

# A Sense of Purpose

by Annette Aben



A sense of purpose, doesn't that sound like a title for a book or at least a dissertation? Well, when I began to ponder the topic for this edition's feature articles I never imagined this is where my head would go. Yet when I truly began to find the common denominator among all those things which brought me to life, it kept coming back to how I felt about them and that feeling was the sense of

purpose.

***Purpose seems to ADD to the VENTURE making everything an adventure as opposed to simply a task.***

When I can identify the reason, I seem to call upon a part of me which embraces the feeling of accomplishment and the pride in a job well done. To have a purpose seems to me is akin to clearly defining something where one time I may be doing something out of habit another time I will find the deeper meaning thereby pumping the adrenalin and awakening all the senses at once.

I love being and playing my part on the team of life. If you ask me to bring part of a special meal I look forward to creating soup, those dessert bars or tossing that salad as much as if you had asked me to tell what my favorite foods are. Offer me the chance to be a part of the greater whole and I rejoice in the synergy of the experience. No role is too small, no task insignificant when the purpose is to create a happier, healthier result.

I believe that sometimes we have to ascertain the purpose of our tasks on our own. Not always are we aware immediately of the positive effects of the part we are asked to play in the scheme of things. We may have a tendency to think that if the outcome is not monumental then the effort may not truly be needed. Self defeating thoughts like that deflate one's

enthusiasm and eventually awaken the inner critic's full potential to retard enjoyment in its basic forms. YUCK!

Okay so now we have this grand opportunity to create the connection of importance and how can we do that? My favorite phrase for that is, ***"Something good will come of this."*** Once I have connected with that thought then what I am doing has a purpose for I am contributing to the greater good.

Whether the purpose of my life is to serve or be served my life has meaning because I believe my life has a purpose!

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**Annette Aben** says, Life is good! I believe those words and live those words. Through creativity, I find peace and balance. Because I allow myself to vary the activities, writing, drawing, painting, jewelry crafting and photography, I am always enthusiastic about what I am doing.

My furry companion, Baby, is featured in many ways in my projects. I photograph her, draw her, write about her and am so grateful to have her energy in my life. Website: <http://innerchildartwork.com>