



PURPOSE

A central life aim that enables one to perceive meaning and value in one's life and pursuits.
Clarity concerning personally meaningful aims and values that one is able to apply in daily life.

KEY POINT:

A clear purpose in life is not the only thing that matters - it's the quality of that purpose, and in particular, having aspirations that are bigger than one's own self-interest. The evidence for the role that purpose plays in well-being is overwhelming. There are strong links between purpose and everything from life satisfaction and positive emotions to physical health.

"Many persons have a wrong idea of what constitutes true happiness. It is not attained through self-gratification but through fidelity to a worthy purpose." – Helen Keller

KEY POINT:

Purpose focuses on the result, on the aspiration that we want to see manifest in the world. Values focus on the actions that we need to take to make the vision a reality. Having a sense of purpose and affirming our personal values makes us more resilient. When we don't derive any meaning from our life and pursuits, we more easily succumb to stress, illness, and other forms of adversity.

"My religion is kindness." – H.H. Dalai Lama

KEY POINT:

Although we can't always control what we do in our lives, we can train ourselves to see the significance and meaning of boring routines, and even challenging situations, by linking these activities to our values and deeper motivations.

"How wonderful it is that nobody need wait a single moment before starting to improve the world." – Anne Frank

Clarity of PURPOSE

The strength, intensity, and activity of people's desire and efforts to establish and/or augment their understanding of the meaning, significance, and purpose of their lives.

There are three dimensions:

- 🌐 Scope—Whether a purpose influences a wide or narrow range of thoughts, actions, and emotions.
- 🌐 Strength—The degree to which a purpose influences the thoughts, actions, and emotions within its
- 🌐 Awareness—The extent to which a person is aware of and can articulate a purpose.

Benefits of PURPOSE

Body:

- 🌐 Increase Resilience to Stress
- 🌐 Decrease Heart Problems
- 🌐 Decrease Stroke
- 🌐 Increase Longevity

Mind:

- 🌐 Increase Life Satisfaction
- 🌐 Increase Positive Emotions
- 🌐 Increase Grit and Perseverance
- 🌐 Increase Psychological Well-being

Behavior:

- 🌐 Increase Caring Behaviors
- 🌐 Increase Academic Performance
- 🌐 Increase Volunteering

PURPOSE in Daily Life

- 🌐 Choose an activity that you do regularly (e.g. email, dishes, grocery shopping). Bring to mind an important value before you begin the activity.
- 🌐 Do the activity while keeping the value at the top of mind.

VALUES as a Resource for Motivation

- 🌐 Re-inspire yourself by identifying the values underlying your desire to practice.
- 🌐 Use PARA to adjust your practice plan for the week. Make sure to include how you can keep your values at top of mind when you practice.