

Take The Stress Out Of Finding Purpose - SFTS44

Edroy Odem: You're listening to Snippets from the Summit with your host, Scot McKay.

Scot McKay: Awwww, how's it going, gentlemen? This is your main man, Scot McKay, coming at you again with another Snippet from the Summit as part of the Mountain Top Podcast from X & Y Communications. Today we're going to talk about purpose. This is an interesting topic because it comes up quite a bit during the course of podcast episodes, but today I want to handle it from a different angle than usual. I think a lot of times when we think about our purpose as a man, we fall into the trap of thinking that there's one big purpose for our life. In other words, we were born for this particular thing we've got to get done before we pop our mortal coil. And today I want to challenge that thought process because first of all, let's say you have this one big goal overarching your entire life, and you don't get there, well, then you're going to be on your deathbed someday thinking that your life was a failure, when in reality it most likely wasn't. So let me explain a different mindset that can help you frame this well in a much better, more productive way that will make you feel much better about yourself, what you're doing with your life, and ultimately allow you, frankly, to do more with your life than if you were continuously focused on this one purpose. Especially if you haven't found that purpose yet. Right? Here's the deal, guys. You can have more than one purpose in your life. You can have multiple areas of purpose. For example, in my own life, I really love what I do for you guys with these podcasts and coaching you guys to greatness with women and being better as a man. But I'm also enjoying the heck out of being a BMX racing and roller derby announcer. And by being the one who does play by play for those sports, I lift the spirits of the people who are in those sports with me and help them have a lot more fun and I'm appreciated for it. That's purpose in and of itself. So I have two things at least going on right now you could add on to that. I want to

be a great dad. And that alone could be a great purpose. If I raise children to be wonderful humans. Well, you know what? That's a valid purpose in and of itself. I think you guys get my drift there. So you can have more than one purpose also. And importantly, you can complete a purpose and move on to another one. For example, I'm on my third career, and at the time I left my previous two careers. I left thinking there really wasn't a whole lot left I could do or accomplish in those fields. The first one was coaching at risk kids to do something with their lives. And that became a little bit of a *vita loco* when I became married for the first time and had a daughter. The second purpose was to be a great businessman. And I felt like I did as much as I could in the telecom fields before really, there wasn't anything else that was exciting to me there anymore. Then after my bitter divorce, when I focused on being a better man and attracting better women, the success I derived from that really gave me a passion and therefore an ambition to want to impart that to other people, to help other people find love, to help other men get better with women and be better men in general. And I've been doing that happily and been very fulfilled by it for 18 years and counting. So you can actually complete a purpose and move on. And in the midst of those three careers, by the way, I've had other things come up that didn't necessarily pay the bills, but which served my community, which volunteered my time in a way that was productive to making the world a better place. So even as I was completing, well, what you would call, I guess, career purposes, I was mixing and matching other things I was doing to make the world a better place, even if I didn't get paid for it. So you see, there's this whole idea here of having multiple areas of purpose and being able to complete specific areas of purpose and move on. And that should put your mind at ease. Not only about feeling the pressure to complete this big massive purpose before you leave this world, but also allows you to relax into endeavors that really may not feel like you're destination in life, but are very meaningful to you and very helpful to others along the way. And that should make you feel good. And you know what? When you do get to the

sunset of your life someday, you can look back on not just one big thing that may or may not have happened, but all the various ways you've accomplished goals, assisted other people, and made the world a better place along the way. And oh, by the way, one other key piece of the puzzle to perhaps help not pressure yourself so much to accomplish

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Scot McKay: this one grandiose purpose is to remember that if you accomplish 18 billionth of what it takes to keep this world spinning, you've done your job as a human being. Consider that, I think a lot of times we want to compare ourselves against the most famous, the richest, the most popular, when really we should be the best version of ourselves. And that should be enough. I'm not by any stretch of the imagination saying to limit your dreams. I'm just saying dream big. Accomplish what you're going to accomplish. Do what you're going to do. And be proud of that. Because at that point you will have lived, ah, a life well lived. And you can hold your head up high. Want to talk about this or anything else? Scott@mountaintoppodcast.com. be good out there.

Edroy Odem: As always. Visit mountaintoppodcast.com for more u.

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