purpose. Artisans express themselves through their creative energy and devotion.

A “heartisan” has very similar characteristics. Heartisans have a sincere commitment to a worthy cause, which may involve improving the lives of others, their community, or the general well-being. They have a heartfelt devotion to a purpose greater than themselves and the courage, energy, and spirit to pursue it. Heartisans work for the betterment of others and/or the world as an expression of their “heart.” This devotion and work become intricately woven into their LifePath.

The stories in this book illustrate the commitment of individuals who have become heartisans. Denise Resnik’s heart moved her to find answers for her autistic son and for others like him. Kelly Campbell’s heart guided her to help eliminate poverty by facilitating independence and dignity for people who would otherwise be dependent. Elaine Birks-Mitchell’s heart is so big that she devotes an enormous amount of personal time to support women who have been crushed by abuse. Rabbi Garcia wants to help those whose religious paths were deterred by tyranny to open their hearts to the religion of their ancestors.

For heartisans, the heart guides them to make meaningful contributions. Finding your path and making your unique contribution will bring forth the heartisan within you.

In every story, you will find an individual who has listened to his or her heart as they created a life of meaning. In every case, the individual found meaning and fulfillment through their heart's desire to help others or make a difference in their own unique way. We believe that anyone who embodies the essential characteristics of a heartisan is on a LifePath of significance, whether in their job, the arts, philanthropy, volunteering, sports, political action, or another way. Choosing work that moves your heart and makes a positive difference for others will continue to refuel you, day after day, and have a positive effect on the world.

### Inner Quest

What's in your heart?

### Outer Quest

How can you follow your heart to make a difference?

\* \* \*

## Reflection

Do you know where you are in your life? Do you know where you are in your pursuit of self-fulfillment? Do you have a purpose that inspires you, one that may challenge you to the depths of your heart and give you satisfaction when you achieve even a small gain? Do you feel called from your heart to make a positive and meaningful difference? If so, what is it? If not, do you feel like Alice – a lost soul?

This book is intended to help you answer these questions for yourself; questions people have been asking themselves for centuries:

- Who am I?
- Who do I aspire to be?
- What is my purpose?
- Where do I wish to go with my life?
- How do I make my life more meaningful?

The answers to these questions help us anchor ourselves and form a key segment of our identity – a sense of self and confidence in who we are. In Chapter 12, Forward Navigation, we offer specific guidance on answering the "Who am I?" question. The model we propose includes four parts: Beliefs and Intentions (your heart) and Behaviors and Impact (how you express your heart in the world).

When all is said and done, how will you know that you are satisfied with the life lived? If you identify with Alice, you may see yourself as a "lost soul." This term is often used to describe people who feel adrift, people who do not know where they are in life, what they want from it, or what is meaningful to

them. Does this sound like you? Is it possible to be a lost soul and not realize it? Most importantly, if you are a lost soul, how can you rediscover yourself?

In today's fast-paced world, the pressures of school, job/career, raising a family, making ends meet, and life's myriad other issues make it very easy to feel adrift and lose sight of what is really important. You may feel you are simply going through the motions of life or living out unconscious choices.

Ask yourself:

- What would a meaningful life look like to me?
- Am I being true to myself and authentic?
- Am I the person I really want to be?
- Is my heart involved in the matter?

Exploring the answers to these questions can help you attain the fulfillment you seek.

Quite possibly, your life is so busy that you have never thought to ask yourself these questions, or you feel you have no time to address such weighty topics. Furthermore, the stresses of day-to-day living may interfere with the very things you value most.

Defining who you are, determining your purpose, and propelling yourself in a meaningful way is a journey in itself. It is an ever-evolving process that will likely deepen and broaden as you mature as an individual. Your identity and self-perception may evolve on your route to personal discovery, as you accumulate new life experiences, insights, accomplishments, and wisdom. Finally, it may be the one thing that allows the "busy-ness" of your life come into a natural sense of order.

In our view, WHO you are (as opposed to WHAT you are) is a combination of the four factors briefly mentioned on page 13: beliefs, intentions, behavior, and impact (BIBI). Determining the purpose you wish to pursue usually springs from your beliefs, including personal values, and intentions. They represent, in essence, your "heart." Living them is achieved through your behavior and the impact of accumulated actions.

Susanna Marcos, a principal in a successful business consulting firm in Spain, raised a very pertinent question: "Do we need a purpose?"

### Inner Quest

How would you describe your character, greater purpose, values, and vision to illustrate the essence of WHO you are?

### Inner Quest

How do you project that essence to others?

No, we do not technically "need" a purpose. One can get through life easily without finding fulfillment or meaning on any significant level. It is our premise, however, that a purpose is fundamental for living a meaningful, fulfilling life. Purpose moves us beyond the ordinary, toward the extraordinary – in our life experiences, the value we create, and the gratification we receive from living.

"It takes courage to grow up and become who you really are."

— e.e. cummings

Finding and pursuing a purpose intersects with self-interest; the two are inextricably intertwined. Performing good works, striving to achieve meaningful goals, or being a role model in one's career or in government, politics, business, the

arts, and other fields can also be advantageous personally. Committing to a purpose beyond oneself generates tangible and intangible benefits, such as relationships, personal satisfaction, recognition, emulation, and a legacy. The rewards may not be immediate or financial. We define self-interest more broadly, and over a longer time horizon. We believe these rewards are the most profound. A key to producing them is matching your efforts to your personal interests and passions.

Many people spend a good portion of their lives becoming educated so they can land good-paying jobs. They work at those jobs for decades, perhaps never even wondering whether they are happy or fulfilled. For such people, by the time they are ready to enjoy the fruits of their labor, it's almost too late. Life is not something to be endured for the reward of retirement; it should be thoroughly enjoyed, embraced, and infused with meaning and value, from start to finish. Work can and should be meaningful and personally rewarding, especially when most of us spend such a large percentage of our waking hours in the workplace.

Sometimes we need to create breathing room and space to determine what we really want for our lives; after doing so, we must take time and thought to create it. We may need to make different choices to create that space. Rather than spending countless hours on the job, perhaps it's time to step back, shift your focus, and put your life and values in perspective.

For example, you may require a complete change of environment, the opportunity to watch the city disappear in your behind you as you get away for a few days. Exchange four walls for a thousand trees or a zillion grains of sand. While you are away, connect with your heart. Listen to its voice, noticing where and how it calls you to act. Or instead, donate a day to the less fortunate, perhaps working in a food bank or volunteering as a tutor for disadvantaged children. Get involved in the community where your passion lies, whether it's in sports or the arts or politics. Whichever way you do it, the idea is to step away from the daily activities that absorb you so that you can reflect and gain a new perspective. Our search for meaning intersects with our passions and values.

Many unmet needs and worthy causes exist in the world, and new ones continue to emerge locally, regionally, nationally, and globally. Robin's teacher, Angela Thoburn, used to say, "Anything worth

committing your life to will not be fully achieved in your lifetime." Such a thought may seem discouraging at first, but it shouldn't be. Many great historical figures carried their important work only so far, laying a foundation to be carried on by others who followed them. It is significant to note that this is part of what defines their great legacies.

A contemporary example of this is the emergence of the benefit rock concert. This is an idea that really took off in 1971 when George Harrison conceived and produced the Concert for Bangladesh at Madison Square Garden in New York City. It raised nearly \$245,000 and set in motion the idea that musicians and artists can use their talents to support worthy causes and promote a greater good. Harrison's legacy can be seen in all the benefit concerts organized subsequently by other famous artists that have raised millions of dollars over the years.

Harrison hatched the idea of organizing benefit concerts on a grand scale and his example inspired many others. Some of the most notable examples include: the Music for UNICEF Concert, initiated by Robert Stigwood, the Bee Gees, and Robert Frost; the Nuclear Disarmament Rally in New York City, featuring Jackson Brown, Linda Ronstadt, and Bruce Springsteen; Live Aid, organized by Bob Geldof; Farm Aid, organized Willie Nelson and John Mellencamp; and in 2010, Hope for Haiti, led by Wyclef Jean to aid earthquake victims. These professional performers were artists who made a commitment to help others, especially those with very limited ability to help themselves. Their careers were not focused on aiding the disadvantaged or saving lives, yet that is what they accomplished. George Harrison created the momentum and it continues to this day, years after his death.

Perhaps, like George Harrison and many others, we will be able to create something lasting in our lifetimes that will inspire others well into the future to follow our example and continue the journey. You need not be rich and famous, simply committed and passionate. That's the key to creating a truly enduring legacy.

First, however, we must find our purpose and begin our journey.

How do we discover that purpose? Think about those ideas, visions, or activities for which you have passion. It could be as global as ending world hunger or as local as bringing a smile to a child in the hospital. Your journey begins with your first step, whether your goal is to pick up the cause of those who have gone before you or to create a new path altogether.

Kathryn is an attorney who works for a municipal government. Her passion is birdwatching, or "birding," as she calls it. She has raised thousands of dollars for conservation organizations, led hundreds of walks for church groups, hiking clubs, senior centers, libraries, and many others. Kathryn teaches at Arizona State University and in the noncredit program at Mesa Community College in Mesa, Arizona. She also helps establish and maintain "Important Bird Areas," donates walks for charity auctions, and teaches at Arizona nature festivals. Additionally, Kathryn enjoys helping people with their birding questions via e-mail and traveling to beautiful and remote spots. Her favorite feedback includes the comments: "This

has been so healing for me,” and “Because of you, I’ve decided to become a volunteer.” Kathryn demonstrates how, even in our free time, our passion can become our purpose.

What are your interests? What makes you come alive? How can you turn a mere interest into a deeper passion, using your skills, abilities, and knowledge? Before undertaking a search for meaning on an organizational, community, or societal level, start by taking a self inventory and exploring what makes you come alive. Here are some questions to consider:

- If you ascribe to a faith, what does it teach about creating a meaningful life?
- What values are most important to you?
- What needs, causes, or activities do you relate to?
- Where are your empathies?
- What stirs your heart, bringing out your inner “heartisan?”
- What do your parents, family, and friends find meaningful?
- What impact do you wish to have on others?

Let your thoughts about these questions steep for a while and percolate in your mind and heart. Your purpose could be almost anything; it can be whatever you want it to be. It will likely have an effect on those you care about, as well as those who care about you. It may impact those whose paths you cross along your journey, or with whom you travel for only a short time. It may touch those you do not know. It may affect those who will come after you, as well as those you will ultimately leave behind. How will you make your life valuable to them ... a blessing, gift, or source of inspiration for them? The answer will determine your legacy.

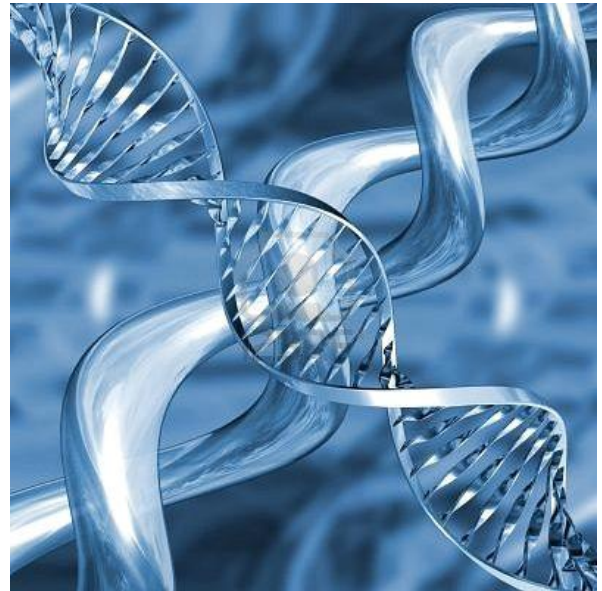
M. Scott Peck, in his book *In Search of Stones*, explains that most things in life are multiply determined. That is, several factors or events contribute to their creation. Most likely, a number of things have contributed to making you who you are today. They may have occurred sequentially, concurrently, or both. Additionally, your reactions to events or issues play a key role in determining your purpose and your future. Wherever you are, the journey on which you are about to embark – or have already begun – is about locating and developing that aspect of yourself that is ultimately demonstrated through your actions.

It may seem at this stage of the book that we are posing more questions than providing answers. As you make your way through this process, you will encounter even more questions – but more importantly, as you continue this work, you will begin to find and form your own answers. They will reflect your individuality, values, and life experiences. The stories, ideas, suggestions, and exercises in this book will guide you, but your self-reflection and thought will ultimately reveal your unique life purpose.

\* \* \*

The journey toward creating meaning is like the helix of the double-stranded DNA molecule. (See illustration to the right.) The two strands twist around themselves through thousands of molecular links that bridge the space between them. The search for meaning and purpose is similar, connecting the links of identity, personal history and experience, values, interests, heart, likes and dislikes, education, spirituality, personal relationships, the environment, and the many other intangibles that compose our lives and world.

The helix can also be a powerful visual metaphor of your meaningful life. Picture the helix strands becoming thicker and stronger as your passion and purpose solidify. Similarly, the helix may widen as your impact becomes greater and touches more lives.



*How the helix may widen and blossom as your impact becomes greater, touching more lives.*

### **But I Already Have a Purpose**

This discussion of finding and fulfilling your life's purpose is not limited to those who may feel lost or are searching to fill a void. You may already be living a purpose-inspired life. We celebrate you for your progress, and remind you that the ideas, concepts, and guidance offered in this book will strengthen your ability to pursue your personal mission. The process contained in these pages may further inspire and strengthen the momentum that fuels your pursuit.

As long as we believe in possibilities, breakthroughs will occur that might profoundly impact our own life, the lives of others, and the world at large. Believing in possibilities, finding fulfillment, living with heart, and flourishing go hand-in-hand.

### **Navigational Points**

- You can begin your journey from wherever you are.
- Inspiration can come from any place or many places.
- Fulfillment evolves from the meaning you put into life.
- Become a "heartisan."
- Envision a positive future.
- You can initiate an endeavor, continue something begun by others, or work with within an existing organization.
- Take the first step by identifying a purpose that is meaningful for you.

## QUESTIONS TO CONSIDER AS YOU BEGIN OR CONTINUE YOUR JOURNEY

1. What inspires you?
2. What is meaningful for you?
3. How would you describe where you are now?
4. What are your personal objectives for reading this book?
5. How would you like to flourish?
6. If you feel you already are on your path, what is your direction?
7. How would you like to begin or continue your journey?