

Decide to Go Seek: Overcoming Life's Chronic Little Challenges to Let Your Purpose Shine Through



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It took me a while to put the pieces of life's puzzle together. And by a while I mean the better part of two decades. I had long sensed a purpose awaiting me beyond my corporate career, and the desire to live this purpose intensified with time, but boy, was I slow. It took years at a turtle's pace to discover my life's true purpose and act on it.

I had to overcome serious obstacles to get here, the biggest one being... me. Along the way I learned that life's challenges come in two varieties. Sometimes we face acute challenges such as a life-threatening illness or accident, the death of a loved one, a job loss, or a business failure. Trials like these knock you right down and force you to deal with life on very stark terms. Live or die. Eat or starve. Thrive or fail.

The more common experience, however, involves the murkier, chronic challenges that bless and plague all of us. While often slow and subtle, they are no less significant. They come in a jumble of forms that mix and mesh in tangled webs. They include your fears and unhealed emotional wounds. They lurk in countless limiting beliefs about your potential. They often manifest in self-defeating behaviors

and addictions that compensate for perceived lost love and security, or self-esteem we crave to regain. Most of all, they are rooted in our ignorance about the presence of a loving Spirit that longs to see you live the equally loving purpose for which you were created. And it's all yours to have if you will just decide to receive it.

My own life is a lesson in challenges of the chronic kind. Plagued by self-doubt and low self-confidence much of my adult life, I still enjoyed a pretty successful 18 year corporate career by most standards. For the majority of it I was a consumer marketer in Fortune 500 companies. The first decade went quite well as I enjoyed the work and the people, was quite good at it, and was promoted several times. The positive feedback received during that time also boosted the self-confidence I'd largely lost during a rather lonely adolescence.

Despite this positive trajectory, it was obvious that I did not fit the corporate mold. My chosen career didn't align with my true purpose and, deep down, I knew it. I despised the politics, had little talent for it, and chafed at bureaucracy. I resented pressures against living my healthy lifestyle, an imposition that I addressed with years of sneaking off for lunchtime to avoid being detected by the muckety-mucks. Early on, a little voice inside began to whisper, "This is not what you were created for."

Not knowing what else to do, I kept on the corporate path. I tried different jobs in different companies, but by the late '90s I realized that I wanted out. To what exactly, I did not know. Just to a life that felt right. During that time, one of my favorite TV shows was HGTV's *The Good Life*, which featured people who had left traditional careers to start their own companies and live on their own terms. I admired these people and began to ask, "How could I do that?" My mindset at the time blocked me from hearing the answer, but the desire brewing inside was growing stronger.

It was difficult to see beyond a corporate career. This was all I'd known in life to date. Even my sense of self was heavily vested in corporate success, especially when reinforced by compliments that appealed to my ego's need to appear "successful."

Still, I couldn't deny the instinct pounding within that signaled I was out of alignment with my real purpose. I was starting to feel very uncomfortable and out of place in the corporate setting, yet remained ignorant about how to leave it. I simply did not have the spiritual and emotional maturity as yet to realize that all that was required for this change was a simple decision to leave.

I must have been moving too slowly for Spirit's taste because the pressure to change cranked up during the second decade of my career. I was increasingly well-compensated with a six figure income and enjoying significant responsibility, but several years in a couple of bureaucratic and political corporate cultures finally wore my spirit down. My passion faded and my results started to suffer. This way of life just didn't fit me anymore.

These years were emotionally painful, but they were a blessing. Experiencing extreme frustration motivated me to seek my true purpose with zeal, and finally, to pursue it. I surrendered to a series of significant life changes that required new levels of courage and conviction. The first was moving to Colorado, a place I loved and had dreamed of living in for years. The second was taking a step toward entrepreneurship by finding work with a dynamic small company after working for giants my entire career, even taking a significant pay cut to pursue the job.

A few of my big company colleagues reacted with raised eyebrows, but most expressed admiration at the boldness of my decisions. For me these moves represented real spiritual growth. They were big life decisions made from a place of faith that signaled to the Universe that I was serious about discovering and living my purpose. In fact, the decisions ignited a spiritual renaissance from which there was no return.

Two years of long hours and high stress at the small company ended in a layoff. As the sole wage earner for a family of five, with my livelihood suddenly removed, I would just have to find another job. At first that's what I thought. That's what everyone thought. But prior to the layoff I was already deeply engaged in a campaign of self-discovery and action that resulted in training for a coaching career and the business plan for two companies. When the layoff came, I was able to see through the fog of the previous two decades and embrace that I now had the perfect opportunity to make a new choice.

To everyone's surprise, I announced that I wouldn't be seeking another job. I decided instead to enter the ranks of solo-entrepreneurs and start my own business. It took all the courage and faith I could muster to take that first step, and I was both exhilarated and terrified. I had wrenching doubts about my ability to create a successful business from scratch, but somehow I took that first step... and then another. That's all that was needed: the courage and faith to take one step at a time. The rest – well, I relied on faith that this was my intended path and entrusted the details to God.

Once I truly committed, the synchronicities began. Kindred spirits came out of the woodwork. Resources and opportunities for growth arrived as they were needed. My spiritual growth continued to accelerate and I became increasingly comfortable pushing beyond my comfort zone on an almost daily basis. In making a commitment to this entrepreneurial path, I finally embraced my life's true work – the work that today fills my days with both passion and purpose.

This new path also chipped away at the chronic challenges of fear and low self-confidence that plagued me for decades. It's fair to say that I was reborn as the real me. The person hidden for years behind these challenges finally re-emerged into the light of day.

I'm amazed looking back because my life is so different now. Today I enjoy purpose-filled days in a business of my own that enables me

to help others create purpose-filled lives through their own conscious businesses. I don't even feel like I work anymore, really, because what I've chosen to do with my time feels more like play.

My journey taught me that God will work perfectly in our lives if you bring but one grace to the table: desire. The journey required traveling a rocky road filled with my own fears and doubts to arrive at clarity about how I wanted to live, but my desire carried me through until I was able to embrace my true life and make an unshakable commitment to living it. From there it was a matter of mustering the courage to jump in with full faith that Spirit would be there to catch me.

I also came to know that if you crave your best life, your purpose will seek you. At times we might be too busy, afraid, or distracted with the rest of life to hear our purpose calling. But if you show just an ounce of desire to live that purpose, the Universe will work like water to wither away the stone of whatever stands between you and its fulfillment.



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