



### **Do you know why you on the planet?**

*EPIC! Rule #13: If you know your purpose, you are never out of a job.*

Today is my birthday - 71! I am grateful for many things. Foremost is my family (above picture taken as I celebrated my 70th with some of our kids and grandkids). I am also grateful to be confident and clear that this next decade will be my best yet!

I credit that state of being to my ability to get clear on the answer to “WHY am I on the planet?” What is my purpose? Most people are not sure of the answer to this—even though it is one of the most important questions you will ever ask yourself.

The good news is that you have a purpose, whether you know it or not. Think back on a time in your youth when you first realized there was a purpose greater than yourself? Maybe you saw a friend bullied at school. And you thought, “That isn’t nice”. Or a new kid standing by themselves on the playground - and you didn’t want them to feel alone. Or you felt a sense of bliss in the forest?

Most likely there is an underlying song line in many of the experiences, decisions, and adventures that have meant the most. It could be a theme around justice, community, equality or connectedness. Here is a definition I use in the Decade Game that helps people get clear on their purpose.

**Purpose is your own theory of change about how the world gets better, in a way that you believe you can make a unique contribution - no matter how small. Your purpose statement answers the question: “The world gets better when ...**

You most likely share that theory of change with many others. It could be to make the world healthier. Or smarter, or more loving, or more forgiving, or more sustainable, or more just, or more courageous. You feel called to contribute for your own unique reasons, attributes, qualities, and background. For example, I spoke today to a woman executive who was raised in the foster care system. Her purpose statement is: The world gets better when leaders use their voice to help the voiceless. Beautiful.

Your purpose is not a “point of view” that usually includes a “how” and could change over time. My friend Lynne Twist in her new book, *Living a Committed Life*, calls it your “Stand”. A Stand is incontrovertible, universal and lasts your lifetime. Your Stand is with you for your entire life, it is your life’s work, your vocation. It is your North Star. Who you are is where you stand. It is the essence of who you are. It is your truth.

For me “I stand for a world where courageous leaders can find their magic, trust it and use it honorably to make a world that works for everyone. This overarching purpose has informed my journey throughout the decades in every domain of my life - personal, professional, and philanthropic.

Getting clear on purpose is hard for women because there are so many contenders. Given women’s multiple priorities and commitments—at home, at work, in the community—it’s difficult to find the beacon that illuminates our path to contribute to all the causes we care about.

Time for another EPIC! Rule of the game.

**EPIC! Rule #13: If you know your purpose, you are never out of a job.** Your real job is not what someone is paying you to do. Or completing the daily tasks of taking care of your family and household. Rather it is the work of becoming who you really are. Fully in your power. The leader you long to be at home, at work and in the world. Your most EPIC! self.

What I know for sure is that every person wants to feel competent at doing their job well. Living every day in a way that is worth dying for IS the real job. You can do it well every day by simply discovering meaning for yourself, no matter what the universe brings you. And creating meaning for others.

Relax and take a breath here. Think of how you will feel to know at the end of every day that you have done your job well. Don’t think you need to invent a unique cause or

purpose, or dig deep within yourself to discover your Stand. You are born into a world of causes, which existed before you were born and will be there after you die.

Reflect on the causes that have gripped you over the years; the stories that have broken your heart, the ones that inspired you to give greatly of yourself. Your purpose already lives inside you. All you need to do is name it - and claim it as your life's work. Knowing that you have all the time in the world to practice it.

I created a new practice in year 1 of this Decade Game of 70 - 80. Instead of ending the day with a gratitude list. I complete the day with a little victory dance. I celebrate that I was on the job from the moment I got up until the moment I go to sleep. And I did that job for a purpose, on purpose.

Sending love and light - Carolyn



“People say that what we’re all seeking is a meaning for life. I don’t think that’s what we’re really seeking. I think that what we’re seeking is an experience of being alive. So that our life experiences on the purely physical plane will have resonances with our own innermost being and reality, so that we actually feel the rapture of being alive.”

— Joseph Campbell, *The Power of Myth*

PS. Since the New Year, I have been sharing my EPIC! Rules to play the game of life, your way. I have them now posted on the website if you have missed a newsletter or would like to review them. Click below and scroll down to the Rules.

[EPIC! Rules of the Game](#)