

e-tips ...

to help you Live Well

## Know Your Why



If you've ever shopped at Costco (or another big store like it), you know what "the Costco experience" means: it's when you go into the store for milk and come out with a kayak! Oh, and by the way, you were so excited about the kayak you forgot about the milk! Oh, and by the way, you hate water sports but you forgot that when you recently saw your neighbor's kayak and thought your family should have one too!

Unfortunately, if we're not careful, we can spend more than just our money on things that are good but not best. We can also spend our time and our energy – our lives – being pulled into tasks that don't align with what's most important to us. This results in anxiety, disappointment and regret. It can also rob us of daily peace we're entitled to experience.

The antidote to the Costco experience is to thoughtfully *create* and *use* a shopping list. As we begin 2017, I'd like to ask you to make the time to identify and write down your *why*, a shopping list for your life. It only makes sense that when you know where you want to go, you're more likely to get there. I love what the author Margie Warrell said: "When you are powered by a clear purpose, there is little you cannot do."

As I've asked folks to identify their why, there's a lot of anxiety and discomfort, and that's normal. We may be fearful there's a right or wrong answer, but there isn't. There's usually only good and better. We may be disappointed to realize we're not doing what's most important, but today can be the beginning of changing that. And if you don't have any idea what's most important to you, be patient — you can figure it out as you stop and look inward.

This is important. Take the step of writing down your *why*. It doesn't have to be perfect and you can tweak it as you use it over time. You'll know you've discovered it when you feel it in your heart and it begins to give you daily guidance and courage to say no to the kayaks!

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Intermountain Employee Assistance Program e-tips are messages that teach, remind, and inspire in our journey to live well.

