

The Importance of Doing what's Important in Life

What do you really want in life? What lights you up?

Most people don't discover what they want in life until old age, if at all – and that's most unfortunate.

Many people spend the "best" years of their lives doing things they dislike, passing time or watching television. Is that what being alive is about? An author described humanity by saying, "Most people die at twenty and are buried at eighty." Are you one of the living zombies?

What's your purpose and your destiny in this life?

Some people struggle to answer such a question. When asked what they want or what their goals in life are, many are unsure. They dillydally in their decision, hardly giving any thought about what they want in life. Their wishy-washy thought patterns reflect in their directionless lifestyle. They're participating in life as much as spectators participate in a sports match. They don't get involved and therefore don't feel involved. People without definite goals are letting life pass them by. Are you one of these people?

If the time to step onto the playing field of life isn't now, then when is? The wise Mark Twain said: "Twenty years from now you'll be more disappointed by the things you didn't do, than by the things you did do." So how about avoiding disappointment and living an inspired life...now!

One of my teachers once told me: "There is no favourable wind for a ship without a destination." And a dear friend once said to me: "Shoot for the moon...even if you miss, you'll still land amongst the stars." And I read: "If you don't decide what you want, then you can be sure that somebody else will decide for you." My conclusion is summed up in the following quote by Anais Nin: "The day will come when the risk it takes to remain closed in a bud will become more painful than the risk it takes to blossom."

If you are undecided about what you want out of life, do not worry. There are many ways of discovering your purpose in life. As a Wellness Coach, helping people chart a course in life and empowering them to set sail in the direction of their dreams is part of what I do.

To discover what you want in life, **try looking deep into your heart**. Oftentimes, people are ruled by logic. People live by what they think they should be or by what others like them to be. The perfect time to listen to your heart is when you're feeling fear, confusion, frustration, depressed or unmotivated. The answers or solutions you seek are within you. What your heart desires comes from the whispers of your authentic self. Your authentic self is the real you.

Listen to your heart to be able to listen to your authentic self. What your heart says usually feels right. What your heart desires is what you usually love to do and this represents your passion. Anything done with passion is like play where the task is accomplished without hesitation. You pour out your very best and feel no pressure or resistance. Our Authentic Self Empowerment™ one-day experience is designed to connect you with this ability.

You will totally enjoy doing things that are your passion. Setbacks, difficulties, and obstacles will make it more challenging, but should not deter you from pursuing your goals. Naturally, there may be barriers that may prevent you from reaching your goal, but your heart's desire will find ways to overcome these barriers so that you may ultimately get what you want in life.

Remember this: the universe supports people who are pursuing their passion and those who are pursuing their destiny.

However, this does not mean that you don't use your head. People are born with both the mind and heart. Your duty is to live your best life and be in harmony with your mind and heart. The poet Rumi wisely said, "Live completely in the head and you cannot feel the breath and rhythm of life. Live completely in the heart and you may find yourself acting like a love-struck fool with poor judgment and discipline. It's all a fine balance - the head and heart must forge a lifetime partnership if one wants to live a beautiful life."

Listen to your instinct. Part of human nature is the mysterious and spontaneous reaction on things. These impulses are called instincts. To deny your impulses is to deny the very fact that you are human. Your authentic self communicates with you and guides you via these impulsive instincts. They can be recognised as those gentle nudges that urge you to act and follow a certain path. Your role then is to become familiar with this communication, pay attention and take action.

Often times, we listen to what others say and allow them to run our lives. Parents often do this to their children. "We come from a family of lawyers, so my son must also be a lawyer." How often do we hear this from parents who have good intentions for their children? Parents unconsciously block the true expression of their child's real self and calling. Friends and critics will discourage you and point out the impossibility of your dream. Before heeding their advice, evaluate the accomplishments of the critics. Did they achieve their dreams? Do they dream big at all?

Remember, it is your destiny that is in line, not theirs. It doesn't mean, though, that you will not listen to what other people say. Hear them out, as their words may strike the right cord inside you. But the final decision should be yours.

Negative emotions are indicators that the way you're thinking is out of alignment with your life's purpose. Unwanted feelings are there to get you back on track when you've gone off course. And that track is supposed to fill you with enthusiasm and joy. Nobody said that your journey through life would be without challenges. However, you can learn how to meet each challenge with the wisdom and positivity of your authentic self. Then life begins to flow and become effortless.

There is only thing to remember: Every person, to live truly and greatly, must define how he/she wants to live and what his/her brightest life will look like. Listen to your instincts and follow your heart's desire. You will never go wrong.

"A Ship is safest in the harbour, but that's not what ships are for. So throw off the bowlines. Sail away from the safe harbour. Catch the winds in your sails. Explore. Dream Discover."
-Mark Twain-

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