



Issue 1



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In the Eye of the beholder

My daughter asked me the other day, “Mommy why are we here on Earth?”

I must admit I was quite taken aback to hear this from a 7 year old but then I started remembering how much of the world I’d rediscovered through her eyes and how wonderful the unaffected mind of youth is.

How many of you awake each day and pursue life’s daily tasks without much thought as to why you were put here on Earth in the first place?

Have you really thought about what your life’s purpose is?

When I first thought about this I found the idea of writing my life’s purpose rather daunting. I mean what if I got it wrong? What if committing it to paper meant I actually had to pursue it? Or worse, what if I didn’t know?

I didn’t. And I’m sure I’m like most of the world when it comes to really knowing why we are here. What am I to do with this life? Surely getting an education, having relationships, procreating to ensure survival of our family, working, retiring and then dying isn’t all that we are here for? So why am I here?

It’s a tough question. But the best part of answering it is that you already have the answer. Yes you do, we all do. The answer lies within us. It’s in the eye of the beholder.

So, where do we start if we have no idea? I found my starting point here:

My life’s purpose is to find my life’s purpose.

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Since beginning with the above life purpose I had a starting point with which to work. I have subsequently written and re-written my purpose several times to achieve the purpose that I know is **meaningful to me**. This is important. Your purpose must be significant to you and not influenced by family, friends or society. If your purpose is based on what you think others want for you it loses its impact in your life.

If you are living your purpose, good for you. I have started living mine and I can tell you it's made the world of difference to my life!

What is a life purpose?

Many think of their purpose as their career or the job/task that they do, however, it goes much deeper than that. Your purpose is who you are, your unique essence and your career is just one way you can express your purpose. Rather think of it as.....

"Who you are to *be* and not what you are to do".

Ideas to get you started

-  What is it you love doing?
-  How do you want to be remembered in your eulogy?
-  Who is important to you?
-  If money weren't important, what is it you would be doing?
-  What are your natural strengths and talents?
-  What are you passionate about?
-  If you look back on your life, how will you know that you've been successful?
-  What do you value?
-  How does your personality serve others/the community?

Writing your life purpose or mission is just a matter of abridging and defining this information into a memorable, meaningful, simple, yet powerful statement that reflects who you are, who you are to be in this life, your unique essence.

It works best if you write it to appeal to your five senses (touch, taste, smell, sight, and hearing) and to include the emotions you feel.

Sentences to get you started

-  I am.....
-  My passions are.....
-  I value.....

Example of a life purpose:

My passions are personal development, spirituality and learning. I am a learner and a teacher, organised, thorough and an interesting mix of head and heart aspects. I value authenticity, integrity, wholeness and learning. My purpose is to use my love of learning and my desire for wholeness, healing and personal and spiritual growth through research and writing and through coaching and teaching others in order to bring love, peace, harmony and unity into the world.

About You Unlimited

Camilla is a Life Coach and Facilitator with six years experience in Human Resources and Development and eight years in education. Prior to opening You Unlimited, she worked for one of SA's largest ISP's primarily focusing on Skills Development for the organisation. This included internal Leadership Development Programmes, soft skills development, team effectiveness, team building and performance management.

Camilla founded You Unlimited due to her passion for people and their optimal development, this led her to seek alternative methods for approaching skills development. Camilla is well sought out for her objectivity and out-the-box approach to challenging situations. Her natural affinity for helping others clarify issues and move forward towards their goals resulted in people asking why she didn't take this on full time.

Camilla has a good knowledge of SA skills development compliance and SETA requirements and is able to guide companies and individuals towards recognised providers and courses to best suit their individual needs.

Camilla started her journey of self-awareness, when diagnosed with Breast Cancer in 2004. Through introspection she realised the importance of leading a balanced lifestyle and a life filled with positivity and abundance. Life is too short for procrastination and goal setting is key!



Camilla is a member of COMENSA (Coaches and Mentors of South Africa).
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Camilla completed her Coach's training through Elsabé Manning (Success Factory).
Camilla is a Success Factory Licensee for: Coaches Training, Leadership Management, Effective Communication in the Workplace & Professionalism in the Workplace.

Services offered:



Coaching

- Life Coaching
- Leadership Coaching
- Performance Coaching
- Career Opportunity identification



Team Building

- Improve Communication, Conflict resolution, Team Goals etc
- Fun activities



Public speaking



Courses (Licensed through Success Factory – Services SETA accredited)

- Coaches Training
- Leadership Management
- Effective Communication in the Workplace
- Professionalism in the Workplace

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Quotable Quotes

Great minds have purposes, little minds have wishes.

Washington Irving

We were not sent into this world to do anything into which we can not put our heart.

John Ruskin

Look and you will find it.

What is unsought will go undetected.

Sophocles

I don't know what your destiny will be, but one thing I do know: the only ones among you who will be really happy are those who have sought and found how to serve.

Albert Schweitzer

Just for laughs

1. Gardening Rule: When weeding, the best way to make sure you are removing a weed and not a valuable plant is to pull on it. If it comes out the ground easily, it is a valuable plant.
2. The easiest way to find something lost around the house is to buy a replacement.
3. Life is sexually transmitted.
4. Whenever I feel blue, I start breathing again.
5. All of us could take a lesson from the weather. It pays no attention to criticism.
6. In the 60's, people took acid to make the world weird. Now the world is weird, people take Prozac to make it normal.
7. How is it, that one careless match can start a forest fire, but it takes a whole box to start a braai?

Inspiring stories

Ben Underwood

Ben has a special gift. Although he is blind, through the use of echolocation he is able to see. By making a clicking sound with his tongue, Ben can sense where objects around him are located and navigate his world.

<http://www.youtube.com/watch?v=DpBm4KoWsrY>

Until next time... **Live each day purposefully!**

Camilla

PS. Please feel free to circulate the newsletter. If you would like to subscribe please pop me an email and I'll add you on for future news.

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