

Passion or Purpose, which comes first?

Whether we know it or not we all come into this world with a little spark inside our soul. Placed there by our creator. As we grow, hopefully the spark turns into a flame and at some point ignites into a burning desire to fulfill our life purpose. But how do we know that we have reached that point? That place where we are doing what we were put on earth to do. I agree with many of our spiritual/religious leaders that we are all spiritual beings here on earth having a human experience. Although it is an experience that we have chosen, is it our purpose?

For me, it took over 50 years to figure out my true purpose. I'm not sure if that is good or bad as I don't know what the appropriate timeframe for such an accomplishment might be. However, I would not change a thing. I believe it was all those experiences, especially the difficult ones that prepared me to passionately perform what I was put here to do. Scripture says, "Our faith is tried in the fire of affliction". Translated it means we grow from our biggest challenges. So what does 30 years in the insurance business have to do with health & wellness? I'm not exactly sure as I am still putting the pieces of that puzzle together. But for what it's worth my years in the insurance business did have its share of challenges for which I am a stronger and wiser woman! What I have learned from experience is that once you figure out what you love doing and what truly makes you happy (Hint: your passion), it is not considered work and your most likely performing your purpose. Your purpose does not have to be something grandiose. It can be as simple as serving others at the local food bank.

Until I figured out my own purpose I used to be so jealous of my husband. He loved his job as a fire fighter & paramedic. The alarm would go off very early and he would literally leap from the bed, not because he thought our house was on fire, because he was so excited to go fight fires and save lives. He loved being a public servant. Although retired from that position, he still serves the public as an EMS coordinator for a local hospital system. All the while, I would roll over and think why can't I leap from the bed like that and find such joy in insurance? Some days I felt like I was selling my own soul by choosing financial security over what really made me happy.

My parents used to always tell me insurance was a stable industry and a good living, but words like fulfilled and content were never part of that conversation. You did what you had to do to make a living. I am here to stand up and say you can have it all. You can be content, fulfilled, and full of joy and still earn a living. Some might even say that is living your life with passion and purpose. I would agree.

Last Spring I took a leap of my own. I retired from the insurance business after 30 years and started my own company working as a wellness consultant & life coach. I receive the gift of helping others every day be healthy and happy. I also volunteer at a local hospital and that brings me an enormous amount of joy. Some might call me a public servant and that is music to my ears. All of us, at some point in our lives, will feel the need to give back. Not in the form of contributions, but rather time. Time is our most precious commodity and it seems no one ever

has enough. However, we all get the same 24 hours 7 days a week. So don't kid yourself. We all make time for what we truly want. Some of us are just better at prioritizing. Since none of us really know how much time we have I challenge you to find your passion and fulfill your purpose. It's not difficult. Start by looking at what you love, what people ask your advice about, what makes you smile, what you are drawn to and makes you feel empowered. We should all get to experience that "leap out of bed" feeling every morning. I do. How about you?

Lisa is a wife, mother and owner of InHarmony. She works as a wellness consultant and life coach helping others be the best they can be, inside and out. Lisa can be reached at lharmonaig@icloud.com.