

Welcome to the Art of Purpose Podcast, a show where we explore the joys and challenges of living a fulfilling life. I'm your host Gayla. I'm an Alaskan an artist and an encourager. I'll be sharing my own personal stories and practical advice, bringing you inspiration, motivation, and support as you practice the art of purpose.

Hello there and welcome to the first episode of the Art of Purpose podcast. I am Gayla Ranf owner of GaylaDesigns based in Anchorage, Alaska. And I am really excited to welcome you here to this first episode as it is a bit of a ribbon-cutting for me. And yeah, you might be asking yourself, so what is this podcast? What is the Art of Purpose? Well, I have a lot I wanna share with you about that. And so that's exactly what I'm going to do here in these first few episodes.

However, first I would like to introduce myself to you to start. This whole podcasting scene is a brand new adventure for me. So welcome and thank you so much for being on this adventure with me. These first few episodes are going to be short, just while we get to know each other, and these short episodes are what I'm going to be calling a "purposeful pause", just a little time in your day to pause, take a breath, rejuvenate a little, and give your heart, body, and mind the space they need and deserve. In the midst of just all the distractions and stressors that we are bombarded with, I personally find reminders to stop and create space for myself and really check in to be so very helpful. So eventually I'll be bringing you some longer episodes so we can really dive into all the topics that I'd like to share with you.

For now, though, we'll be getting to know each other through these purposeful pauses. As I said earlier, I'm Gayla and I own a business called Gayla Designs. I create art, I have a, line of art inspired clothing. And I was born in, born and raised in the beautiful state of Alaska, which I'll probably be, I'm sure, sharing more with you about. Uas we go on here, because people are often curious about that. However, most importantly, I'm here to encourage self-reflection and awareness that I hope bring inspiration for your life's journey. Now, you might be thinking, great, what's this really about? That is what I'm going to tell you today. And in the episodes that follow is a two-parter. So strap in, I hope you can join me. In my art I primarily play with encaustic or beeswax. This medium is teaching me to play and experiment without judgment.

This is something I'm practicing in all areas of my life. And of course, this is a grand work in progress. And as we go and and we get to know each other more, you'll find out,all the details behind that and about how art has been the catalyst, a big catalyst for my growth. But for now, I want you to leave with you two very important messages. The first one is that we all practice creativity in some way. I'm not talking about paintbrush to canvas here. And to me that means we're all artists, we're all creators. Yes, you, you are an artist. And if you're like, you know, I'm not, I'm a project manager, or I'm retired, or I'm a mother, a sister, a daughter, whatever label you wanna put on yourself. So I'm gonna stop you right there, and I'm gonna let you know that there is art and creativity in whatever it is that you're doing.

And I believe that makes us all capable of harnessing that creativity to practice self-compassion, fulfillment, and finding purpose, whatever those things mean to you. Now, the second message I want to leave with you as we round out our first purposeful pause together is this. I hope you take this opportunity to take a breath, to notice how you feel what's happening in your body and mind, and to remind yourself always of the choices you have in your day. Today we go about our day and get into the shoulds or the have tos, and it's important to pause. Remember that we are in fact in control of our choices and how we respond to those shoulds or have tos. Think of this as a nudge to bring awareness to your thoughts around what we call obligations. Thank you for joining me. I hope to have a place in your purposeful pause as I continue to bring you more episodes. Be kind and compassionate with yourself today. My friends and I will be back soon.

Thank you for listening to the Art of Purpose podcast. I hope you found today's episode insightful and inspiring. If you enjoyed our time together, please take a moment to rate and review this show on your favorite podcast platform. Your feedback helps us reach more people and spread the message of personal growth and self discovery.

Also, be sure to subscribe so you never miss an episode. And for more daily inspiration, follow me on Instagram. My handle is at Gayla Designs. That's G A Y L A designs. [@gayladesigns](https://www.instagram.com/gayladesigns)

Or go to [gayladesigns.com](https://www.gayladesigns.com) and subscribe to my email list.

Thank you for being a part of this community. I look forward to sharing more insights and encouragement with you on the next episode of The Art of Purpose podcast.