

## Are You Out of Alignment?

I was driving my car a few weeks ago and it kept pulling to the right. It felt like the car had a mind of its own and was fighting with me to go in a different direction. It forced me to continually turn the steering wheel hard to the left just to go straight. It was exhausting.

After a few days, I brought the car to an auto mechanic. He knew what questions to ask, inspected the car, and diagnosed it as being out of alignment. He then did the work necessary to put the car back into alignment. Whereas driving the car was a chore, now that it's aligned – it's a pleasure.

I'm sure I'm not the only one who has experienced driving a car that's out of alignment. And I'm also sure you did the same thing I did, you took the actions necessary to get your car aligned. It's the obvious thing to do. But there's another area where people are frequently out of alignment and do nothing - their life purpose.

How do you know when you're out of alignment with your life purpose? You feel it in your gut. On the outside, it looks like you've got it all figured out but on the inside...something is missing. You feel empty. You know there's something more for you but you're afraid. So you keep going down the same safe path because it's comfortable. And it eats at you every single day and crushes your spirit. You find yourself filling your life with distractions – social media, sports, politics, porn, mindless television, checking your phone every 10 seconds, eating, gambling, surfing the internet....

Anything to numb yourself to the pain of living a life without purpose.

Then before you know it 5 years have passed, then 10, then 20, and you never aligned with your purpose. You sucked it up and went through the motions because it was the safe thing to do. You tell yourself it's what your family, friends, and society expected from you. While every day another piece of you dies inside.

But it's never too late. It's never too late to do the deep work and get aligned with your purpose. When you are aligned with your purpose you will always be able to answer the question "why?" All your actions and decisions will flow from a place of clarity, calm, and centeredness. Success will come as a by-product of being in alignment with your purpose.

A great exercise for getting aligned with your purpose can be found in the book *Unbeatable Mind* by former Navy SEAL Commander Mark Divine.<sup>1</sup> Commander Divine refers to it as the Three Ps and One Thing. I've used the exercise myself and with clients to help them align with their purpose. Answering these questions will help you get started as well.

1. What am I **Passionate** about and how can I do more of it?
2. What do I value, and how can I develop these **Principles** so they define my character for the rest of my life?

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<sup>1</sup> Divine, Mark. *Unbeatable Mind: Forge Resiliency and Mental Toughness to Success at an Elite Level*. CreateSpace Independent Publishing Platform; 3<sup>rd</sup> Edition (2015)

3. What is my **Purpose**? Who am I and what am I here for? What is the **One Thing** I am supposed to accomplish in my life, and what does that mean for me right now? That is, what is today's One Thing connected to my big One Thing?
4. How do I take my **One Thing** and activate it in the world?

These questions just scratch the surface. But if you answer them honestly you'll be on the path to alignment with your purpose.

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