

Purpose

Purpose:

There is no single definition for your purpose. Your purpose is as unique to you as your fingerprint.

There are many great reasons for defining your purpose.

Firstly, living a meaningful purposeful life contributes to better physical and mental health. It reduces the risk of chronic disease. Multiple studies have even found it can help you live longer.

Your purpose is your why. It is a true sense of fulfilment.

Your needs are logical. Your purpose is sentimental and emotional. Once your needs are satisfied, they will stop pushing you. Your purpose will keep pushing you towards your vision way after your needs have been met.

Your purpose is your long game. And you never get to the end of it,

Your purpose can change throughout your life.

'What is my purpose in life?' and 'How can I be happy?' are the same question and they have the same answer.

Without purpose you'll continue to cruise through life on autopilot

Purpose is about feeling connected to others

Guidelines:

- Your purpose must not be logical
- It must be sentimental and/or emotional
- Look to inspiration, courage, happiness, passions, joy
- Maybe turn your pain into purpose
- Look at injustices that bother you
- Search inward
- Focus on what you have

Template instructions:

- Simply write your purpose in the box.
- In sentences
- In bullet points
- Just have a go for now
- You can come back and update it later