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Case Study 4

Success. Happiness. A Life of Love.





Situation/Challenge:

- An extremely successful CEO was unhappy at his company and was not enjoying going to work, even though he had helped to build the company himself and the money was pouring in. He found it a struggle to get up in the morning and find passion for the business he had successfully built. This unhappiness affected all of the relationships in his life. He did not realize that he was in fact deeply depressed and was facing a mid-life crisis, as he wondered what all the hype was about being successful. The fancy cars, working in a high-rise in a major metropolitan city, meeting with high-end investors, and even dating top models were not fulfilling him.



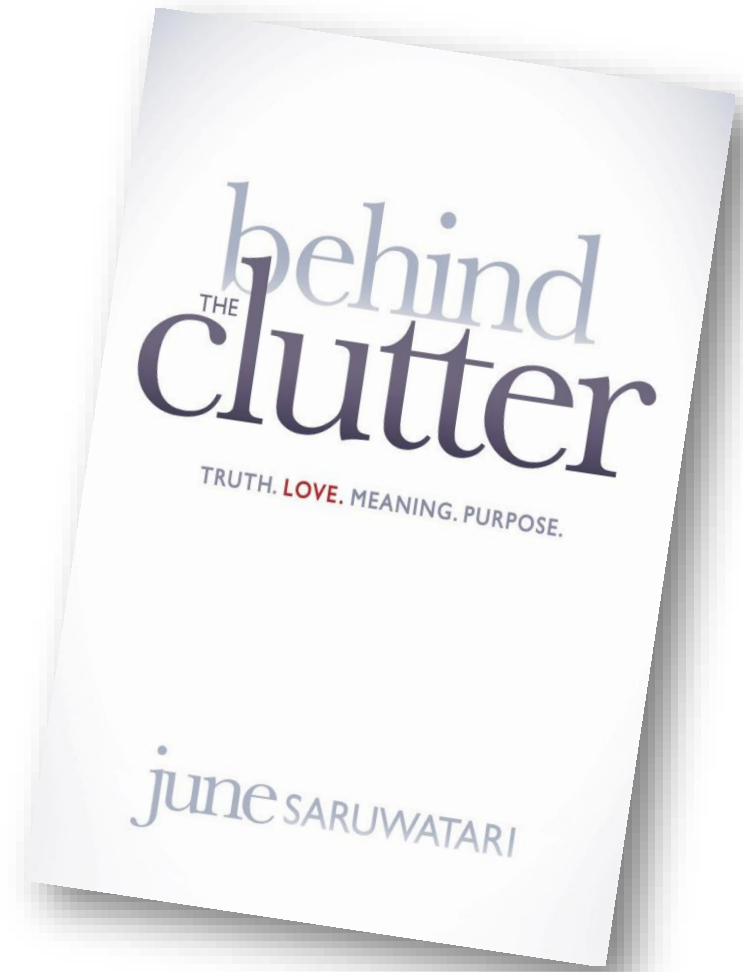
Solution:

- The first thing we did was a creative visualization exercise where we cleared all the spaces in his heart and mind of any past, preconceived notions of what success meant to him.
- We got down to the TruthLoveMeaningPurpose for every aspect of his life. We documented and discussed his ideal vision for everything from his job/role/position at his company, his relationships, his lifestyle, and what would bring him true joy from within.
- His homework assignment was to declare a moratorium on nearly every voluntary commitment in his life, including his time commitments and his input from the outside world in the form of watching television, reading newspapers, Internet browsing, tweeting, and even dating. I encouraged him to go on a health cleanse and fast and to do different forms of non-strenuous exercise such as walking and yoga, as opposed to his typical fitness approach of pushing harder and faster. In this way, he was able to “clear the slate” of the life he had built for just a few weeks, which gave him the clarity and renewal he needed to discern what truly belonged in his life.
- Once he realized what success meant to him—without checking in with anybody or anything else but his inner compass—it actually became much easier for him to say YES to those opportunities, experiences, and encounters that would fulfill him from the inside out. He was then able to say NO to those business deals, relationships, partnerships, and experiences that he knew would be empty propositions for him.
- Slowly, day by day, he started feeling better and better, and this “decluttering” caused his preconceived notions of happiness/success/love to wither away and be replaced by true love, true success, and true happiness in his life.
- Now he uses the criteria of TruthLoveMeaningPurpose in his life to immediately discern whether an experience, thing, or person is serving his idea of what success, happiness, and love mean to him.



ABOUT JUNE

June Saruwatari is a lifestyle, business, & relationship coach, productivity & organizing consultant, inspirational speaker, and founder of The Organizing Maniac™. For nearly twenty years, her transformational approach of TruthLoveMeaningPurpose™ has helped hundreds of people declutter their minds, hearts, spaces, and stuff to create lives and businesses they love! The co-host of TLC's first season of Home Made Simple, June has appeared on The Nate Berkus Show and has contributed to publications such as Woman's Day, 31 Words to Create an Organized Life, and Practically Posh.





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