

“IS THIS
REALLY MY
LIFE?”

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HFMA CONFERENCE

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*How to live your
true life according to
what YOU value*

TODAY'S BIG JOB:



To better understand what living a true life means, and



To learn how to create the life you want based on your authentic self and values

A TRUE LIFE IS...

Both a need and a deep
desire



“THE TWO MOST
IMPORTANT DAYS
IN LIFE ARE THE
DAY YOU ARE
BORN AND THE
DAY YOU FIND
OUT WHY.”

– MARK TWAIN

Since the beginning of time, humans have looked for meaning in life. We **NEED** to intellectually understand who we are and our place in the universe.

Why am I here?

“THE MYSTERY OF
HUMAN
EXISTENCE LIES
NOT IN JUST
STAYING ALIVE,
BUT IN FINDING
SOMETHING TO
LIVE FOR.”

– FYODOR
DOSTOYEVSKY

As humans, we also **DESIRE** to find purpose in our lives. Our emotional life craves to be aligned with our values in order to soar.

I am here to...

My life is about...

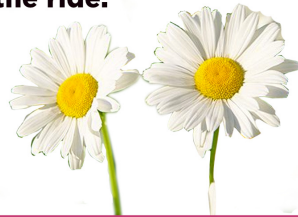
SARAH WILCOX
FOUNDER, WOMEN INCLUDED NOW

IS THIS REALLY MY LIFE?



**Life is a trip with or without
hallucinogenics.**

**Discover meaning and purpose as you
take the ride.**



Yes, this is your life.

Some people call it a
journey, but I call it a ride.
Sometimes it's a joy ride
and other times it's a roller
coaster ride.

EXCERPT FROM “IS THIS REALLY MY LIFE”

“We’re all searching for something. It’s the most time consuming, human pastime I can think of and the basis for great expressions of creativity, innovation, and purposeful living. Often, while sitting on this planet making mayhem, we’re looking to find the true essence of who we are as individuals and what we really desire from our lives.”

**YOUR LIFE IS
CONSTANTLY
EVOLVING &
SHAPE
SHIFTING TO
WHERE YOU
ARE**

Younger years are a little more than decade of learning the ropes. Absorbing how things work and and figuring out what interests you.

Teen years are when you become unglued. It's a chaotic decade of existence.

Your 20s are your data collection decade. I like this, I don't like that.

Your 30s are your up and comer decade/busy, busy busy. How will I handle it all?

Your 40s are your status decade. "I have arrived, and it wasn't what I thought it was going to be."

Your 50s are your riding the wave decade or falling off. Thinking about yourself once again and not being afraid.

Your 60s are your revaluation decade. "If I had it to do over again, would I do it the same way?"

WHAT DO
VALUES
HAVE TO DO
WITH LIVING
YOUR TRUE
LIFE?

- Our values serve as a roadmap to who we are.
- They live inside of us as thoughts, feelings, opinions, and passions.
- They live outside of us as projections on how we view the world.
- They are our life's work.



Values are like fingerprints. Nobody's are the same, but you leave 'em all over everything you do.

ELVIS PRESLEY

CONTEXT HELPS US LEARN WHO WE ARE

- You are the protagonist in your life story.
- Your decisions, choices, and opinions are a direct result of the context of your life to date.
- Your true self is in there somewhere.

Experiences *Lifecycle*
education emotional triggers

World View

Geography *Culture Religion*

Life lessons **Belief System**

gender age generational influences

FOUNDATIONAL VALUES THAT CAN DRIVE CAREER DECISIONS

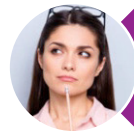
- Integrity/honesty
- Equality
- Inclusiveness
- Humor
- Creativity
- Spirited culture/high energy

You may also value:

- Competition
- Innovation/disruption
- Self-directed cultures
- High performance
- Hierarchy
- Collaboration

IT'S YOUR LIFE AND YOUR STORY

*Examples of how to
ensure you're the one
writing your true-life
story*



Spend quality time with yourself



Be curious



Keep dreaming



Be courageous in the face of unplanned mountains



Don't be afraid to be out of step



Be fearless in finding joy



Embrace a meaningful and purposeful life

IN SUMMARY,



IS THIS REALLY
MY LIFE?

**BE TRUE
TO YOU**

QUESTIONS?

THANK YOU!

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