



In honor of Kwanzaa's 4th day of celebration - *Nia (Purpose)*

"I Want To Die Living"

When asked what he wanted to be remembered for when his life was over Leo Buscaglia replied: "I want to be remembered as somebody who lived life fully and with passion. I've been asked to write my epitaph and I have always thought that the perfect one for my tombstone would be, 'Here lies Leo who died living.'"

I want to die living. And I want to be remembered as one who lived with purpose, joy and verve. I want to spend my time learning what goes into a whole and happy life, then building that life the best I can.

Sociologist Tony Campolo told about a study in which fifty people over the age of ninety were asked to reflect upon their lives. "If you had it to do over again," they were asked, "what would you do differently?" There was a multiplicity of answers, but three responses dominated. Here they are.

I would reflect more. Do you ever feel that too much time is spent in "doing," and not enough spent thinking about *what* you are doing and *why* you are doing it?

I would risk more. Do you think that important opportunities either have been or might be forfeited because of your fear to take a necessary risk?

I would do more things that would live on after I died. Do you feel that you are immersed in something bigger and more enduring than your own existence?

Reflect more ★ Risk more ★ Leave a legacy.

These are what our elders say they would do differently the second time around. But why wait for a second time around? Every new day is a second chance!

Reflect more today—it will reveal to you what is truly important.

Risk more today—take a chance on making that dream come alive.

Get involved with something that makes a difference in this world—and a beautiful legacy is what you will leave behind.

Mental Bench Press
12.30.09
Purpose



That Great Purpose

Keep about your work.
Let your aim be as steady as a star.
Let the world brawl and bubble.
You may be assaulted, wrangled,
insulted, slandered, wounded and rejected.
You may be chased by foes,
abused by them, forsaken by friends,
despised and rejected by others,
but see to it
that with steadfast determination
and with unfaltering zeal
you pursue that great purpose of your life
and the object of your being
until at last you can say:
"I have finished the work
which you, dear God, have given me to do."

Unknown

My hope for you is that you discover and live in your purpose for 2010.

James E. Kent II
Cincinnati Service Center
Accounts Management
Ops1, Dept 3, Tm B302

Strengthen your mind and you'll have a powerfully fulfilling life.