

A woman with blonde hair, wearing a blue blazer over a black lace-trimmed top, is holding a pink mug. The mug has the text "Do it anyway" printed on it. The background is a plain, light-colored wall.

# Choose Your Destiny

WOW Network for Women

What You Can Do  
To Create More  
Meaning In  
YOUR Life

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## What You Can Do to Create More Meaning in Your Life

What does it take to have a meaningful life? Money? Love? Adventure? **Ultimately, it's up to you to decide what will give your life meaning.** Life moves at a fast pace and can easily get away from you. Just think about all that you are responsible for. Your job, your family, your community, your health, your everything! We don't have to tell you; the list goes on and on.

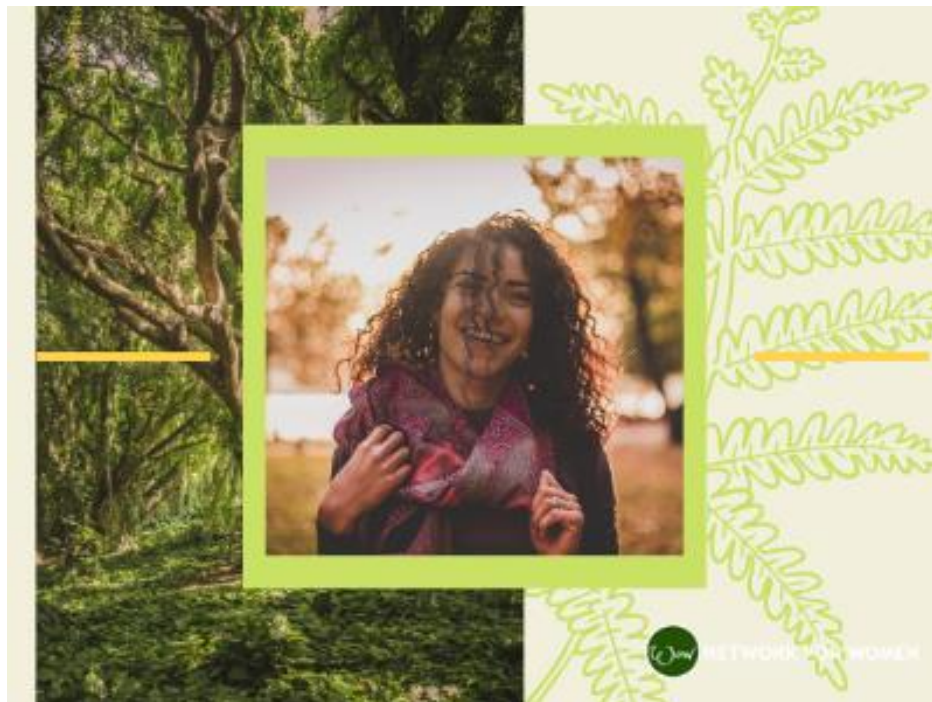
Whether you work in an office, in your home, or not at all. Women have so many demands that we're often thinking twenty steps ahead rather than being focused on what we're actually engaged in. Since our attention is always needed elsewhere, we tend to lose sight of what's right in front of us. We lose precious moments that would normally give us meaning - if only we had paid attention. We are stressed, overwhelmed, and pulled in 100 different directions. These burdens often times show up in our emotional and physical state and can cause havoc in our lives. No one is immune, the majority fall into the trap. Our busy lives require so much from us that it seems the only way to stay ahead is to think ahead. Some do better at balancing life's demands than others. Truth is, we're all doing the best we can with what comes our way. The trick is not to allow all that you are responsible for keep you from living within the moment. You must learn to balance those demands and sprinkle in joy at every turn. You must learn to be present. When you do, the success, peace, and meaning you are looking for will find you.

Arguably, there's no inherent meaning to life unless you grow from your experiences and share lessons learned. The challenges and triumphs that come with life tend to scare some people, but this part of life can have a positive effect in our lives. Why? It can be positive because YOU choose how to interpret these experiences and decide from there what is meaningful to you.

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The challenges within our lives can leave us feeling overwhelmed and from there we lose sight of what we're even doing "it" for. Permission to be who you are and to walk through life with the knowledge that you have options is the best gift you can give yourself.

Discovering what is meaningful to you is an individual decision and calls for you to be intentional in all that you do. You will find that what meant everything at one point in your life, now has lost its luster and your focus has gone elsewhere. Never fear that you've lost your way or are forever caught in a loop. This is far from the truth. What's true is that life is a process and ever-changing. You should see these moments of uncertainty as a good indication that you too are growing. Despite all the change that comes our way, there are a few common starting points when discovering what is meaningful. The real distinction comes from how you choose to apply them.



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**Consider these crucial aspects of life. They are meant to help you on your path toward creating a fulfilling life that has meaning.**

*Start here...*

**Evolution.** To have a meaningful life, it's important to grow and evolve. It's a little sad when someone reaches what they perceive as the pinnacle of their life and then chooses to coast to the end. We were made for much more than that! Finding meaning beyond expectations and the status quo not only frees you, it also helps avoid the feeling that you've wasted precious time throughout your life. Embracing an evolution mindset will never leave you wondering what you could have accomplished with a little more time and attention. The process of growing always keeps things fun and exciting. *Give yourself some credit and reflect on the following:*

- How have you changed over the last 10 years?
- What do you know now that you didn't know then?
- What can you do now that you couldn't do then?
- What new skills have you developed?
- How has your view of the world changed?

**Purpose.** Everyone needs a purpose in life. Never allow life to get away from you. You must make it your mission to be a participant until your last breath. We all know of someone that became depressed or transitioned shortly after retiring. Studies have shown that even something as simple as taking care of a plant extends the lifespan of those living in nursing homes. Fortunately, you can have a purpose without having to work the rest of your life!

If, for some reason, you find you are unable to break free from your current situation then here's an idea to help you branch out a bit and find a higher purpose. Did you know that volunteering is a simple way to make a deliberate contribution that can make life even more meaningful? We get

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more out of life when we have something to look forward to or know that someone is counting on us in some small way. Our lives are not meant to be just about work and our accomplishments. It doesn't matter how busy you perceive your schedule to be, ANYONE can find time to give time. It's just a matter of rearranging your priorities. Start with one hour a month, and then work up to a weekly schedule. It will be time well served. *Now, give yourself some credit and reflect on the following:*

- Seek out a specific someone or a cause to serve by discovering what is important to you.
- How can you contribute in a way that you believe is meaningful?
- Have you spent your career honing your expertise? What gifts or talents have you kept hidden that would be a blessing in someone else's life? Now it's your job to figure out a way to share your talents with those who may not have access.



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**Belonging to a group.** No one does life alone! Being part of a large family, an extensive network of friends, a church, where you work, a club of some sort, or any other type of organization adds so much to your life. No matter what anyone says, we all need to belong. This is because without a group, we tend to feel ignored, lost, and unappreciated. **If you don't have a tribe to call your own, go out and find one, then love them hard.** Start by seeking out a group of like-minded individuals who are committed to something bigger than themselves. *Here's another chance to give yourself some credit and reflect on the following:*

- Where is your tribe? What type of people do you mesh with? What type of people naturally gravitate toward you? What are you interested in trying but were too afraid of experiencing on your own?
- Still no answers, then it may be time to start a group of your own.

**A meaningful past.** Over time, we all develop a past. One of the worst outcomes of life is to look back on your past with regret. When you view your life in this manner you are not getting the bigger lesson that life is full of lessons. Perspective is everything. Good or bad, each lesson has made us who we are today. Being grateful for those experiences helps us to honor the life we've been given and the life we have made for ourselves. Appreciating our past gives our lives meaning. Do you find yourself stressed or depressed? Free yourself from the burden of carrying what has hurt you in the past. You can do this by journaling, speaking with a close friend, or finding a therapist who can constructively help you map out a clear plan for your future.

Remember, you have more control than you think. Grant yourself permission to be your best self NOW despite what may have happened in your past. This is why it's so important to share your experiences with others. You never know how your story will give peace to someone else and not feel so all alone.

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*Here's another good opportunity for you to give yourself some credit and reflect on the following:*

- What kind of story do you have? What stories do you have to share right now? What story have you kept hidden and feared being found out?
- Are you proud or disappointed how you have lived these past 10 years? What would you have done different? How will you live the next 10?

### **Value experiences and relationships over possessions.**

Our society is perhaps the most materialistic on Earth and doesn't rank anywhere near the top on the happiness scale. That's a strong clue that focusing on gaining possessions isn't all that meaningful. We spend so much time seeking external validation that we lose sight of what actually



matters. Over time, that designer bag will mean less to you than you think. This is because you have to buy another one and then another to get that same feeling. ***What is lasting*** are shared experiences. Valuing family, friends, and giving from the heart adds to a meaningful life. *You're doing great, now give yourself some credit and reflect on the following:*

- One a scale from 1 to 10, how much enjoyment have you gotten from purchasing something expensive? How long did that enjoyment last? Looking at it now, does it give your life meaning?
- Takeaway ... Ensure that you're spending enough time on accumulating experiences and meaningful relationships for they will outlast any material possession.

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*Again, it's your turn to reflect on the following...*

What is meaningful to you? What needs to change in your life? How do you need to live in order to believe your life is meaningful? In what ways do you need to grow and contribute to live a meaningful life?

Here's the best part.

**You can choose what will give your life meaning.** It's entirely up to you what direction you go in. Isn't that awesome? Give yourself permission to be free from the constraints and false demands that keep you from finding true meaning in your life. Make a conscious choice to share your gifts and talents with the world. We look forward to hearing more from you : )

Best to you and yours always,



Connect, grow, and learn with us