
SIMPLICITY and SUCCESS™

2. RECENT FEEDBACK FROM COACHING CLIENTS

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Lately, I've had some very encouraging feedback from coaching clients.

Living simply was for him a strategy for “ordering and guiding” his energy, desires, and actions around a *singleness of purpose*. Simplifying was not about moving away from things but about moving toward what mattered, toward what he loved and wanted to see exist, toward what he described as an “abundance of life.” Like a sculptor, he carved away the extraneous to express the essential.

Gregg’s purpose in life was to create a life of purpose. He also knew that each of us must discover what we love enough to create, that each of us must answer the question “*Simple enough for what?*” in our own way.

The challenge for each of us is to craft our own purpose, envision a life that supports it, and then wrap the diverse aspects of our lives around that vision so all our actions consistently support what matters.

Unfortunately, most of us do not live such passionate, love-driven, and integrated lives. An American philosopher, Michael Polyani, I think, suggested that most of us go through life doing what is *second or third* most important to us because we’re afraid to risk failing at what we love.

What matters most is left undone. The fact that we fail by omission seems to escape us. As does the self-respect and satisfaction that come from doing and creating what we truly want.

Twenty years ago, Marla, s a high school English teacher, asked teach part time but was refused. Frustrated by the trade-off between the comfortable security of a full-time teaching and the risky, but deep desire to be a writer, she took the plunge. She quit teaching, cut her expenses, worked part time in a bookstore, and focused almost all of her attention on a novel that she felt called to write and publish.

“My life didn’t get easier when I simplified,” she told me over coffee one afternoon at a street cafe near the restored cottage she shared with her

"In the depth of winter, I finally learned that within me there lay an invincible summer."

— Albert Camus

Be very kind, for everyone you meet is fighting a great battle. ~

— St. Philo of Alexandra

Well, that's it for this issue.

Please send me your comments, questions and personal stories about simplifying. If I use one of your stories, I'll send you a copy of my new