

## What Is Your Calling...Your Life Purpose?

Nietzsche once said, “He who knows the why of his life can bear with almost any how.” In her final show Oprah challenged people to, “Follow your calling”.

We all have a calling; a reason for being here. That calling may not be something that is going to change the world or even your community. It may only impact you and yours. But, everyone has a calling. Yet, many people go through their entire life without knowing theirs. And, have no clue as to how to find it. I can’t count the number of times I have been asked by friends, clients, and students, “How do you find your calling?” Some people are lucky and know their calling at a very early age. And, go about the business of doing it. Others discover theirs through trial and error; and some (like me, for example) simply stumble upon it.

I found my calling out of sheer frustration. I was thirty-eight years old and going through that “I don’t know what I want to be when I grow up” stage when I stumbled upon mine. I had held several financially and psychologically unsatisfying jobs; and, wanted to break the pattern. So, eager to stop taking any job because I needed a job, I decided to volunteer with a community-based career planning organization. Unbeknownst to me, volunteers were required to conduct career-planning workshops. Although I had an intense fear of public speaking, I somehow found the courage and the confidence to conduct a seminar. By the end of my first seminar, I knew I had found my calling: *To empower people to improve the quality of their lives by teaching, speaking, and writing.* So, for the past 25 years, I have devoted my life to my calling.

“How do I find my calling” is a daunting and difficult question to which there is no simple or easy answer. However, based on my own experiences and conversations with people who are following theirs, I have come up with seven actions that might work for you.

1. Take a risk and do something that frightens you; that forces you to step outside of your comfort zone.
2. Keep a daily or weekly journal.
3. Read books and articles on the subject of finding your mission, purpose, vocation or calling.
4. Talk to others whom you admire about their purpose and how they were able to determine it.
5. Begin thinking and writing what you see as your unique talents and interests. Write your thoughts in your journal.
6. Listen to your inner voice or your heart. What is it telling you about the “why” of your life?
7. Ask yourself the following questions (recording the responses in your journal):

- a. What has meaning for me?
- b. What talents and skills do I have that I love to use, or that I am not using but would like to use?
- c. If money were not an issue, what would I be doing with my life? What would bring me joy?
- d. What do I see as my purpose or mission?

Discovering your calling is one of the most powerful things you can do. It gives your life meaning. It helps you understand who you really are. And, it drives you. When you come face-to-face with a calling that drives you, you forget the pain and the dangers. As H. I. Kahn states, “However unhappy a person may be, the moment he knows the purpose of his life a switch is turned and the light is on. If he has to strive after that purpose all his life, he does not mind so long as he knows what the purpose is.”

How did you find your calling or purpose? Let me hear from you here or drop me an e-mail at [daisy@daisysaunders.com](mailto:daisy@daisysaunders.com).

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