

AFP Central PA Chapter
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My Self-serving Value of Helping Others: Embracing the wisdom of Karl Reiland who said "In about the same degree as you are helpful, you will be happy."

Since childhood, I have known the two great secrets to life: the purpose of life is to be happy and the way to be happy is by helping others and giving of yourself to a cause about which you care deeply.

Now science has shown that those who work to further causes they value tend to be happier and healthier and even live longer. And it's not just that helpful people also tend to be healthier and happier; studies show that **helping others itself causes happiness**.

The evidence also indicates that the less happy are more likely to feel isolated and preoccupied with their own needs, while happier people spend more time helping others, are more likely to volunteer and to give away money.

While my path to doing my life's work has been a circuitous one, I am now firmly on the path to happiness; in one of the **most worthwhile careers available to man**: fundraising.

Who among us wasn't moved with Chad Barger's vignette last year of once fundraising to support a mission for which he felt no passion, and his admonition to each of us to do what he did--find our way to working for a cause for which we are passionate? I was deeply affected by his message because I knew it went right to the heart of happiness.

While many happy people in this room are raising money to further causes about which they indeed feel passionate, I met several

colleagues at AFP conferences who confided that they are working for a mission that does not inspire them.

If you are in this same position, and find yourself not realizing the happiness that some of your colleagues are, take heart, I have the simple 3-step solution to realizing your happiness.

#1 Continue **giving your all** to your current mission while **learning all you can** through great resources like your peers at every AFP Central PA Chapter luncheon and annual conference, and from online resources like LinkedIn Groups.

#2 In the meantime, work as a volunteer for your passion: **find** an organization whose mission speaks to your heart and **give of yourself**. This has the added benefit of counting toward your service requirement when applying for your CFRE.

#3 Attend every AFP Central PA Chapter luncheon and annual conference and **network, network, network**. You will meet happy people working for great organizations doing good things.

So, follow your heart, find what you are passionate about and then invest your life's work in that cause. You will fulfill your purpose and will experience true happiness and contentment.