

Living with Purpose

Discover and align with your passions and strengths to live a meaningful and fulfilling life. This module guides you through self-reflection, experimentation, and goal-setting to integrate personal, professional, and spiritual aspects of life for holistic fulfillment.



Top 10 Teaching Points

1

Self-Reflection is Crucial: Regularly engage in self-reflection to explore your passions, strengths, values, and what brings you joy. This is the foundation for understanding your personal sense of purpose.

2

Embrace Experimentation: Try new things and step out of your comfort zone. Diverse experiences can help you discover what resonates with you and where you can make the most meaningful contributions.

3

Seek and Consider Feedback: Listen to insights from others who know you well. Feedback can reveal hidden strengths and open up new possibilities for your path in life.

6

Value Adaptability: Understand that your sense of purpose might evolve with experiences and life stages. Be open to reassessing and realigning your goals as needed.

7

Integrate Your Activities: Look for ways to integrate your personal, professional, and, if applicable, spiritual life in a manner that feels holistic and fulfilling. Balance is key.

5

Set Clear Goals: Use goal-setting to direct your path towards achieving your purpose. Goals should be specific, measurable, achievable, relevant, and time-bound (SMART).

4

Educate Yourself Continuously: Knowledge broadens your understanding of the world and can introduce you to new concepts, cultures, and ideas that might spark a connection with your deeper purpose.

8

Contribute to Others: Engaging in community service or other forms of contribution can enhance your sense of purpose and connect you more deeply with others.

9

Monitor Progress Subjectively and Objectively: Use both subjective (personal feelings and satisfaction) and objective (tangible achievements and milestones) measures to assess your progress towards living your purpose.

10

Practice Mindfulness and Well-being: Prioritize your mental and emotional well-being as part of fulfilling your purpose. Techniques like mindfulness can enhance your self-awareness and help maintain your focus on what truly matters.

KEY

TAKEAWAYS

01

Self-Reflection and Discovery

02

Embracing Experimentation

03

Adapting to Evolving Purpose

04

Integrating Life Activities

05

Monitoring Progress and Well-being