

Come unto me, all ye that labour and are heavy laden, and I will give you rest.

Matthew 11:28

"In today's world, we all live with the burden of feeling that anything is possible if we're only clever enough, smart, enough, work hard enough."

-Elizabeth McGovern

Why do you strive? What are you working for?

What do you invest yourself in?

Are these questions many of us think about. Legacy is even more alien.

Are we investing in things that will really last?

PART 1: BURDEN

[Something that is carried; a source of great stress.]

"Brian" was indeed a rising star. So much so, that he put on himself the burden of performance. This burden would not allow him to sleep or relax. Being fully committed to the characters he played on the screen had begun to take its toll on him, and he fell victim to a beast of prescription medication.

PART 2: COMFORT

[The easing or alleviation of a person's feelings of grief or distress.]

"Darrell", having never met his biological father, began to get involved with selling drugs. Before long he found himself in prison, not knowing if he would ever get to see his own son ever again.

PART 3: EXCHANGE

Does your life reflect the legacy you want to leave for later generations?
If yes, then identify one area that you are passionate about and are seeing growth.

If not, then identify one area that you can set as priority that needs improvement.