

HEALTH AND FINANCES: 7 WAYS TO RECONSIDER FULFILLMENT IN YOUR DAILY LIFE

Living Your Intentional Life

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THE
WILD
CONVERSATION 



What do you need to live your best whole and intentional life, and what is the relevance to our work in the area of whole and intentional leader development? What we know about fulfillment will change how you see your bank account and your BMI.

HEALTH, FINANCES, & FULFILLMENT

It's not about more years of health and piles of wealth.

There is no denying that security in our finances can bring satisfaction to our daily lives. That better health can bring satisfaction to our daily lives.

But aren't we capable of being fulfilled despite that satisfaction?

01 PURPOSE NOT PILES

Fulfillment is about purpose and not piles. Purposeful living transcends material gain every time.

02 CHOICES OR GOALS

Fulfillment is not necessarily about having met your goals. It's about the choices we are making with intention that may get us closer to our goals, but ultimately are dependent on our purpose in each moment.

03 RELATIVE IN TIME

Fulfillment is relative in time, perspective and relationships. Not in our scale or wallet.

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Fulfillment isn't just about us. This is why a conversation together about fulfillment and its relationship to our aspiration to live our intentional life is so important.

04 NOT ABOUT YOU

Fulfillment isn't just about us. We are fulfilled together, or at the very least we must pay attention to what we need, what others need, and what we need together.

05 MORE THAN MEETS THE EYE

Fulfillment is whole and dynamic, and because of that, a more robust perspective on it is important. There are always tensions at play.

06 EMOTIONS & THOUGHTS

Fulfillment is interdependent with our emotions and thinking. Even our irrational thoughts and emotions affect our fulfillment, so we need to pay attention to not our financial and physical state, but how each change our thoughts and feelings.

07 INTENTIONAL DECISIONS

Fulfillment isn't a compulsion, but an intentional decision. What would happen if you moved with intention as you think about fulfillment when it comes to finances and health?