

FINDING YOUR PURPOSE



THE BEST VERSION OF YOU POSSIBLE



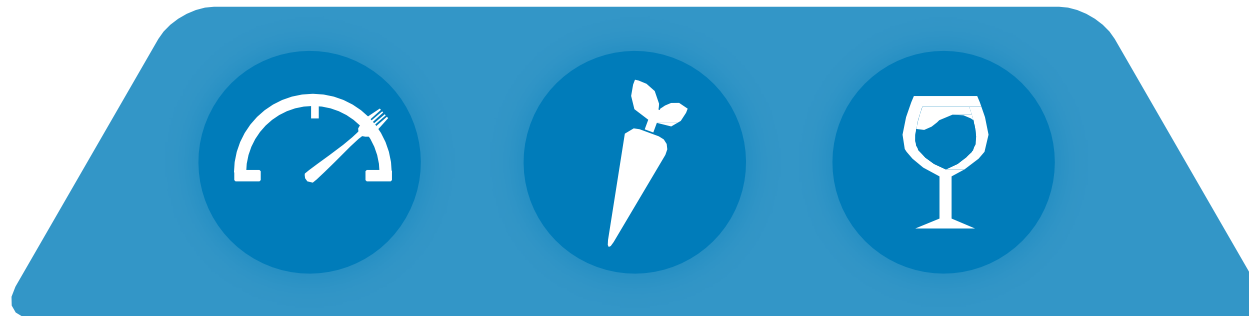
MOVE NATURALLY

- Make daily physical activity an unavoidable part of your environment



RIGHT OUTLOOK

- Know your purpose
- Downshift: work less, slow down, take vacations



EAT WISELY

- Eat until 80% full
- More veggies, less meat and processed meat
- Drink a glass of red wine each day



BELONG

- Create a healthy social network
- Connect/reconnect with religion
- Prioritize family



WISDOM FROM OUR MENTORS



PEOPLE WITH A SENSE OF PURPOSE ARE HAPPIER.

* MetLife Study



LIVE UP TO 7 YEARS LONGER.



- **Who do you know that is on purpose?**
- **What tells you they are on purpose?**

“ON PURPOSE” PEOPLE

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WHAT'S THE POINT?

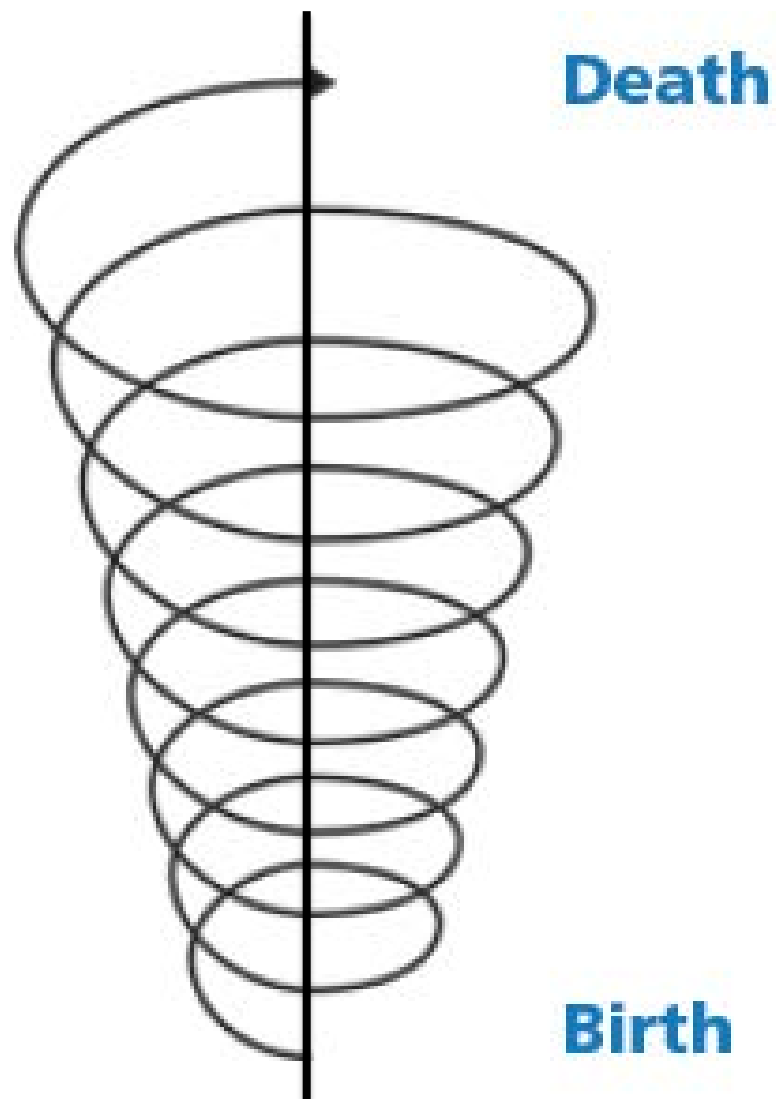
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“People with a sense of purpose face the worst crises and most difficult change with a sense of choice.”

– Viktor Frankl
Man's Search for Meaning



LIFE



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I. Plateaus

II. Triggering Events

III. Limbo

IV. Taking Stock

V. Taking Charge

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- Your last trigger?
 - Where are you now?
 - What have you learned?
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GIFTS + PASSION + VALUES

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PURPOSE



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How do you give your gift to others?

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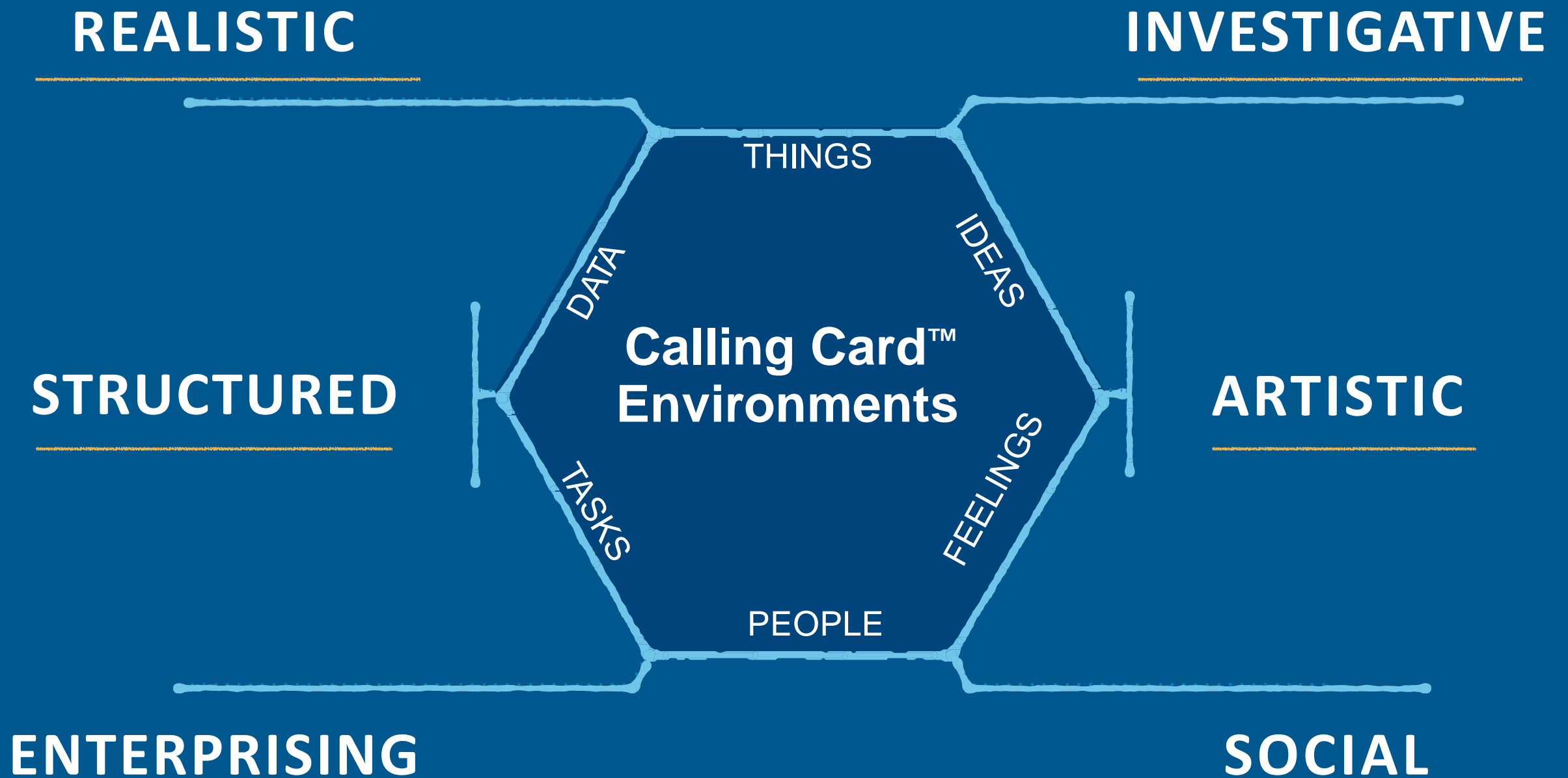
- What do you love to do?
- How do you like to serve?
- What are you doing when you lose yourself in the task?

Is it something you truly love to do?



- (1) SORT into 2 piles:
 - Yes - this sounds like me
 - No - this sounds nothing like me
- (2) CHOOSE only 5 cards from Yes pile
- (3) KEEP your top 5 cards out, visually pick a #1 card

ENVIRONMENTS



CALLING CARD SUMMARY





SOUNDING BOARD

- Committed listeners
- Catalysts
- Role models
- Thinking partners

A person with long hair, seen from behind, is sitting on a large rock. They are looking out over a vast, hazy mountain range under a warm, golden sunset sky. The overall mood is contemplative and inspiring.

Purpose Mission Statement

With my gift of _____ (#2-5 Calling Cards)
I am here to _____ (#1 Calling Card)
for the benefit of _____.



Final Thoughts

“I am of the opinion that my life belongs to the whole community and, as long as I live, it is my privilege to do for it whatever I can. I want to be thoroughly used up when I die, for the harder I work the more I live. I rejoice in life for its own sake. Life is no ‘brief candle’ to me. It is a sort of splendid torch which I have got a hold of for the moment, and I want to make it burn as brightly as possible before handing it on to future generations.”

~ G. B. Shaw