

CHANGE YOUR ATTITUDE...CHANGE YOUR LIFE

24/7 EVERY DAY

JUNE 2016

DR. MICHAEL ROIZEN

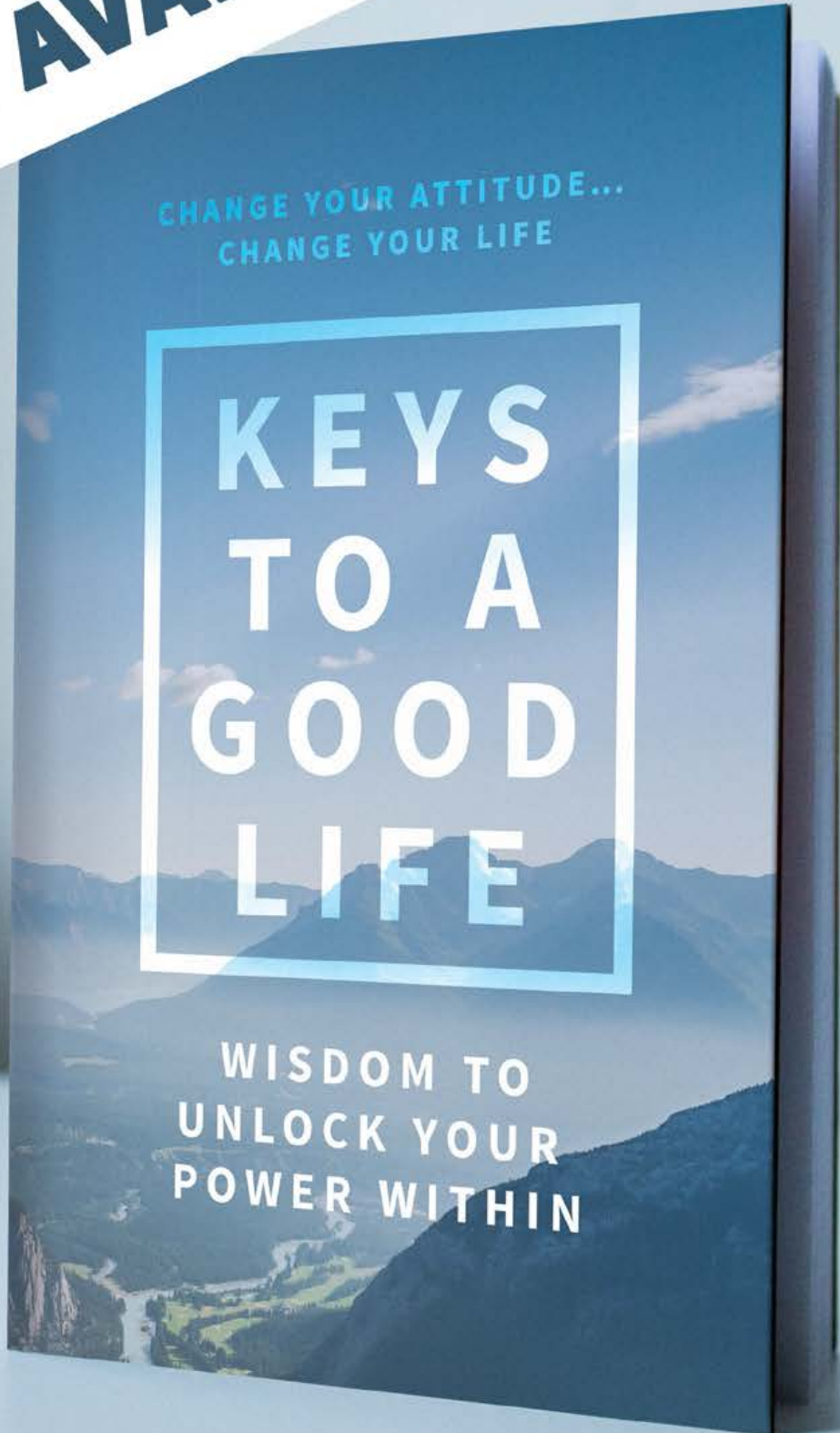
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Deb Wilber, MBA


Coach · Author · Speaker

Deb Wilber created Real Life Spark™ as she believes intuition sparks changes that are transformative. It was Deb's intuition that sparked her personal transformation, from executive to entrepreneur, and it can spark yours, too! Deb creates an environment where you feel safe to explore your journey, gain clarity in your purpose and move confidently towards your dreams. Deb's authentic style, a blend of executive experience, education and intuitive knowledge, support you in making small and impactful changes with confidence and grace.

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DISCOVER YOUR WHY

Deb Wilber, MBA

Have you discovered your Why? Your Purpose? Your reason for walking this planet? If not, that's ok. Life is a journey, so let's enjoy the ride on a path of continual discovery.

You know when you meet someone who is living their why. Their work is effortless. They light up when they work or even talk about their work. They are happy, joyful people and are willing to help others. They are generous. You want to spend time with them and soak in their energy.

Are you ready to discover your Why? Here are a few simple steps you can take to jumpstart your journey:

1. Listen to your heart. You were born with a song in your heart and your purpose. As we get older, it's harder to listen to those whispers and verses coming from our heart. It takes practice. Find the best method for you to get quiet. Take some deep breaths. Sit in nature. Walk in nature. Ask your heart for guidance; ask the big questions: Why I am here? What's my purpose? Then listen.

2. Write it down. As you listen to your heart, make a list. This may not happen at one time or in one walk. Let the idea of purpose and why stay with you, in your heart and in your head, over the next couple of days or weeks. See what shows up and write it down. One idea is to get a new journal (or a fresh piece of paper), write your question at the top of the

page and dedicate time each day to write down your thoughts. Just write and let the ideas flow. Notice your feelings and emotions as you write.

Add to your list the things you enjoy. Do you enjoy gardening? Growing your own vegetables? Visiting Farmer's Markets? Are you a natural teacher? Do you enjoy helping other understand a concept? Is one of your talents breaking down complex topics into smaller lessons. Write everything down.

3. Take action. Now that you have a list, it's time to take action. Let's take one example. Is gardening on your list but you don't have a place for a garden? No problem. Are you thinking, how is gardening related to my purpose? Good question. Taking action is about moving forward doing something that brings you joy and being open to the next step. So if you love to garden and you don't have one, find a community garden where you can grow vegetables with other like-minded people. As you work your garden and meet new people, things happen, doors open, opportunity knocks.

4. Evaluate. Continuing the gardening example, what happens if you can't find a community garden, or you don't meet new people, or you're not joyful while gardening? No worries, you simply eliminated one approach to gardening from your list. Stop and evaluate the

process. What felt good and not so good? Try another approach.

Now imagine a positive experience with the community garden example. You meet new people, who like your ideas and introduce you to new ideas and more people. Your network expands. Your confidence increases, your take more action, etc. The positive forward momentum continues to build and will lead you to your next opportunity in support of your purpose. You don't always find it right away. It's a process. Continue to repeat the process. That's living life purposefully.

Your path rises to meet you but you need to take the first step. If you feel stuck, use this four step process to try on a new purpose or try out a new direction. Remember, life is a journey.

You will know you are on the path meant for you because it will feel right, like you belong, effortless.

What are you waiting for?

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