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**Freedom Through Purpose**

**By Darrin F. Coe, MA**

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It is my belief that those who live the most successful lives are those who live it with purpose. I believe that each person on earth is being optimized for the realization of at least one significant ideal, that is their purpose. Each person on earth has a purpose. Whether you believe that we were created with a purpose or whether you believe that via our environment and our genetics we've developed to better realize a purpose than others, you should believe that each person does have purpose and a purpose. One of the primary focuses of The Freedom Pride, through its E-Workbooks and its Freedom Coaching service is to help dissatisfied people, those who feel as if they are wandering about aimlessly in life, discover and develop their purpose.

Our purpose is what fuels us. It is the ultimate motivator. When you've got a firm grip on your purpose in life it supports a passion filled, energetic life, that's lived by design instead of default.

Having purpose provides a number of other elements to one's life as well as providing the fuel and passion for one's living.

A well defined purpose brings simplicity to life. When you've gotten hold of what your purpose is in life it provides a way for you to simplify your decisions in life. You now have a benchmark to measure your thought processes with. You can ask yourself, "Does this thought or decision further the realization of my purpose?" A well defined purpose makes decision making easier and clearer.

Purpose provides motivation for difficult tasks. For instance if your purpose is to encourage others to be healthy and free and you want to be an example of health and freedom by running a marathon then it'll be much easier to put in the miles given you are doing it with a purpose in mind and not for the self-serving reason of making yourself look good.

A well defined purpose will create positive waves that will enhance your relationships and the community around you. When you live your life based on a well defined purpose you can't help but look at your relationships in a more positive, passionate light which will then ripple outward in a wave of community enhancement, one relationship at a time.

In summary, the successfully lived life, a life of freedom and passion, is a life energized by purpose. In discovering and developing your purpose you enhance your life on several fronts. In enhancing your

life with a well defined purpose you are then able to easily set for yourself a powerful life's vision, a motivating mission, and goals that magnetically pull you forward into a success filled life. I'd like to recommend the E-Workbook, Freedom 101, at <http://dcoe1.tripod.com/> as a resource for living a purpose driven successful life.

Feel free to share this article with anyone and everyone.

Darrin Coe is a life coach. He holds a Master's Degree in Psychology. He works as a Mental Health Clinician for the Colorado Department of Corrections. Darrin Coe holds two teaching certificates in the martial arts and is an active martial arts competitor. He operates the Freedom Pride.

## **Freedom! The Battle Cry of the Business Owner**

**By Denise O'Berry**

"I wanted freedom from a boss so I started my own business. Now I need freedom from my business because it's running my life." Sound like you?

Here are three tips to help you find that freedom.

1. Put your stake in the ground. Where are you headed with your business? Can't answer because you're too busy working on yesterday's problems? Stop and do it now. Much of your freedom is being eaten up by activities that won't get you where you want to go. Define where that is and work toward it.
2. Set boundaries. Don't take on work that steals time you should be dedicating to focusing on sales of your core product or service. Sometimes you just have to say "no." Be careful about performing business functions that "don't cost anything." Put a dollar value on your time. Outsource. It will cost you less in the long run.
3. Take action. Talking and thinking about doing things that will grow your business are necessary. Writing them down and making them happen is even better. Identify the critical steps you must take now to get closer to the freedom you seek.

Denise O'Berry helps small business owners take action to grow their business. Find out more at

Freedom! The Battle Cry of the Business Owner

The Politics of Freedom

Creative Manifestation

Freedom for All; Is it Possible?

Anyone Up For A Challenge?

Mail Order in the Internet Age

Starting a Successful Retail Business

Note Pops

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