

Kaalo lifestyle

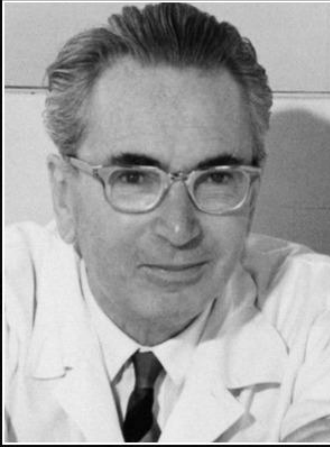
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Finding purpose and meaning



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Forces beyond your control can take away everything you possess except one thing, your freedom to choose how you will respond to the situation.

— Viktor E. Frankl —

AZ QUOTES

CREATE

Finding meaning and purpose and making sense of our situation will be a basic human drive for all of us. When we find our purpose we will always be passionate about what we're doing and thus we will always be innovative. The classic example is Steve Jobs. He's quoted as saying his purpose was: "to make a contribution to the world by making tools for the mind that advance humankind." And he certainly did. Ask yourself these questions: what do you enjoy?, what are you good at?, what do you care about?, who do you admire? And what do you dream about? These questions may help you find your purpose.

CONNECT

It is our relationships and connections with those around us that make life most worth living. Belonging is primal, fundamental to our sense of happiness and well-being. Like hunger, food and fear. We make a mistake in thinking that casual conversation with colleagues and strangers fulfills our connections needs. It does not. We need to feel a deep connection and a real sense of belonging. It is in a community of like-minded people what you will find inspiration, friendships, deep connections and ultimately belonging. Take time to find your tribe!

HAVE FUN

Don't let fear guide your decision making. Step out of yourself from time to time and have some fun. It will restore perspective, distract you from worry, remind you of the meaning of life and focus you on what is really important. Fun and recreation are a priority, not a nice to have, schedule time every day for some good old fashioned fun.

RESTORE

We are being given an opportunity to restore ourselves and our lives to a healthier, slower, more meaningful pace. It is time to shed everything non essential. From toxic Facebook friends, to clutter in your home, bad habits, waste and meaningless pursuits. Create space for a new normal and energy to use only in the service of what is ultimately meaningful to you.

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Contact Us

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