



Mind: Clarity Creates Purpose with Passion

Body: Vision and Aging

Spirit: Change

Clarity Creates Purpose with Passion



In a previous Maturity Matters, we discussed how true leadership presents inspiration, vision, strategy and stewardship. In doing so, leadership really creates clarity.

It all starts with becoming clear about the values we want to demonstrate and impact we want to create. I believe it was Anthony Robbins who first suggested that the quality of our life is revealed through the quality of the questions that we ask. Isn't that a great observation?

Quality Questions

Let's start with asking what we ultimately want to experience and produce in this life. When we first ask ourselves to define the ultimate higher-end intentions we want to demonstrate and experience, then the strategies, tactics and tools are more easily unveiled.

So what are the higher-end objectives? Responses typically include:

Feeling Connected

Being Engaged

Expressing and Receiving Love

Standing In-Service

Promoting a sense of Well-Being

Staying Safe

Supporting Autonomy

Living with Dignity

Think about the professionals and businesses serving you. In what way do their products and services contribute toward your experience of these higher-end aims?

Do the financial, accounting, or legal products, plans and advice help to create safety, autonomy and dignity?

In what way does the move organizer and real estate agent support your feelings of connection and engagement?

How do your home care or health care providers serve your sense of well-being?

Most importantly, do they even know that their products and services need to align with goals bigger and grander than just a plan or transaction? If not, do you need to find a business that does? Provocative questions.

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You Don't Do What You Think You Do

My brother, Fraser Pajak, worked as a C-suite senior executive in the telecommunications industry. Speaking at an international conference, he asked the participants what they think they do in their communities. After a variety of cryptic job descriptions were offered, Fraser suggested that what they really do is save lives and create the communication fabric in their communities. "When someone picks up the phone at 4 am to dial 911 to get help – you make that happen. You actually save lives – that is what they do." Think of how many times a phone provides a lifeline for help and rescue, connection, peace of mind, and love. Imagine the passion and purpose they will bring to their jobs when they understand the higher calling they manifest each day. That is what they do.

So, think about what you do and then think higher. Your influence is likely more noble than you may recognize. Clarify the higher intentions. Recognize your impact. Celebrate the significance. Change people's lives. Perhaps you can save some too!

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Vision and Aging

The normal functions of eye tissue deteriorate as people age. By age 65, 1 in 9 Canadians develop irreversible vision loss and this rises to 1 in 4 Canadians by age 75. The four most common causes of age-related blindness are:

- Age-Related Macular Degeneration
- Diabetic Retinopathy
- Glaucoma
- Cataracts

According to the Canadian Association of Optometrists, vision loss in seniors has a significant impact on their quality of life. Persons with vision loss:

- Have four times as many hip fractures
- Are admitted to nursing homes three years earlier
- Experience three times the incidence of depression
- Experience twice the number of falls
- Have double the mortality rate.

Our aging population positions us for an emerging vision crisis. Eye health and vision care are essential to healthy aging and quality of life within our homes and communities. Education and preventative services are key to helping aging Canadians maintain healthy eyes and vision.

(Source: Better Vision for Seniors: A public health imperative)

Change

"I alone cannot change the world, but I can cast a stone across the waters to create many ripples."

Mother Theresa