

FINDING TRUE PURPOSE IN LIFE

WRITTEN BY **LESLIE MONTOYA**



Have you ever dreamed or desired something so much you decided to work hard and do everything necessary to get it? Although, once accomplished, have you got the feeling of, is that it? I experienced this same feeling after three years of intensive work in what still is my highly desired job at Univision TV in Austin. During the first year and a half, my only purpose was to give it my best to demonstrate my true passion to this career. My daily motivation was driven solely by the desire to prove I was worth holding my position.

I still remember how extremely happy I was the day my boss called me to his office and gave me the great news, I had been chosen to host the morning show. It was wonderful news! Finally, after hard work and an impeccable positive attitude, the opportunity had arrived. However, as time went by, my passion and dedication were little by little decreasing and getting distant from where I started. I got to the point where I questioned my passion to this career. I was not sure where these thoughts and discouragement were coming from. I was aware this newly adopted negative attitude was not going to take me any further in my career. Therefore, I decided to search for answers and that is how I got interested in every topic related to human development.

ASK AND YOU SHALL RECEIVE.

In my quest to find answers, I came across a book written by Viktor Frankl, a German psychiatrist who developed Logotherapy. Logotherapy is a theory centered in finding meaning in everything we do in life. I highly recommend his most acclaimed book *A Man's Search for Meaning*. This wonderful book helps you understand the importance of living a meaningful life. According to Viktor Frankl, a high percentage of the existing neurosis are caused by an existential vacuum or lack of meaning. After learning a life without a purpose has no meaning, I understood the cause of my discouragement at work and lack of motivation. Back then, it was not clear to me my true purpose as the host of a TV show and the responsibilities associated with this role. Thus, once I found it, everything



made much more sense. I can happily say I haven't felt the same feeling of boredom or discouragement again.

Here's a quick start in the search for meaning.

ASK YOURSELF THE RIGHT QUESTIONS

Whatever you ask your brain, it will give you an answer. If you have the habit of asking questions with negative attitude, your brain will certainly give you negative responses. Example: why is it the people I trust always take advantage of me? After you ask a question like this, your brain will automatically search for the same old answer it has always given you, "because you are dumb." The point of this example is to illustrate the quality of our thoughts is the quality of our lives. If instead of having negative questions or thoughts, you change the format and purpose to be more productive and positively oriented, your brain will give you answers with the same tonality as you ask. Going back to the example above, the better

question would be like this: "What can I learn from this bad experience?" The possible answers may vary in content; nevertheless, they will be quite helpful. Remember this, the brain is a powerful resource that serves us, it is our decision how we want to use it.

By asking the right questions, your brain will help you find true purpose in different moments in life. Here are some examples: What type of a human being do I want to be? Am I doing this to benefit just me or also somebody else? How does it make me feel? Would my family and friends be proud of what I am doing? Viktor Frankl believed real happiness and true purpose in life are the byproduct of doing something meaningful for somebody else.

CHANGE YOUR ATTITUDE

Even in moments of despair, stress or "out of control" situations, meaning can be found. When I understood this, my life completely changed. The key of this is to be

aware of a powerful tool that no one can take away from us, our right to change our attitude. Regardless of how difficult the situation or environment is, we can always decide our attitude. Mr. Frankl used to say "life does not owe us happiness, it offers us meaning!" It is our task to find it. Again, ask yourself questions that empower you, such as: What can I learn from this experience? Why is it I need to change my attitude? Is my current attitude helping me have a good quality of life? What about the quality of life of those around me? What can I learn if I change my attitude? Once you start asking these questions, I assure you answers will begin to flow.

It is important to mention as our life changes with time, our purpose does too. If in this stage of your life you are given the great gift of becoming a parent, then your purpose is, without a doubt, to be the best care taker for your little one. It is our attitude that determines how much our actions will transcend in the people we love.

Regarding how I found my true purpose in life one night, I was sitting at my dining table with my husband discussing a problem he was having with a coworker. After a couple of hours of deep conversation, I shared my point of view and offered different strategies to resolve the problem. I still remember the way he looked at me and told me: "Have you ever thought about being a life coach?" It only took this question to realize my true and real passion has always been to listen to others' problems and help them bring out the best in themselves for the situation. Thus, since that day, that has been my purpose.

As we all know, studio lights and TV cameras can be intimidating, especially if you have to speak in front of them. For this reason, I decided my purpose as a TV host will always be every interviewee who comes to my show feels comfortable and confident to speak on camera. The result of this change of attitude has been great as the interviews started to look a lot more natural and relaxed. The best part of this change has been the reward which is to see the faces of excitement and happiness of my interviewees and hear them say, "Thank you for helping me to do this, I was so nervous that thought I could not do it." That is the

goal of a life coach, help others bring out the best in them. In order to practice as a life coach, I have obtained several certifications, one of them by the Robbins-Madanes Center for Strategic Intervention established by Anthony Robbins, renowned life coach, self-help author, and motivational speaker. As for now, I continue as a TV host and life coach with a clear purpose and meaning in life.

Meaning can be found in everything, open your soul and remember: "Life does not owe us happiness, it offers us meaning!" - Viktor Frankl.

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