

## Purpose and Meaning

PJ Gallagher is one of Ireland's best known comedians. However, in school PJ discovered one thing, it was that he was not very good at it. It was neither good at academics or on the sporting field. At 16 PJ left school and took a job with a lighting firm. The next few years rolled by, PJ drifted from job to job, mostly doing menial tasks in boring positions. At 23, things had become so dull and unfulfilling.

PJ was frustrated, partly because he knew exactly what he wanted to do. He wanted to be a comedian – but every time he attempted to take a step in that direction, his mind filled with thoughts of failure and self-doubt – and these thoughts kept him firmly rooted to the spot.

Then, PJ's father passed away, and the loss changed his outlook profoundly. He realised how short life can be, he realised there is not just enough time to sit around in fear, hoping some day things will change on their own. And within a month of his dad's passing, he found the courage to take to the stage, alone. Today PJ Gallagher performs sell-out comedy tours all over Ireland.

This story brings to mind a quote:

“The two most important days in your life? The day you are born, and the day you discover why” – Mark Twain

Sometimes it is hard to discover why we do things but it is very important question to ask. The answer may not come immediately and may take many years to become clear, but it will come if we continue to search for meaning.

More immediately, if you do not know the why of your life, please remember that “For every action there is a purpose.”

Everything action we undertake, we do so because we have a reason for doing it, a purpose which drives the action. And interestingly, the more refined and caring our purpose is, the greater and more profound are our actions.

So the challenge for this week is to ask yourself the question:

What motivates me?