

## LIVE SATISFIED

"I am satisfied." The words floated up like contented butterflies to her daughter's anxious face. They were the last words she spoke to her daughter.

Dr. Rachel Naomi Remen, the best-selling author of "Kitchen Table Wisdom," shared her mother's story with the audience. Given only a 40 percent chance of surviving surgery, her mother had chosen to have the dangerous surgery rather than shrink wrap her life to fit within the dissatisfying prison of her diseased heart. Her mother died during surgery. The courageous woman died just as she had lived – satisfied.

Dr. Remen explained that her mother's satisfaction wasn't the byproduct of longevity. Nor was it a surprise gift delivered by chance. With a daughter's knowing smile, Dr. Remen remembered her mother's satisfaction as an invited companion who was intentionally crafted and lovingly nourished throughout a lifetime of disappointments, obstacles and frustrations. Satisfaction was her mother's choice, her decision in life.

Finishing her story, Dr. Remen turned to the audience and asked, "Are you truly satisfied with your life? Satisfaction – or dissatisfaction – is your decision. What do you choose?"

Dr. Remen's question landed in my heart with a bittersweet splash. Just the day before, my dear friend, Jacquie Smith, had died without warning at the age of 49.

"Do not let your fire go out, spark by irreplaceable spark, in the hopeless swamps of the approximate, the not-quite, the not-yet, the not-at-all. Do not let the hero in your soul perish, in lonely frustration for the life you deserved, but have never been able to reach. Check your road and the nature of your battle. The world you desired can be won, it exists, it is real, it is possible, it's yours."

– AYN RAND, NOVELIST AND PHILOSOPHER

Jacquie was a vibrant woman known for her quick wit, cackling laughter and tenacious and generous heart. Her sudden death carved canyons of sorrow deep into the lives of many people. Yet amidst my grief and sense of emptiness, I discovered a smile creeping across my face. I knew Jacquie, the devoted mother and wife, successful business owner and beloved community leader, would answer Dr. Remen's question with a cocky nod, "I am satisfied."

And, like Dr. Remen's mother, Jacquie's satisfaction with life wasn't delivered on a silver platter. As a young, single mother with a special needs child, Jacquie refused to accept the long odds betting against her. She found a way through the obstacles and struggles to earn her college degree. Several years later, when the dream of starting her own business was met with skepticism and banks' refusal to loan money to a woman, Jacquie simply took another road to satisfaction. Using grit and integrity, Jacquie and her business partner turned \$50 into an award-winning, multi-million dollar business.

During her journey, Jacquie never let disappointment be anything more than a tem-

porary distraction on her path of satisfaction. When an employee didn't meet her expectations, Jacquie stepped outside of her anger and frustration to find a better solution. When community service projects sputtered, she looked for new sparks to ignite enthusiasm. For Jacquie, her satisfaction – or dissatisfaction – was simply a matter of personal choice.

There is nothing more powerful than the shock of death to bring the concept of satisfaction – or your lack of it – into razor-sharp focus. If your life ended today, could you say with complete honesty, "I am satisfied?"

Satisfaction and dissatisfaction are yours to choose. What do you choose? Are you satisfied with your life, your work and your employees? Or are you locked in frustration, battling unmet expectations and dancing with disappointment? Is your life filled with complaining or joyful determination?

Remember: Frustration is just a roadside attraction on your highway to satisfaction. You're in the driver's seat. When you come to frustration, it's your choice. What will you do? Stop and stare, run off the road or shift into courageous action? Only you can decide. ■



**KAY CANNON** helps people master the art of enlightened leadership, create joyful prosperity and unleash spiritual passion and purpose. She can be reached at [kcannon@diamondingenuity.com](mailto:kcannon@diamondingenuity.com). To learn more about mastering the art of enlightened leadership, browse the library of free articles, and discover the amazing secrets behind what makes people do what they do, visit [www.diamondingenuity.com](http://www.diamondingenuity.com).