



**ROAR** AWAKENING THE LION WITHIN™

## ROAR Community Newsletter

*News and views by ROAR*

**April 20, 2009**

### In this issue:

- Steps Toward a More Meaningful Life
- A Christian's Tool to Discover One's Calling

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*"You're not going to find the meaning of life hidden under a rock written by someone else. You'll only find it by giving meaning to life from inside yourself."*

*-Dr. Robert Firestone,  
author and  
psychotherapist*

## Steps Toward a More Meaningful Life

*by Joe Sturniolo*

In the last newsletter, I defined the difference between a temporary happiness and a more permanent joy. We defined the more permanent happiness as authentic happiness. There are several routes to authentic happiness, but the common element is the use of your unique strengths in work, love and parenting in service of something larger than you are.

I believe it is important, first, to create positive feelings about your past, present, and future. Past gratification (contentment) comes from increased gratitude, forgiveness, and freeing yourself of past faults. Positive gratification for the future (optimism) is gained by learning to recognize and dispute automatic pessimistic thoughts. Positive gratification for the present can be achieved by savoring and becoming more aware and mindful of what is happening at the moment.

Second, we need to define our strengths. Dr. Martin Seligman's book, *Authentic Happiness*, calls these strengths "signature strengths". You might want to refer to his book to test what your strengths actually are.

Third, we need to use our signature strengths throughout our life to help others. Living in the service of something larger than oneself is about impacting the lives of others. The question posed is: do we want to live so the meaning of our life transcends us?

Dr. Seligman defines it: "The good life consists in deriving happiness by using your signature strengths every day in the main realms of living. The meaningful life adds one more component: using these same strengths to forward knowledge, power, or goodness. A life that does this is pregnant with meaning, and if God comes at the end, such a life is sacred."

For more articles on pursuing your calling [go to the ROAR blog.](#)

**AVAILABLE ONLINE:**  
**A Christian's Tool to Discover  
 One's Calling**

*by Dan Christopherson*

There are a number of career aptitude assessment guides you can access online.

Only one of them, though, takes its context and direction from a higher authority.

*The CALL Vocational & Life Purpose Guide*  
[www.followyourcalling.com](http://www.followyourcalling.com) helps Christians identify their life purpose in a format based on the "7 Motivational 'Gifts'" identified in Romans 12:6-8: "We have different gifts, according to the grace given us. If a man's gift is prophesying, let him use it in proportion to his faith. If it is serving, let him serve; if it is teaching, let him teach; if it is encouraging, let him encourage; if it is contributing to the needs of others, let him give generously; if it is leadership, let him govern diligently; if it is showing mercy, let him do it cheerfully."

For an investment of about an hour or so of your time online, and \$79, you receive an assessment that reveals your God-given talents and skills as they relate

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book,  
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online through

to those motivational gifts, as well as insights into nine key personality traits, six major occupational interest groups and five dynamics of your thinking style. It also shows how your skills and interests match up to jobs within 22 industry categories.

Amazon.com or other book sellers.



Randy Austad (left), who has been volunteering his time as a consultant on a ROAR book project, is the author of *The CALL Vocational & Life Purpose Guide* assessment. He is certified in many popular assessment tools and is a frequent consultant to assessment and counseling clients across the U.S.

Randy discovered his own life's calling after turns as a golf products executive and as the youngest two-term state senator in South Dakota. He also served as a regional vice president and assessment consultant for *Profiles International*, a leader in design, validation and delivery of on-line assessments for the corporate workplace.

He has an MBA degree secured through a thesis on assessment tools as predictors of job success, and attended the North American Baptist Seminary. Says Randy: "I'm able to live my passion because I've found my life purpose. I'm a poster-child for the value of great job fit."

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