

CHANGE YOUR ATTITUDE...CHANGE YOUR LIFE

# 24 HOURS WITH MEN

MAY 2016

JON MEACHAM

# DESTINY AND POWER

**GAIN TRUST  
IN BUSINESS  
AND LIFE**

**PROTECT  
YOURSELF FROM  
FACEBOOK  
SCAMS**

**WHY A CHEAT  
DAY MAY BE  
CHEATING YOU**

# CYACYL

MIND

BODY

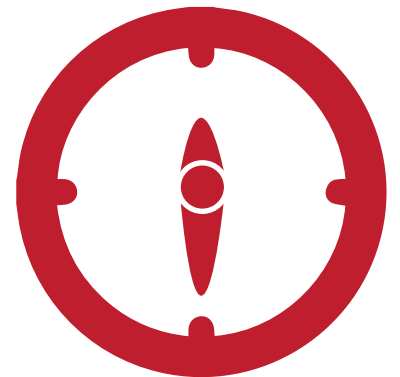
SOUL

SPIRIT



CHANGE YOUR ATTITUDE ... CHANGE YOUR LIFE  
WITH JOAN HERRMANN

SUNDAYS AT 12:30AM  
ON NEW YORK'S 710AM WOR  
AND IHEARTRADIO



*Missed A Show?*

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# Are you ready to ignite the next generation of you?

**Deb Wilber** can help you understand your journey so you can release your fears, feel more confident and realize your purpose.




## 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.

**Call or email today  
to schedule your  
complimentary 30  
minute mini-coaching  
session.**

 201.230.1255

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 [www.reallifespark.com](http://www.reallifespark.com)

Deb Wilber, MBA

# WHY YOUR WHY IS THE KEY TO SUCCESS

What does success feel like? In its simplest form, success feels good. Think of the child learning to walk or ride a bicycle without training wheels. Imagine the joy on his or her face when he/she succeeds! Or, think of an actor or artist winning an award, expressing joy and generosity to all the people who helped on their journey. In either scenario, we smile and feel good.

Imagine feeling that joy every day when you are living your life with purpose.

There's lots of discussion about your purpose or your why and its importance. It feels a bit cliché to talk about it; everyone is talking about living your life with purpose or a purpose-filled life or knowing your why. If you haven't watched Simon Sinek's TED talk on your why, check it out (Simon Sinek, Great Leaders Inspire Action).

It doesn't matter what you call it, living a life on purpose and with purpose is the key to a successful life.

You know when you meet people who are 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, their joy.

Here are **four reasons why knowing your why is a key** to personal success:

1. When you know your why, you know your purpose, the reason you walk this planet. It's a vision for your life. It's what you want to achieve. It's the legacy you create for future generations.
2. If you have a clear vision of your life's destination, you can establish the path for your journey. You will know what is on path for you and what's off path for you. Think of your path as the roadmap that leads to your ultimate destination. You are in sync with your intuition, using it as your personal GPS.
3. When you understand your purpose and follow your path, your confidence increases. When you feel more confident, you make decisions that are in alignment with your purpose and bring you closer to your vision. Confident decision-making leads to the motivation to take action. The kind of motivation that makes you leap out of bed in the morning and get going!
4. Action leads to results. You will never reach your destination in life or achieve your goals and dreams if you sit around and wait. You must

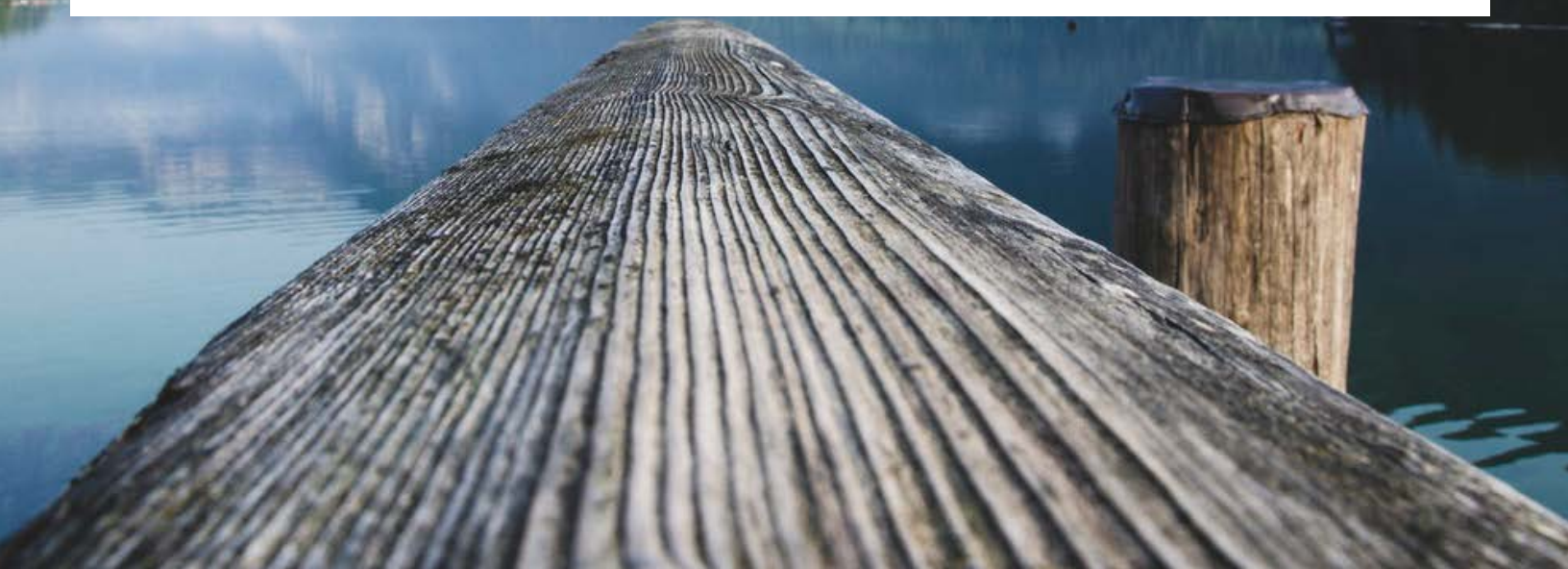
take action and when you know your why, you act. You may not always get the desired result, but it is all part of the process: take action, access the results and take more action.

Are you living your life in alignment with your purpose? If yes, that's great. If not, have you discovered your why? Sometimes you know your purpose but are afraid to act. Sometimes you listen to others prescribe your purpose to you and don't live true to your purpose. Take time to reflect on your purpose. Are you living in alignment with it?

Make some notes for yourself and come back for next month's article on discovering your purpose. Wishing you peace, love and sparks of transformation!

*Deb Wilber is a coach, author, speaker and owner of Real Life Spark™. She created Real Life Spark™ as she believes intuition sparks changes that are transformative. As a coach, Deb creates an environment where you feel safe to explore your journey, gain clarity in your purpose and move confidently towards your dreams.*

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