

Recalibrating on Purpose

Process for grieving, completing, and transitioning through relationships and life's major events.

Search your mind to see if there is a relationship, time, or season in your life that you feel a sense of turbulence or incompleteness with. Maybe a loss through death, a divorce, or financial setback, perhaps in your career or social life, there is a place where you are incomplete. Bringing a sense of one of these situations to mind, will magnify the value of this guide module for you. Pause to think of this for a moment. Once you have an example, continue.

I have heard it said that we come together, our paths cross each other, for a reason, a season or a lifetime. With contemplation, the essence of these ideas can become very interesting.

Fact is, that we can never know if we met for a reason, a season or a lifetime... until it is over.

When a relationship has ended, it becomes obvious. For example, we will only know we have come together for a lifetime, when it is over. That is, when one of us dies. The consideration of this, brings emphasis to the place the perennial wisdom says the power always is - Here and Now. No matter the duration for which we have met and crossed paths, living fully On Purpose in the Here and Now will help assure no regrets when relationships, or seasons of life end.

Simple and Powerful Process

Complete pages and chapters of your life On Purpose by bringing back the situation you brought to mind above... and try the following.

Take out pen and paper. Write...

Dear _____, (naming the person or situation you want to be complete and free with)

1. **What I wish** I had more of with you is...

2. **What I regret** is...

3. **What I authentically appreciate** and **want to thank you for** is...

4. **The gifts and lessons that I am taking forward** in honor and as a living tribute of our relationship are...

5. Let your thoughts pour out onto the paper, and feel every emotion that comes up, doing this thoroughly.

6. Consider whether you want to use this solely for your own completion process or if you will send it to the other person as an offer of completion and practical amends. Either is fine. Proceed accordingly.

As of this writing, it has been just 40 days since the passing of my father. Together with my sister, we made the decision to follow his advanced directive and pull life support. As I was waiting for the news, I used the protocol above to process the flashing of 56 years of life with my dad and prepare for his death. As fate would have it, I was able to be at his side when he passed. In fact, my hand was on his heart when it stopped. I had the chance to read the letter to him while he was in a semiconscious state. He squeezed my hand as I read, and cried.

I can honestly say that I have had no regrets since my Dad's passing. I have gone through the grieving process with amazing clarity and a strong sense of Purpose for our relationship from beginning to end. I am going to frame the 12 things that I captured as the 'gifts and lessons' of our relationship to remind me of the very best of what we shared.

If you are incomplete with any part of your past, I hope you will give this simple powerful process a try. I imagine you could be amazed to experience your grief turning to power as you look ahead with a new sense of Purpose for the relationship or season that has ended.

I am in The Game with you!