

MESSAGE TO THE READER

This work is for all people, young and old, who are questioning... who feel restlessness in their soul, but perhaps don't understand why. It is also for those who simply want to up their game in life, to truly show up, and become all that they can be.

If you are just starting out, you may feel confused about your life or work direction. Perhaps you feel anxiety at not knowing where you fit in this world, or you don't know how to get where you want to be in life, let alone what you truly want. Some experience a more profound sense of dissatisfaction with certain circumstances in their life. That said, it is not unusual to question your life and your motives from time to time. Maybe you don't understand your decisions. Or maybe you do, but feel an inability to change them. Sometimes there is an unrecognized fear about expressing yourself. Or maybe your choices just don't seem to be panning out.

This is life for everyone at times. Who of us can honestly say we've never suffered this crisis of conscience? If you are asking these questions, you're on the brink of a life makeover. And the answer to these questions will be as individual as you.

Your next move may be grand or small. Maybe this change is as grand as discerning your life purpose or as small as refining your attitude about your work or present life circumstances. Whatever move you make will have an impact on how you feel about your life. Who you are and how you fit into this world has got to be the most important question we all face.

My own journey began at the ripe old age of twelve, in grade seven. As a homework assignment we were asked to come up with

ideas about what we wanted to be when we grew up. Realizing I had one night to discover my purpose, I went to work. And I had it! My decision was easy. I was going to become a lawyer. Why? Who knows—probably because my father was a lawyer? I thought that great things were ahead of me without knowing exactly what they were. You see, I wasn't a critical thinker at this age. Unfortunately, I wasn't a critical thinker in my late teens or early adult years either. I continued along that career path without any of the mental and emotional conditioning that I know about today.

My eight years of practice as an insurance defense litigator, followed by seven years of being a Deputy Judge in Small Claims Court, taught me what I didn't want in a career. I was stressed and stretched beyond what I could handle and had a mediocre salary to boot. Add two small children and a household to care for, and I had a life that I no longer recognized as my own.

What had happened is that I had been living my life by default. I had no idea that I was a purposeful creator and could direct my thoughts and feelings towards securing what I wanted in life. Heck, I didn't even know what I wanted!

When I retired from my work in law and finally had the opportunity to focus solely on raising my children and healing myself, I began to learn the information, ideas, and techniques that worked to create a happy life. If only I had had access to a book like this years ago, what a gold mine it would have been for me!

You might also find interesting, a few years later, when I was already immersed in the Showing Up – Becoming the Me I Want To Be project, I learned that 50,000 books per day are published in North America. That made me pause with great hesitation initially. I asked myself, “Why on earth would anyone want to read mine?” A very good question! Then the answer came to me like a thunder bolt. While I love helping people, and in particular young people, I am writing this book for me! I love the flow of words as they pour

out of me onto my computer screen. I love the thought that someone might find my creation motivating or satisfying or helpful and wise. The flow that envelops me as I write is captivating.

Writing this book has enriched my life beyond measure. I have seen all the essential elements come together for this project, in a synchronistic way. This is proof to me that when you align with your purpose, great things happen. The greatest thing for me is that the timing suited working with my beautiful and ingenious daughter, Alex, in the editing process. And with my brilliant son, Scott, who also contributed his time, talent, and energy to enlightening all of us about healthy nutrition, exercise, sleep, and hydration. To have the opportunity to work with both of my amazing and talented children, on a project that is meant to be both creative and enlightening, is every mother's dream. See how this works?

My own experience is the only testament I can offer here. It's the only thing I know for sure. From the experience of living a stressful and default life, to gaining an understanding of how to create more of what I want, I've put together what I believe to be a simple and easy to use guide for a fulfilling life. I do not suggest that I have all the answers and, yes, I could practice what I preach a bit more diligently. However, I will say this—I have never felt better in my life than I do now. Never have I had so many blissful moments strung together. I love what I do! I love my life! I want this for you!

This book will allow you to find out who you truly are, in order to be able to align with work that emboldens you, excites you, and fulfills that deep need for expression. Discovering your purpose, while being of utmost importance, is fun. The aha moments that will follow will astound you. The elegant solutions that will present themselves will light your soul on fire. I promise you this.

Just like I found my purpose in my work, you will find yours. Let's face it; we all have to support ourselves. And while the ideas in this book may tend to make it sound easy, you have to be willing to

devote yourself even when it is not. Keep an open mind as new opportunities for work find you. Ultimately, you want to create work that is satisfying and adds something to your life. Why not drive home at the end of your work day feeling fulfilled?

Barbara Moses, Canada's leading career guru, addresses this very thought:

“We work for many reasons. Of course, we work for money, but that is not enough for most of us. We also work to be intellectually engaged, to make a difference, to satisfy our needs for connection to others, to refine our craft, to be appreciated for our contribution, to satisfy deeply held personal values. Some of these reasons are more important to us than others... Work is one of the most intimate expressions of our identity. Bad work crushes us. It destroys our sense of competence and spills over into all areas of our life. Great work, in contrast, inspires us. It makes our souls sing. It allows us to be the best we can be. Great work promises a sense of purpose and gives our days meaning. It enables us to look after financial needs and still have time for a life; plays to our strengths and provides us the environments we are happiest in; engages us deeply at an emotional and intellectual level. Great work allows us, indeed demands of us the expression of all our important values, talents, and motivators.”¹

My wish is for you to find inspiration in the pages of this book that touches your core. Please treat this work as a buffet of ideas. When you go to a buffet, do you feel obligated to eat everything that is offered? I hope not. The point is to take what you want and help yourself to as much of it as you decide. Do what feels good to you. Follow your instincts and you will find your way in life without as many disappointments.

True success is stringing together as many moments as possible in your day that make you feel good. The configuration of your mind, heart, body, and soul is what creates this feeling. I welcome you on your journey to alignment.

My sincere hope is that you create work which is true to who you are and will make you feel whole.

I did.

Happy journey to wholeness my friends!

Chris Patton

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