



Deanna Frazier tips

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The Power Of Purpose

Hello, Everyone!

I just got back from Napa Valley, Ca. (lucky me!) I made a presentation there to a fabulous group called Spirit of Women which is a coalition of 78 hospitals throughout the country that creates programs and projects for women's health. I was totally struck by the dedication, commitment and passion of the attendees who represented the hospitals, vendors and staff of Spirit of Women.

The Spirit of Women hospital network is dedicated to advance the cause and business of women's health. It was an incredible few days and most importantly I was once again struck by the Power of Purpose.

Everything in life is some form of energy. If you want to have an effortlessly successful life, it makes sense to go with the current of energy, with the flow of life, rather than against it. How do you know if you are living in the flow of life?

Your purpose is the engine, the power that drives and directs your life.

The great industrialist and philanthropist Andrew Carnegie once said: "Life is full of potential! It is meant to be lived to the fullest."

Many people experience only a fraction of life's potential because they haven't decided what they want or where their life is going.

I just want to live day by day and see what happens is a common approach people take to life.

"Your purpose is what kind of business you are in as a person."

- Kenneth Blanchard/Norman Vincent Peale, The Power of Ethical Management

Imagine for a moment that today is your one-hundredth birthday. The local newspaper plans to print an extensive story outlining your personal and professional achievements. Prepare your story as you would like to have it printed.

- * How would you want them to describe what you had to say about you?
- * What would you tell the reporter was your primary purpose in life?
- * What was really important in your life?
- * In other words, what gave meaning to your daily activities?

Turn this mental exercise into a statement expressing your supreme aim in life - your purpose. A meaningful purpose communicates what you want to accomplish and the contributions you want to make.

"There is only one quality which one must possess to win, and that is definiteness of purpose, the knowledge of what one wants and a burning desire to possess it." Napoleon Hill

If we do not develop our own personal mission and take responsibility for the quality of our lives, others will dictate it to us.

- * Have you ever been overwhelmed by the demands of others?
- * Do circumstances tend to control the direction and outcome of your day?
- * Once you establish that each day will be directed toward that purpose, then and only then can you be empowered to direct your own life and business.

Decide what really matters in your life. Write it down, spell it out, and begin living beyond ANY present limitations.

Contact Deanna Frazier For Speaking and Coaching!

Deanna Frazer will speak to any size group or meeting. She incorporates humor and shares dating stories and advice in all of her speeches.