



INTEGRATE TO LIVE

Restore Resilience. Cultivate Community. Impact your World

Week 42 Transcript: Life Mission

This week, we take a look at our personal mission and what it means to live our life on purpose.

Just by the mere fact of existing, we can know we have a purpose. There is a reason for everything in creation, and that includes you and me. Our mission gives our life meaning. And, not just in the discovery and understanding of it, but in the pursuit of fulfilling it.

I have a strong, personal conviction that our mission is so intrinsically tied to who we are being, not what we are doing, that we can accomplish our mission while laid out, flat on our back, in a hospital. This always gets peoples' attention when I say this, followed by some kind of rebuttal or a head tilt.

Think about it. If my mission were solely tied to what I am doing and I get in a serious accident, contract a debilitating disease, or am a mom of a newborn, for example, and I'm not physically able to do all the things that I believe express my mission, then I have suddenly lost my purpose for living.

Or, if I have a clear sense of what I want to do but it isn't time, I need to build character first, train for the next Olympics, or raise funds and develop strategic partnerships, then my "purpose-filled life" seems far off in the future and something I am living into, but not experiencing now.

This is where a lot of our deep dissatisfaction comes from. We believe that we will be living our life on purpose when we complete our first feature length film, build an orphanage in Africa, launch our own business or arrive at a certain level in our career. All of these things may be a part of our mission, but what about the life we are living in the meantime?

Living with a sense of intentional purpose is consistent throughout every area of our life. You can ask yourself, "What is the overall impact I want my life to have?" It's who we are being, not what we are doing, that allows for the fullness of this impact.

If we limit our mission to our job or career, or we limit it to the tangible accomplishments we can show for, then we miss countless daily opportunities to leave an indelible impact on everything around us.



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Your identity speaks to your mission. Who you were designed to be in the world. This includes your natural gifts and talents, every part of your story, your deepest dreams and highest aspirations.

Your values speak to your mission. The things you hold most important in life will naturally flow into the impact and influence you want to leave as a legacy; the burdens you carry for the world, the causes you feel passionate about and issues that make your heart burn.

And, the injustices that need something to be done about them. Maybe you're the someone that is purposed to create change in our lifetime.

Your life trials and challenges speak to your mission. The things that shape you through the losses you've endured, the failures you've rebounded from and the hard choices you've made in the face of suffering and disappointment all inform the purpose you were designed to embody.

Because my story is one of long-suffering, life-altering circumstances and chronic limitation, I have wrestled deeply with my take on mission. What I believed I was called to do got its feet knocked out from under it when I was debilitated at the age of 20. No amount of planning, training or prepping was going to move me toward accomplishing my goals. I simply was not able bodied.

But, this crisis landed me in this question: Who do I want to be in this circumstance in my life? If I choose to be who I am, in alignment with my true identity, I will always have a sense of purpose.

St. Catherine of Siena said: "Be who you were created to be, and you will set the world on fire." The explosion of impact that lights the world up comes from a place of being.

If you don't yet know what your mission is, part of your mission is to discover your mission! Self-discovery leads to deeper awareness of our personal life mission, and we are all on that journey together. Be sure to download the action guide to support this process and share what you are learning on our group page.