



# The Personal Coach BULLETIN

balance through partnership

111- 460 Kenaston Blvd  
Winnipeg, MB R3N 1Z1

office: 204.489.9534  
cell: 204.782.1362

email: james@coachladd.com  
web: www.coachladd.com

March 31, 2008

www.coachladd.com

COACHING POINT

## WHAT IS YOUR LIFE'S PURPOSE?

**"Our lives begin to end the day we become silent about things that matter."** MARTIN LUTHER KING JR. (1929-1968)

You climb out of bed every morning; take a shower, brush your teeth, get dressed, have some coffee, toast or cereal, pat the dog, hug the kids, kiss the wife (husband), not necessarily in that order and head out the door to where and to what?

No it is not a destination that I am talking about, it is a **PURPOSE**. Does your life have one? All the pain and suffering you have experienced (March 11<sup>th</sup>'s bulletin), is it leading somewhere or are you just blowing in the wind? If you had to colour your existence would you use shades of grey or bright, vivid colours exploding all over your day?

Much of the complacency, indifference, dependency, fear, lack of tolerance, hatred and just plain negativity we see and experience today quite simply can be attributed to people's lack of purpose. Everywhere you go; in workplaces, in homes and communities, you hear about a lack of motivation. It just keeps screaming out wanting for an answer. People who lack motivation lack purpose in their lives!



Martin Luther King Jr. perhaps the most well known of civil rights leaders in the fifties and sixties had a passion for life, a crystal clear purpose for living which paradoxically was to result in his untimely death. Mr. King knew the dangers and still was willing to pay the ultimate price. An exceptional man to be sure, whose influence is still felt today. He understood

the true meaning of his life and he demonstrated it to the world by his example.

A life without purpose is a life without passion. And sustaining passion can only come from a clear understanding of what you value, need not want and are drawn to by your personality type or style and than behaving congruently with that self-awareness. The first step to finding your purpose than is to know who you are at this place in time. With self-awareness comes the ability to identify your life's purpose. With clarity of purpose comes energy and passion. What emerges from this are discipline and ultimately the courage to stand up and to speak out about things that matter to you.

When your life has purpose it transforms your existence and a remarkable thing takes place deep inside where energy and passion bubble up creating the intrinsic motivation for you to move out and make things happen in your life.

Ralph Waldo Emerson (1803-1882) said; If you can not find the truth right where you are, where else do you expect to find it?

Keeping your life in sharp focus doesn't guarantee a long life but I am certain a full one.

~ James Ladd



James Ladd, Coach

## ACHIEVE BALANCE THROUGH STRATEGIC COACHING:

### One On One Coaching

Find Your Life's Purpose  
Through a Personal Coach.

### Group Workshops

Customized workshops and  
seminars for the Workplace.

### Emotional Intelligence

Personality

Stress

Motivation

Change

### Speaking Engagements

Luncheons, Dinners, In-office  
Meetings

### Self- Study

*The Personal*

*Transformation Guide @*

*Unearths who we are and how  
we impact the world around us,  
ultimately leading toward  
change and personal growth.*

**(Available to Purchase)**

**More Information on  
my Website;**

**www.coachladd.com**

If you are interested in  
investigating the possibility of  
having your own personal  
coach, please contact me for  
a one hour exploratory  
session at no charge!

**james@coachladd.com**  
or **489-9534**

**Up Next:**  
**Price of Leadership**

