

The Power of Purpose

"Knowing others is wisdom, knowing yourself is enlightenment."

No matter what a person comes to me for – to lose weight, manage stress, change careers, build self-esteem – our work always starts with the Core Question: *Are you living a purposeful and authentic life?* Once we address this issue, undoubtedly the other pieces fall more easily into place. I'm talking about Purpose with a big "P."

Have you ever fallen in love? Do you remember the feeling? You couldn't wait to see your sweetheart... just the thought of your love brought a smile to your face. You would steal moments together. People would say, "You're glowing. You must be in love." How would you like to fall in love with life? Your heart is racing as you wake up in the morning with excitement about the new day. You capture moments along the way. Life is good. People will say, "You're glowing." Living on Purpose is like falling in love. Life flows.

For many years, I was working with purpose, but not living on Purpose. I went from one unconnected goal to the next – negotiate another deal, get a bigger home, obtain the grand promotion, etc. I achieved just about everything I set my mind to do. Although it was very satisfying from an ego-standpoint, there was still something bothering me. I felt like I was drifting through life. From the outside, it looked like I had a clear direction. From the inside, I was lost. Yet, I didn't really notice the discrepancies in my own life until it was almost too late.

Now I know what was causing the discomfort. When you live outside of your Purpose, you exist in a state of perpetual frustration and stress. Satisfaction is fleeting. You can have material wealth, yet be spiritually poor. On the other hand,



Teresa Kay-Aba Kennedy offers insights in an excerpt from her new book *Excerpt from 40 Days to Power Living: Think, Eat & Live on Purpose*.

Power Living® is being spiritually connected, mentally focused, emotionally engaged, physically energized, and environmentally supported.

when you are *living on Purpose*, you feel a sense of peace, experience progress, and release your divine, spirit-based power. You come from a place of joy, passion and self-less service. You are truly Power Living.

Power Living® is being spiritually connected, mentally focused, emotionally engaged, physically energized, and environmentally supported. On a practical level, Power Living® is knowing who you are and what you value and then organizing your life around it – what you do for work, who you choose to love, when and what you eat, how you communicate with yourself and others. It is creating a set of daily habits that provide you with increased focus, energy, creativity and productivity. On a deeper spiritual level, it is living on Purpose, not just with purpose, allowing you to uncover and release your innate power so you can achieve through and with authenticity.

POWER MOVE: From this day forward, live a life that feels right.

Ask yourself: *What would I do with my life if I had no limits of time or money?* Write down the answer. Passion is often an indicator of Purpose. Spend time assessing your gifts and seeking revelation.

AFFIRMATION: Today, I live on Purpose. I actively seek out my Purpose through quiet contemplation. I look for confirmation from my Source, and not validation from people. I do not imitate. Everything I do is an expression of who I am. I make sure my external conduct is consistent with my internal values. I walk my own path. Today, I live on Purpose. 🙏

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