

WHAT IS YOUR FLOW? OR (WHO, WHAT, WHERE & HOW?)

Many people are searching for their personal meaning and purpose in life.
Have you found yours?
Do you know what it is? Where is it? What is it? Who is it with?

It's never too late to go on a search for meaning and purpose in life. Often our purpose changes as we go through different life stages.

I'm not saying we can or should control our lives, but I am saying we can learn to better go with the flow. Your flow is tied to your heart's desires which are connected to the questions of what, where, who and how?

If you are bored or if you feel like your life has no meaning or purpose, then you need to go on a search journey. A journey to help you find your way. That's right - Your Way. Each of us has a personal journey and story to be written.

Who do you want to be with the most? If you could.
Who would you like to be with you the most?

What matters the most to you in your life?
What do you care the most about?
What do you want to do the most?

Where would you like to go or to be the most?

How can you fulfill these desires? Can you adjust your schedule to make room for these goals?
Do you need to change your lifestyle or your job or your living location to move closer to your target place, person or activity?

What person makes you feel the best about being alive, about living life?
What do they do that makes you feel so good? What do you value about them?
Can you increase your time with them in your daily life? Your connection in relationship with them?

What activity do you love doing the most? How can you increase your capacity to be able to do that activity more?

These are choices and options. Sometimes we don't have the ability to make changes in our schedule or lifestyle to move towards these best activities or people. There are other people, who live in circumstances that cause them to not have the option of making changes to their lifestyle. This is not an option available to them.

But if you are fortunate to have this freedom and ability to alter your daily schedule and assign meaningful activities into your life, we must do it. We must make the most of the life we have.

Your story is tied to your strengths, talents and passions that matter the most to you.
Take the time to reflect and answer these questions and find your flow in your life.
May you find peace and meaning in your search.

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