



# purpose

## Women Living with Purpose

We started this series speaking of how every person longs to find meaning and how to live it. We are often distracted by an addiction to action and forget to stop constantly trying to prove ourselves instead of simply, seeking, observing and waiting for wisdom.

### Weaving Your Personal Vision

At a recent networking breakfast, where I spoke about the concept of spiritual intelligence, the discussion heated up when people began to share what they would be doing with their lives if they were not afraid. One woman said, “I would have a baby.” Another man was clear that he would give up his corporate identity to pursue his dream.

What would you do if you were not afraid?

### Spiritual Intelligence

The new world trend is to question whether it is possible to have purpose, passion, and profit all at the same time (this is known as Spiritual Capital).

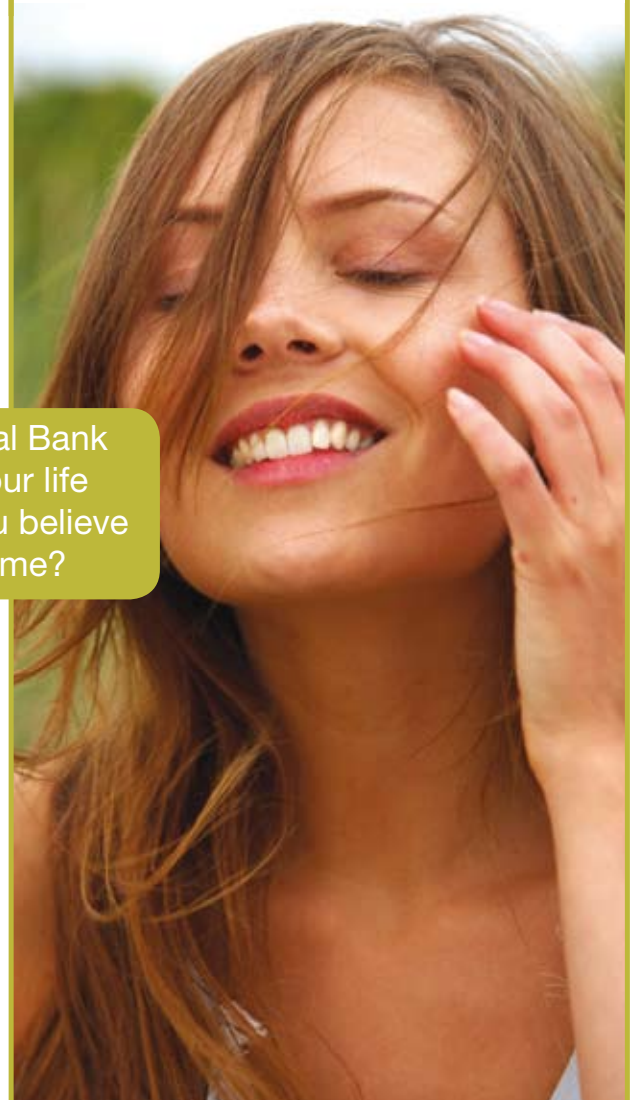
What does your own Spiritual Capital Bank account look like? How much is your life governed by meaning, living what you believe and making money at the same time?

Businesses are being challenged to consider the impact they have on the **broader environment** beyond their shareholders. For example: Are we aware of how we contribute to the rapid depletion of the earth's resources? They are needing to evaluate if the employees in their organisation are fulfilled, healthy and balanced at work and at home!

Cynicism prevails, but brave leaders are shattering moulds by proving that more profit can be generated if the organisation wakes up to the realities and **needs of the community**, family and person with which it barter.

Does your organisation reach further than its own self-interest by serving outside of its ego?

Watch the corporate landscape transform as sustainable businesses employ **Spiritual Intelligence**.





## Indicators of workplace wisdom include:

- Asking “why?” through true dialogue and really engaging with employees’ for answers.
- Developing a strategy that considers the long-term effects of the business on the earth’s resources.
- Including a way to service the greater good whilst being excellent Capitalists.

Remember: The richest women lead through serving, asking why, demonstrating conscious compassion and authentic connection. They practise humility by acknowledging that they are where they are because of others.



Spiritually Intelligent women make money and enjoy it, but are not mastered by the mint. They are self-aware and clear on their value and weakness.

Look at some of the qualities of Spiritually Intelligent women. How do you rate against these qualities? (Ask someone how they see you, if you want to increase your conscious awareness score)

- I consciously act with compassion (y) (n)
- I display humility (y) (n)
- I know what I value (y) (n)
- I regularly ask why (y) (n)
- I actively engage with my world (y) (n)
- I have a clear personal vision (y) (n)

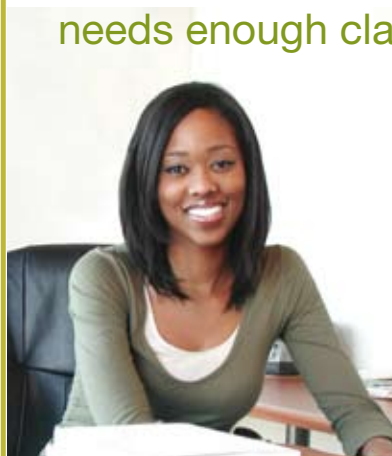
Do you believe that how you live today can and will affect the future generations?

Do you know what value you add and whom you are serving?

# Towards a Clear Vision

“You do not have to prove your life purpose to anyone. It only needs enough clarity so that you can organise your life around it”

Robert Fritz



The purpose of your vision is to pull you toward living more in line with what you were born to do. The vision can change because it is not what the vision is, but what it does. I have found that the simpler and more tangible a person’s vision is, the easier it is to remember, rehearse and realise it.



# STEP 1

Choose one of the earth's elements that you most identify with. Your choices are earth, wind, fire, and water. Write this quality at the top of a page.

On a blank piece of paper make three columns. Write your chosen element in the top centre of the page.

In the first column, write twelve functions (what it does) of this quality that you most identify with.

For example:

Earth: makes space for plants to grow. It holds things. It protects. Fire: It converts, masters, moulds. It protects and keeps one warm).

In the same column, also list other actions that you have really enjoyed in your past.

For example:

Helping, writing, financially supporting, teaching, acting, building.

In the second column, write down how (the way) the element does these things. Seven to ten adverbs is ideal

For example

Gracefully, persistently, peacefully, respectfully, powerfully, passionately.

In column three, write down two or three groupings of people that you would like to influence, work with, engage with or serve. You may be doing this already or long to do this

For example:

Children, adults, the elderly, young people, business, church, underprivileged, disabled, wealthy, divorced, single, men or women (use these as a guide only).

# STEP 2

# STEP 3

Now go to column one and circle three words that you see yourself doing in your ideal work. Circle two words in column two that click for you regarding the way in which you wish to work. Finally, circle two groupings of people in column three that you want to work with.



# STEP 4

The fourth step is to put this all together. Start your vision statement by saying (In the present tense!)

I \_\_\_\_\_ WHAT - Column 1 words, with  
\_\_\_\_\_ WHO - Column 3 words  
\_\_\_\_\_ HOW - Column 2 words

Here is a sample vision statement:

"I nourish and aid healing, with ambitious sportspeople, persistently and flexibly".



# STEP 5

Read your statement a few times and add or change what you need to.

Does it feel right to you?

When we are clear about our dreams, an inner excitement builds as we identify with what we have been trying to articulate for a very long time.

## The Creative Tension QUESTION

Now that you have a simple guiding statement for what you would like to do in your lifetime, ask yourself how similar or different your current reality is to this snapshot.

Is there anything that you can do to make this vision more of an evolving reality for yourself?

Do not be alarmed if you find a little uncomfortable - especially if your vision is not at all related to your current reality! This discomfort is an essential trigger to shift you into action.

In my next article we will look at some practicalities of transforming your personal vision into reality. Until then, practise increasing your SQ (Spiritual Intelligence) with those around you. You will be amazed at the response!



Andrea's passion is facilitating true organisational and individual transformation with integrity. She has used the platforms of coaching, leadership development, strategy and process facilitation and team effectiveness to stretch and assist those in transition. Andrea left the corporate world after seven years to follow her passion and entrepreneurial spirit. She consults to organisations and individuals, encouraging difficult conversations and creative, measurable actions for change. Her ongoing coaching relationships with leaders of all levels has resulted in clearer structures, more open, results oriented communication and teams that understand the business imperative and their own individual worth within that. Andrea has spoken at various forums including women's, SME and business conferences and business school initiatives. She has an interest in women's issues as well as developing our youth into the kind of leaders that can build this country. She works in the private sector, quasi government and government sectors and in the church. Andrea completed a thesis entitled "The relationship between leadership ability and emotional intelligence." She has achieved academic success in Business Studies and Psychology. She is in the process of completing a children's book. Andrea teaches NIA, a dance fitness routine to try to practice and learn the art of life balance which she professes is indeed possible!!! To contact Andrea please email [apauquet@netactive.co.za](mailto:apauquet@netactive.co.za) or call (083)307-6688.