Purpose is the ability to know and prioritize that which gives meaning to yourself and others. With Purpose, you balance the practicalities of life with a values-based worldview.

When you focus on the practicalities of life, you are grounded, realistic and do not get lost in a sea of “what if’s”.

With a values-based worldview, you see the bigger picture of values and culture and make decisions that reinforce a broader meaning.

Those with a greater sense of purpose have lower levels of stress. (NIH)

Having a purpose in life helps one to recover emotionally from negative life events. (PLoS ONE)

A sense of purpose predicts greater income and net worth. (Journal of Research in Personality)

CONTRIBUTE
Giving back to others can enhance your sense of purpose. Look for ways to be of service inside and outside of work. Volunteer in your local community, donate your money or skills to a cause, or spread a bit of joy with random acts of kindness.

TIPS

1. REFLECT ON A TIME WHEN YOU FELT A SENSE OF PURPOSE IN YOUR WORK
Recall the sense of accomplishment and pride you felt and answer the following questions:

- Who were you working with/for?
- What were you working on?
- What strengths did you bring?
- What energized you the most?
- What was the outcome or result?
- Who benefited from your work?

Highlight the words or phrases that reflect your values and purpose

2. CONTEMPLATE YOUR OWN AND YOUR ORGANIZATION’S PURPOSE
As you start the day at work, remind yourself:

• What is the purpose of your organization?
• How does your work contribute to the purpose of your organization?
• How do your thoughts about your own purpose relate to your organization’s purpose?

3. CONTRIBUTE
Giving back to others can enhance your sense of purpose. Look for ways to be of service inside and outside of work. Volunteer in your local community, donate your money or skills to a cause, or spread a bit of joy with random acts of kindness.

THE MEANING OF LIFE IS TO FIND YOUR GIFT. THE PURPOSE OF LIFE IS TO GIVE IT AWAY. Pablo Picasso