



***LIVE A DYNAMIC AND PURPOSEFUL LIFE***

Dedicated to Those  
Who  
Don't Want  
To Color Within  
The Lines

Life is short

“Tell me, what is it you plan to do with  
your one wild and precious life.” - Mary Oliver

## Live Life Intentionally

✚ Many of us live on autopilot. We just exist. Our days are filled with busyness, with an endless list of tasks. Yet at the end of each day we rarely feel fulfilled, more overwhelmed, as our list seems to grow continually. More things to do, more busyness, more emptying of ourselves, without really thinking of why we are doing what we are doing, without having a strong purpose and direction lighting us up, filling us up, so we can pour out into other's lives.

## Life is a Gift

✚ Each day is given to us for a purpose. One more day on this earth for a reason. Do we “find” our meaning - an endless search for purpose, or do we choose to give each day meaning, what we understand we can do and give in this day. Choosing to give each day meaning can change our thinking, change our disposition from one of aimlessness to one of intention. Our destiny is to give meaning to our life.

## Each and Every Life is Important

- ✚ Each and every life has intrinsic value. It is not the place of our birth, our family origin, or our status in life that makes us valuable. It is that we are human, and in and of ourselves we are beautiful and valuable.
- ✚ So often we judge value and worth by how we look, what we own, our jobs and status in the world, and what perceived value we bring to others. When all these things are stripped away are we or others any less valuable as human beings than when we had these things? Do we treat others as lesser when they don't have these things? Do we value ourselves less when we don't meet the perceived ideas of success? So many stereotypes and assumptions drive our feelings of worth, of substance and value, and color our interactions with others.

What would the world look like if we just accepted ourselves and others as beautiful and having value for being a human being?

✚ Shun indifference – there is nothing as hurtful as our indifference to others.

## We Have a Story to Tell

✚ We each have a story to tell - that the world is waiting to hear, that the world needs to hear. No two people travel the exact same road at the same time and in the same way. Stories create possibilities in our lives. Stories bring magic into our lives. Stories show us a sense of belonging, a sense of being travellers together on the journey of life. I need to hear your story, and you need to hear mine, to learn, to be inspired, to see things we cannot see with our own views, to give and to receive, and to be filled with wonder, hope and courage.



- ✚ Our greatest needs are to be heard, to be loved, to be accepted.  
Telling our story and listening to each other's stories lets us be heard, be seen as we are, be loved and accepted for our story, our humanness, our unique gifts to this world.
- ✚ Pave the way for others to find their journey. Encourage them to tell their story.

## Live Not Just the Length of Life, But Fully Its Breadth

- ✚ Live fully - live dynamically - live purposefully. If each day is a gift to us, it is up to us to accept that gift graciously and respectfully. Make each day count, live each day with intention.
- ✚ Live a life without regrets. Make those things that are truly important to you the main things in your life. Do not wait until you retire, do not wait until next month, next year, until you are richer, have a better job, or until the kids are gone to college, to pursue the things you would regret if you died leaving undone or unsaid. Pablo Picasso said: *“Only put off until tomorrow what you are willing to die having left undone.”*
- ✚ Run towards something, not away from something
- ✚ Do what you love - Don't settle for less

- ✦ Challenge your thinking and beliefs – not to defy authority, but to graciously learn and grow
- ✦ Learn something new every day
- ✦ Show up for life each and every day
- ✦ Do something that scares you every day
- ✦ Break free of your comfort zone
- ✦ Be yourself, you are good enough
- ✦ Fall in love with yourself – you are a master creation
- ✦ Never stop dreaming, never stop exploring
- ✦ *“If you believe your dreams can or cannot come true you are right” - Picasso*



## Give Willingly and Often

- ✚ Intentionally create and leave a legacy
- ✚ Leave the world a better place for you being here
- ✚ Make a difference in your life and the life of others
- ✚ Inspire others to greatness
- ✚ Be open to kindred spirits. There are many fellow sojourners – we find them when we open our hearts
- ✚ Laugh often, laugh out loud at yourself and with others
- ✚ Honor and hone the gifts you have been given, not only for your own benefit but for the benefit of others who need you and your gifts.

## SHOUT OUT YOUR STORY

- ✚ The world is waiting to hear your story. What will your story tell? What stories will you leave behind? What stories will others tell about you?
- ✚ If you don't like your story, write a new one. It is never too late to start.
- ✚ Enjoy the ride, not just the destination.