

# THE LIFE YOU WERE BORN TO LIVE

Why do you go to work each day?  
Why do you compete or attempt to achieve goals?  
Why do you take care of yourself?  
Why do you take care of your family?  
Why do we seek to educate and take care of you?

The answer is not to be well or get you well. The answer is not to stay alive. The answer is not to win, become rich or famous, or feel good about yourself. And the answer is not to make money, feed my family, or raise my family.

In fact, it is not about you or me at all.

No one has a greater passion to see people well, living a long life, succeeding, winning, and providing for their families than me. No one! However, it is not about you or me.

We lead crazy, fragmented lives. Lives that are too often unclear as to what direction they are going or what purpose they are serving. The sum total of this is skyrocketing stress, fatigue, sleeplessness, and depression.

It is not about you or your family. It is all about God. You may be saying, "Oh no. Not another flaky, trite, religious, abstract statement to answer my real, deep, complex problems!" Yet, it is something you need to understand. Jesus said, "Don't worry!" He said, "Don't worry about your life, what you will eat, what you will drink, or what you will wear." In other words, stop thinking of yourself, your needs, and your own preservation. He said to instead, "Seek" or focus on the Kingdom of God and His righteousness and that your needs would be met, and then some.

If you focus on the big picture and more carefully evaluate and develop the purpose God designed you for, your chance of having your needs met multiplies greatly. Additionally, you do not have to "worry." If you are diligently "seeking" and mastering your calling, you are doing the best you can - and that is all you can do. The results will follow and take care of themselves.

## **TRY THIS FOR ONE WEEK:**

Prioritize all of your time and focus according to God. The order is 1) God-time, 2) loved one-time, 3) your personal health-time, and then 4) work.

For one-week commit all of these times to God. In the morning and then before each activity say, "God, I love you and I'm committing \_\_\_\_\_ to you. If it goes well or not, if I win or lose, no matter what happens God, you are God and I love you, honor you, and will always believe in you."

Just one week.

As your chiropractors, nutritionists, and as part of your life-coaching team, we have always made care about serving God and not serving people. Everything we do or hold you accountable to, we do because we know it is what God wants for you.

We have only one priority - SERVE GOD.

We have only one purpose - LOVE PEOPLE.

We have only one goal - TURN THE WORLD FROM A PLACE OF DRUGS TO A PLACE OF HOPE AND HEALING.

Find out what God has called you to do and do it!