

# 7 Thought-Provoking Questions That Help You Find Your Life Purpose

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Thank you all for joining us today for 7 Thought-Provoking Questions That Help You Find Your Life Purpose. I'd like to now introduce our presenter, Madison Myrick.

Madison Myrick is a licensed clinical social worker in the District of Columbia and is an employee assistance specialist for Federal Occupational Health serving the Federal Energy Regulatory Commission and the National Gallery of Art. She has over ten years of clinical experience counseling individuals, groups, families, and students. We are happy she is with us today to share strategies on finding more meaning in your life. And with that, I'll turn it over to Madison to begin the presentation.

Good afternoon. Good morning to everyone. Thank you so much for joining us. I'm very excited to present this presentation today, with you all. I see there's so many participants. I'm really excited. We are going to go over, today, seven thought-provoking questions that help you find your life purpose. So, this gives us a chance to finally, I think, have a presentation, because we're at the end of the year. Some would call it fourth quarter, going into the beginning of the year. So, some of us might be having some of those questions about what our purpose is. I would love to be on camera the entire time, but to make sure that we have enough bandwidth and things, you know, happen well, with technology, I will be going on and off camera, so we can have some discussion time. I'll come back on, and I'll go off as I'm presenting. Okay? So, thank you all, again, for joining me to. Okay.

Thank you, Tammy, for the wonderful introduction. So, as we transition, again, this presentation was prompted by a lot, because obviously, there's been a point in time in our lives where we spent time to reflect on what is really most important in our life, what is our life purpose. Right? Cross-examining your life's purpose is normal. Defining or redefining purpose is often prompted by life transitions or having gained a better understanding of yourself. So, you know, this particular subject has particularly come up when we have obviously been at home for two years, during the pandemic, and lend a lot of us question the lifestyle, home and work environments. So, it was very natural to really understand and reflect on our lives, find reasonable work-life balance, and explore what's really important to us. So, if you feel that you you've never developed your life's purpose or you feel like you've lost it, understand there are ways to recognize, reclaim, and restore it. So, I like to dive in and explore a little bit more of the facets of purpose. So, our objectives today, we're going to define what purpose is and why it's important to determine years. Understand how values and passions help define purpose, explore seven thought-provoking questions, excuse me, to help you find your life purpose. Discover how goal-setting can aid in constructing your purpose, and discuss how you might lose a sense of purpose and its effects. Provide strategies for building and maintaining an intentional purpose. All right. So, we're going to go into some poll questions today. Feel free to participate. They're completely optional. Do you feel you are currently living your purpose? There are no right or wrong answers

here. Don't feel nervous. Please answer honestly and candidly. Do you feel you are currently living your life's purpose?

Okay. We got about six seconds left, and then I'll go ahead and show the poll results. Thanks for sending them in and, everybody. Okay. One moment. I'm going to bring those up.

Okay. Thank you, Tammy. So, it looks like about -- For yes -- About 58 out of -- There's 358 of us here. That's wonderful. So, 54 -- Excuse me -- Feel like yes. 144 feel like no, and 153 out of the bunch are not sure so, that's okay. This is why we're here. So, I'm glad that we're all here to kind of get a better understanding of what we possibly could do. All right. This is great. Thank you for that. The next poll is do you know your why? So, what is your motivation in life? Why do you do what you do? Every day. What is your wife?

We've got a lot of responses coming in. Please keep them coming. You've got about seven seconds left to submit them, and then I'll go ahead and pull up those results. All right. One moment here. Let me get those pulled up.

[ Poll being conducted ]

Thank you, Tammy. All right. So, 186 out of the group said, yes. That's wonderful. Great. 71 stated no. Okay. That's all right. And 113 said, I'm not sure. Okay. So, that's all right as well. Okay. Thank you, guys, for sharing and being open. I appreciate it. Next poll, number three, how do you feel the pandemic affected your drive to commit to or discover your purpose? So, A would be negatively, it felt -- I felt less motivated to follow and find my sense of purpose. B, positively, I felt more motivated to follow and find my sense of purpose. C, not at all. I felt in different. So, what applies to you, in terms of the pandemic? This is our last poll, by the way. For this slide.

[ Poll being conducted ]

Okay. So, 93 of you answered -- Responded negatively, feeling less motivated. 198 of you responded positively, maybe feeling more motivated, and 109 of you felt indifferent. All right. So, thank you all for participating in those polls. We have a couple of more throughout the presentation, but however you answered the poll, no matter how you answered the first few questions, I want you to keep in mind, to go through the rest of the presentation, and we'll discuss a lot of different concepts and do some activities that will help you discover your why, jumpstart your motivation, and pursue living your purpose. All right. So, purpose. What is it and why is it important? Let's take a moment to define purpose and how you define purpose. I think that's the most important part of what you identify as your purpose. So, what is purpose? According to the American psychology today -- I'm sorry, the American psychology Association. Purpose is defined as a mental goal or aim that directs a person's actions or behavior so, purpose can include, you know, can guide life decisions, can influence behavior, can shape your goals, can offer a sense of direction, and can create meaning in your life. Okay? So, while this is the definition of this, defining your purpose and what it looks like for you can help you understand what's important in life. Again, it can provide the sense of friendship. So, why having purpose is important. Well, you know, let's zero in on a couple of reasons for why it's important. For starters, having a sense of purpose is important for your emotional, mental and physical health. A lot of people really don't realize that. So, purpose can boost your overall health and wellness when you're able to identify it. It introduces more opportunities for self-care, it improves cognitive functioning, it increases optimism, resiliency, and hope, and it enhances experiences of joy, happiness, and satisfaction. So, overall, for a healthy outlook on life, it's important to understand what keeps you motivated on a daily basis, was going to help you to learn.

Identifying or re-identifying your purpose can be very challenging. So, this is something I would normalize for everyone, in general, examining your passions, your strengths, your values, and why it's important to you. That's a good guide to helping you identify your purpose. So, we're going to go ahead and transition to an activity. So, our activity is going to focus on why is having a sense of purpose important to you.

So, let's start with this activity to help you begin defining your purpose. To do this, let's take a look as you know, let's take some time to reflect, take out a piece of paper or a pen. If you have your phone, you can use your notes application. Let's take some time to reflect on why it is important for you to have a sense of purpose. As we take some time to reflect, here are a couple of examples of why these things might be important to you. So, some examples, and you might want to get more out of life, you might need to focus on something intentional, you might need goals to keep you motivated. Or you might want to be more fulfilled when it comes to life. Maybe you want to have a better understanding of what makes you jump out of bed and start the day. We're taking a couple of moments to jot a couple things down. And as we do that, we're going to transition to another poll. So, our next poll motion, with our activity, is how do you feel after reflecting on why having a sense of purpose is important to you? So, how did this activity make you feel? Did it make you feel energized? Content? Still confused? Or unsure?

About four seconds left, then I'll go ahead and show the results. Okay. Just one second while I get those pulled up.

Okay. So, 72 of you said, you felt energized doing that activity. 90 of you said, you were content, 65 of you stated that you were still confused, and 102 of you stated that you weren't sure. Okay. So, hopefully this reflective moment was somewhat helpful to you if you had any challenges, again, please give yourself some grace. This is an activity that has to be continuously practiced and requires continuous reflection. So, as we continue to go through the presentation, you might find more ways of, you know, of identifying how you feel about your purpose and be able to answer some more of these questions. Okay? They give a participating in the poll. Okay. So, some components of purpose, values and passions. So, let's define -- Under define and understand our values -- So, this comes into play, and it's very important, because again, identifying your purpose really aligns with identifying with your values. So, a person's principles or standards of behaviors -- Values, I'm sorry, and principles, standards of behaviors, and one's judgment of what is important in life. So, values are things that are important to you, help you define your fundamental character. This could be taken from it may be family values or upbringing. It could supply meaning to your work and life, influence the decisions you make, compel you to take a stand and set boundaries, and provide you an atmosphere in which you are most productive. So, identifying why a sense of purpose is important to you is the same thing as identifying what's important, in terms of your values. Okay? So, once you've identified your values, it can lead to identifying your passions, which can, in turn, lead you to your purpose. So, let's explore, again, understanding and values and passion, and how they align and lead to identifying your purpose. Let's also talk more about identifying values in relation to defining purpose. Values, again, lay a solid foundation for individuals patterned with thinking and there we have acting. It can play a vital role in how someone makes choices or decisions and how they build their perceptions. For example, if you value family, but you work 70 hours a week at your job, you're more likely going to feel internal stress and conflict right? So, the question to you would be if you don't value competition and you work in a highly-competitive environment, are

you likely to truly be satisfied with your job? This is when understanding values can help you make decisions about how you live your life. You can link you to purposeful questions that arise, such as should I accept this promotion, should I accept this next position, do I want to start my own business, should I spend the holidays with my friends or family or travel to see them? Okay. Next slide, we're going to define and understand passion and how this applies. Okay? And actually, I'm sorry, I want to go back to the focus of identifying passions so, I'm sorry, values. So, your values are also hand-in-hand with your personal values as well. So, these can be desired as motivational goals or interests, individual, or guiding principles in life. Okay. So, as you move through life, your values will change. So, for example, the values of working 70 hours in a week, that example, maybe this is something you were doing when you were younger. That's okay. But maybe your values have changed and you need more work-life balance, because you've established a family, and family is something that's a priority to you, being home a little bit more, maybe having more flexible and be at home. So, these are just some example of how your values can transition and change. And that's okay, because life happens that way, and values will change over time. All right. Now, to defining and understanding passion so, your passions are your eternal energy source. The fire or the determination you have for reaching some destination you may have. They tell you why you are on this journey and what you want from life. They are your push and pull. So, passions are things that you love and desire, you have strong feelings and emotions towards, might elicit enthusiasm, and it fuels the fire of action. Okay? So, passion, the word passion, today, conjures a strong connotation of pleasure and desire. Right? And so, these are really important. Passion gives you fuel to stay the course, stay motivated, and this is just a quote that I really like. If you can figure out your purpose, figure out your passion, for your passion will leave you right into your purpose. Okay? So, when you channel that passion, it can lead you into identifying your purpose, which can be very important. So, you might have a question of how do you assess your passion.

So, assessing your passion -- So, are you able to identify what excites you? You know, what's exciting to you? What brings you to life? Thinking about what brings you joy, a sense of completeness this might be something that you were talented in, or you would pursue even if there was no monetary value to be gained. Do you have fear of moving out of your comfort zone and making sacrifices? So, consider whether you're willing to go outside your comfort zone, sacrifice time on the weekends, volunteer to explore, improve that level of competence in that area? That requires a level of sacrifice. Do you have fear of that? Do you organize or prioritize the day around your passion? So, understand about how you will hold yourself accountable to identify your passion and seek help or guidance to steer you in the right direction. So, this can enhance how you dedicate your time and space to explore your passions and assess them. And how do you respond or deal with fear or failure? So, fear can certainly seep in at any time, and certainly it happens to everyone. Right? And so, it can be a barrier to accomplishing your goal. So, understanding whether there's anything on your back, any barriers, or struggles to certain setbacks, how you feel about them, and there's nothing wrong with having fear or knowing that fear exists, but it's all about being self-aware about your fears and barriers, which may help you identify an action plan to addressing them. So, this is just how you can assess your passions. So, can passions and values exist? Can they coexist together? So, the question is there is no right or wrong answer here. Right? We briefly discussed how personal values can change based on life circumstances, and that reevaluating your current values, passions and purpose is an ongoing

process. So, values and passions can coexist. Passion comes from within and helps you drive, help drive the person, and reminds them, as well as what they value. It's important to be proactive about identifying your passions, assessing how they align with your values, and in addition, learning how to execute both while re-examining your purpose. So, some example would be how they align together. For instance, if one is passionate about cultivating relationships, it might illustrate the value of maintaining closeness with loved ones and building meaningful bonds with people who have entered their life. So, for example, a person values and passions could join forces when they spend quality time with parents or children. They might plan romantic outings with their significant other. They might share special moments with siblings, prioritize to spend time with friends, or they might decide to meet new people at their gym, their church, social club, other areas of life that they find important. So, these are just some examples. So, again, identifying that coexistence between values and passions can be very beneficial to exploring your purpose. All right? So, again, it helps you prioritize certain aspects of her life, daily functions, and how they paired them together. So, on the next few slides, we'll take some time out to look at the seven thought-provoking questions that can help you discover your purpose. Now, these are questions that we thought were just the most thought-provoking questions, but there are many other questions that can lead you to finding your real purpose. We just wanted to have these particular questions highlighted. Okay. So, question one. As we go through the questions, feel free to answer them. You know, feel free to go through some of the examples and see how they apply to you. I would love for you to take some time to have a reflective moment while I am going to these questions. So, question one what did I enjoy doing as a kid when I was in school? Okay, again, so think about what it ignited your passion when you were a child. For example, we have a cooking example. Perhaps, you always loved cooking. So, maybe you love cooking with your parents and setting the table. That might be something you enjoyed as a kid or another. Question two, what do I most admire or motivate me and why -- I'm sorry -- Who do I most admire or who motivates me and why. So, it's someone that you would find or identify as someone who's helpful and empowering to you? This person can serve as someone who's motivated dreams or has incursion to keep going, and accomplishing goals, even when it gets tough. One example of this, if you have always loved cooking, you might really say, I really admire my grandmother's cooking. She always encouraged me to cook with her. She cooked with love. She motivated me to try new recipes. They always came out very beautiful. Or maybe you have a world-renowned chef in the culinary world that's just one example. Question three. What would my perfect day be like? So, consider what your ideal day would look like if you were carrying out your purpose. Maybe it would involve doing certain activities to ensure that you are feeling purposeful each day. So, an example of this would be heavy you are making a daily task that includes preparations with a task in the kitchen, delegating certain aspects or certain tasks or assignments in the kitchen. Maybe you're planning to add to a menu, or deciding which recipes you want to try. How are you planning out your perfect day? What would be an ideal day so that you do feel purposeful? Question number four, what is the greatest challenge that I have overcome so far? So, understanding your challenges and how you've overcome them is really important. Maybe you can help other people overcome this challenge, or perhaps you love to overcome and help others achieve the same. So, it's important to understand and acknowledge those challenges that you face along your journey. Also, it informs a sense of self-awareness and knowing how you got to know these specific things, knowing your barriers,

understanding your barriers. So, again, in reference to cooking, maybe your biggest challenge or barrier was learning how to accept feedback and criticism about your cooking. Maybe you learned that this experience is a learning process and you must be able to conceptualize feedback given to you to improve your craft. So, maybe that's something that you were able to overcome. Number five, when I imagine myself at 80 years old, what didn't I do that I regret most? A lot of people ask this question. You know, if I were to get older or lived beyond my years, what would I regret most? So, if you stayed on the sidelines, for what happened if you hadn't pursued your purpose? About how you might feel. Always wondering if you never explored your purpose. Never reevaluated your purpose. Number six, which of my skills or qualities M I'm really proud of? So, think about your strengths, your top-talents, passions, missions. What are you most proud of? Maybe it's your ability to connect with others, or that you are innovative, or perhaps you are passionate, for example, about cooking and you truly enjoy preparing meals and serving them to others. Your mission might be to connect with people through the rich culture of food. That's a skill and quality that you have. That's a strength. Number seven, what's my biggest livestream? So, asking this question can help you identify what you've always wanted to accomplish in life. It's an compliment you like to attain again, even if there is no monetary value attached. So, your answer might be I've always jumped of being a chef. That's exactly what I wanted to do. Any suggestions? Okay. So, as we continue to go through the rest of the presentation, feel free, again, you know, to go through those answers, answer those questions. Once you settle on your answers, it should enhance your understanding of purpose and how you feel about your purpose. So, overall, this questioning should increase your self-awareness about your passions and your purpose, what you value, and it's also helpful if you try discussing your questions with someone who can provide guidance on next steps or feedback to some of the questions that you answered. So, start to think about some action steps, goal-sitting, and we'll address some of that towards the end of the presentation on how we can do that. So, the next thing I want to transition to his something that we always run into in life. We always encounter this. It happens to us.

This is losing your sense of purpose. What now? What do we do when we lose our sense of purpose? I want to normalize this experience. This is normal, it's common, it happens in your personal and professional life so, this is something that can arise at any time when you are triggered by life transitions, dealing with grief and loss, changes in your health, mental health, or traumatic events. Okay? So, again, this can truly happen to anybody when you feel like, you know what? I just don't have any motivation, I don't have a sense of purpose. So, for example, you may lose that sense of purpose when you feel like you have failed or didn't get that particular job or, again, a major life transition happens to you by moving, and you are trying to figure out, you know, how am I going to transition through this, where is my purpose going to come from. So, the effects of losing your sense of purpose. So, this can lead to increased depression or anxiety. So, we know that depression can be biological or situational, or you may have a feeling like you are trapped. Things might feel or turn gray. You might question and have a question of why bother. Depression can drain your energy, make it hard to move forward. It is also hard to think about possible solutions. Anxiety can feel debilitating. It can make the world feel smaller, more unsafe, and again, it can also make you cautious or prevent you from doing what you truly want to do. Success can feel unattainable. So, you can feel, you know, maybe from these particular symptoms, you can feel that success is not achievable, not attainable, or

you may like something. You may feel stagnant or not able to identify your strengths. So, this is another effect that can occur. You may lack passion or drive. So, we just kind of went through, you know, what passion can lead you to, your purpose, and you may lose focus, which can also, in turn, give you a lack of passion and drive to change or reclaim your purpose. So, it's important to recognize when this occurs and to give yourself some time, some breaks, because these transitions happen, and values and passions change over time. Just a reminder of that. Then, again, it can diminish your focus or have you feeling stagnant. So, you can feel like you're in a place where you are stuck, don't know where to go. You might feel like you are stuck in the mud, is what I hear from clients when they say, you know, I don't have a sense of purpose, or I don't have a purpose. I feel like I'm stuck in the mud or sinking, almost. So, with that, how do we reclaim our purpose? What does that really look like for us? So, we must, first, identify what was lost and how. So, where did the fire die? What was the significant event that contributed to the change or to the loss? This could be helpful to motivate you to regain your purpose and understand your value, maybe gain a stronger connection. What happened? Take some time to reflect on identifying and examining the values. So, just like we're doing, we're taking some time to really reflect on what our values are, what are passions are, what's important to them. Take time to see if those a line. Portray your values in a way that works for you. So, for instance, do you prefer to help people by, you know, doing -- Making things easier for people right? And so, you decide to write a project management report to help your colleagues work more effectively and efficiently. Your values stay the same, but maybe you need to find new ways to express your values and purpose. Another example would be, let's say, you really value teaching and other successes, but you don't desire to teach anymore. I ran into this would allow teachers I've seen as clients. They say, I no longer want to teach, but, you know, you may want to teach the room entry or coaching others, becoming an instructional coach instead, and teaching teachers how to manage and maintain, you know, their professions or their classroom. These are just a couple of examples of how you can portray your values in a way that works for you. Identifying strengths and knowledge your plans. So, this is really important for the strength-based and understanding your strengths. So, taking some time out to write down what did this process look like, what did it feel like. Did someone help you identify a really creative idea maybe come to fruition? Were you able to give yourself the ability to get through success during the pandemic, did you have an opportunity or interest that you were able to explore, set a goal, and did you attain it? So, you can also take a few minutes during this webinar to really identify, you know, did I have any wins this week? Did I have a win today? You can start small. Did I have a win within this hour? Focus on the solution. So, being solution-oriented. Remember, you don't have to identify or reclaim your purpose alone. Connect with others to provide support and encourage you. So, number six, connect with others who can help and guide you to your purpose. Connect with people who are going to support you. Surround yourself with people who have a solution-oriented mindset that can help you. So, these are just a few ways of reclaiming your purpose. Next phase of this, after you have gone through these particular things, you might think, okay, so now what? It's time for me to set some things in action. So, this would mean to set goals once you find your purpose. Right? So, where do I start? The next step after identifying these seven questions or questions in general, completing a self-assessment, is goalsetting. So, when you set goals of how you're going to accomplish the purpose, goalsetting can serve as a guide to initiating and planning. Goalsetting can be purposeful and an exclusive process that starts with identifying objectives,

skills, or projects you want to achieve. Okay? So, identify the type of goal that is going to be. Is it going to be short-term or long-term, professional or personal? Which type of goal is it going to be? Some people even like to add a self-goal, which falls under personal, but a goal just for myself, centered around me. Determine the result you want to accomplish. So, think about the results, think about the outcomes. Create and write down smart goals. So, smart goals would be a specific, measurable, attainable or action-oriented, relevant, and time-bound. Make sure they're there. So, it's important to regularly assess and reevaluate your progress over time when you are goal-setting. So, maybe you set -- If it's a short-term goal -- Maybe one or two months. Long-term, maybe a six-month period of time. But it's important to reassess at the end or even in the middle of goal-setting. Incorporate some reflection, reward yourself, accomplish things. Again, celebrate your wins, and journal throughout the process, which can also help, so keeping track of your progress. Being aware of that. Okay. Again, goal-setting is a way for us to also be intentional. So, being intentional and having an intentional purpose, you know, goalsetting can certainly lead us to that.

Now, we are committing ourselves to establishing an action step to our purpose. How are we going to be intentional about our purpose? So, things that will help us be intentional within our purpose are we can be mindful, we have to be mindful of the media that we consume. So, making sure that we're consuming appropriate or positive media. We know social media has so much excess today. Bring joy to yourself or something. Practice active listening. This is retrospect to receiving feedback, you know, talking to those individuals who support you, who surround you, and are able to understand and receive feedback. Make time for self-reflection, talk about that. Do something that will make you proud. So, do something that will make you proud and make you feel good. Be aware of the sacrifices. So, we talked about that with our passions. Be aware of the sacrifices you might have to make, be aware of this. Question your have-tos. This falls under priorities. Do you have to do it? It can fall under sacrifices as well. Question your have-twos. Know when it's time to let go. Know when it's time for me to stop. Is it time for me to let go of this? And establish a boundary if needed. So, looking at do I need to establish boundaries? Again, this might fall under some kind of sacrifices for you. Am I able to see who's supporting me or maybe who's not, and do I need to create those boundaries for myself so that I can get through this and be intentional about it. All right. So, in summary, I want to close out and follow-up with what we talked about today. We really focused on identifying your purpose and how it can help you thrive overall. We talked about mentally, physically, emotionally. It helped you thrive. It helps you move forward in life. Being able to assess your current needs, values and passions are imperative to finding and reclaiming purpose. Questioning and possibly losing your purpose -- Your sense of purpose -- During life's transitions are common. This is something common that happens often. So, if it happens, it's important to be self-aware of what's happening to you and to be able to reach out, gain insight, help and guidance if this happens to you. Again, practicing self-awareness and setting goals can help him to reorganize, reclaim and restore your purpose. Connecting with supportive individuals and assessing your purpose can help you achieve your life's purpose. I want to highlight a podcast that's available with these resources called trials to try and's with Ashleigh PATTERSON. She recently interviewed the actress, Tawana Wise, who's actually in the most recent "Jurassic Park." she explains, on the podcast, how she came to realize her purpose in life. She says, her purpose in life is to bear witness and to continue to be a mirror to my friends in society at large. Tawana says, she has



learned to lean in and even love uncertainty as she navigates her career and family life. So, I really thought that this was really important, because life is so uncertain. And so, we have to really lean into what that looks like, and she says, she even loves that sense of uncertainty, because it prompts and pushes her to re-examine and reevaluate her purpose, what she is doing, which is healthy to do. All right. So, let's transition to our final poll for the afternoon. Which phase are you currently in with your purpose?

[ Poll being conducted ]

A, I need guidance with recognize my purpose, B, I'm already -- I am ready to reclaim and focus on my purpose, C, I'm ready to restore and build my purpose, D, I recognize my purpose and I am actively living it out?

All right. Great. About five seconds left. We've got a lot of responses coming in. Thank you so much. All right. I'm going to go ahead and show those results. Just one second.

[ Poll being conducted ]

Okay.

All right. So, when did 68 of you said, I need guidance with purpose. Okay. Guidance with recognize my purpose. Excuse me. 96 of you said, I'm ready to reclaim and focus on my purpose. All right. 82 of you said, I'm ready to restore and build my purpose. 26 of you said, I recognize my purpose and I am actively living it out. Awesome. So, no matter what phase you're in, it's important to learn to do whatever helps you to get started on her to keep you moving forward and living out your purpose. I hope that having this discussion today really prompted a level of awareness for you and understanding of your purpose. To that end, we have compiled a list of resources that can be helpful, either for you to discover, reclaim, further engage more into your life's purpose. So, I'm so glad that I was able to be here to have this conversation for you. And just some resources I want to point out in the next slide. I did just speak about the podcast, from "House of triumphs," with Ashley Weathers and Malcolm Jenkins. This particular book, the happiness of pursuit, finding the quests that will bring purpose to your life. That's a really great book. Oprah Winfrey's "The path make clear, discovering your life's direction and purpose for" and here's a video on how finding your passion changes everything so, these are just a couple of resources that can be helpful to you that you can look into to see how it can continue to guide you to your life's purpose. And I'm gonna go ahead and had it back over to Tammy.

All right, great. Thank you so much, Madison. What a wonderful presentation. And if you like more information on this or other health and wellness topics, please give us a call or visit us online at FOH4YOU.COM. It is confidential and available seven days a week to help you work through personal or work-related issues. Before we start the Q&A portion of today's session, I like to remind you that the recording and transcript, a copy of the slides which includes the certificate of attendance at the end, and the resource handout be emailed to you within 24 hours following today's session. As well, all of today's content will also be available on FOH4YOU.COM in about two weeks. Finally, when you exit, you will see a satisfaction survey where you can let us know about your experiences with us today and provide any additional feedback you may have. We do appreciate you filling out the survey, and we do read all the comments and use them to make improvements and adjustments. We do have some time now for some questions if you have something you'd like to ask. Please type it in the Q&A panel and send it to all panelists. All right, Madison. We got some great questions coming in. The first one is

what would you suggest as a good time to evaluate your purpose, and how often should you do it?

That's a good question. So, like I said, you have -- Any life transitions that happen -- Anything that occurs to you, you know, a traumatic event, or it doesn't have to be traumatic it can also be you got a new job and you feel like, you know what? I need to understand where my purpose is going to be at this particular job, in my profession. It's whenever you feel fit to rediscover, re-explore your purpose. There is no time like the present to really think about and ignite those questions in your mind and reflect on your purpose and how things can feel more meaningful to you. I like to visit my purpose, personally, every quarter. I like to do it every quarter, because that's how often my life changes. That's okay. You know, especially when you have children. It can change. So, I like to reevaluate and ask those questions myself often, just so that I can understand that I'm staying the course, or if I'm going away from the course. So, however you see fit or works for you.

Okay. Great. Another great question we just got is what would be the most helpful guidance as I go through the process of redefining my purpose?

Will be the most helpful guidance as you go through redefining your purpose? Okay. I would say, the guidance would be just kind of what we just did, asking yourself those seven questions these are resources that we also provided, as well, in this presentation, and we have other additional questions you can ask yourself to conduct a self-assessment. It's always really important to make sure that you conduct a self-assessment of, you know, what was the reason for why you are rediscovering or re-exploring your purpose. What ignited this change, right? How did this change come about? So, thinking about those questions and then implement in some of these questions or other questions that will help you understand those values and passions, things that motivate you that align with what you were supposed to be doing every day and how you feel about that.

Okay. Thanks, Madison. Someone is saying, during the past 20 years, my purpose has been defined by my role as a federal employee and single mother. And as my child becomes more independent, I'm concerned about my purpose when I retire from work. Do you have any advice regarding this?

Wow. This is a really great question, especially for individuals who are entering into that phase of retirement and no longer needing to be depended upon in that way. I do have a few clients that have the same question. And so, you know, I tell them, I like to go back in time and say, what did you do before you were a mom, what did you do, you know, before you thought about really engaging in federal government, or was this something you always had a passion about, helping people, or what is your role now? Does that passion still align with who you are today? Right? So, for example, if you are someone in HR are and you've been in HR for 20 years, people in HR typically are there because they love to help people. They love finding answers for people. They love guiding people in the right direction. You can still do that in many different capacities and different forms of life. So, identify what that is. Right? If you are retiring, how can you still do that? Can you do that with your church? Can you do that with your community? Also, finding a sense of community is really important. So, thinking about how can I connect with now that aligns with who I am today and what I'm doing now right? And so, you may be able to identify with the community where they're in the same position, or they're trying to really understand their purpose and connect individuals that are likely to have it. So, having that sense of

community is really important, and again, reevaluating what works for you, and also embracing and being self-aware of those changes that are occurring are all really important.

All right. Great suggestions. We've got someone that's saying, what should you do if you are not sure what your strengths are.

Great question. And so, if you are not sure what your strengths are, it's really important to get guidance maybe from other people. So, you can do professional guidance. You can go to EMP, CES, CET specialist or counselor, so that we can help you, guide you, identify strengths, or maybe even focus on, you know, understand the barriers to identifying those strengths. And it's important to ask the people who are important around you. So, maybe asking your parents or your spouse or partner, people who you connect with on a daily basis. Maybe they can point out some of your strengths. Sometimes, identifying those strengths can be very hard and arduous. And that's okay. So, you know, once you are able to do that, you can also then connect with, you know, why it's hard for you, or what barrier you are facing to identifying your strengths that might be where, speaking to a professional or someone within EAP could help you with that, you know, but seeking that feedback from others is something I would recommend, if you're having a hard time identifying a strength for the other part, too, is trying to identify things that you're good at. So, you know, for example, if you're really good at knitting or, you know, your creative, that's a strength. Right? That's a strength to be able to knit and be creative and make things for people. You know? So, Inc. about things that you're actually very good in. You know, maybe you are good at organizing certain things. Or you are passionate about that. And so, that's another aspect where you can be able to identify your strengths.

All right. Thanks, Madison. Let's do one more question. Someone is asking do you have any tips to stay on purpose when you get distracted from it?

Yes, so, distractions happen, and they're normal, because they're part of life so, you know, my tips would be to, one, be self-aware of those distractions, be able to acknowledge when a distraction occurs so, if you are distracted or, let's say, a life circumstance happens, you know, that keeps you from being aligned with the purpose, being able to recognize when it's happening. That's the most important part, to be able to recognize when it happens. And then, once you are able to recognize it, you might have to reestablish your plan. So, you might have to reestablish your course of action and how to go about, you know, accomplishing your purpose and accomplishing your goals to obtain the purpose. And that's okay. You know, you might have to reevaluate some things, is it some things, move some parts around, to be able to accomplish those goals to get your purpose that's what I would do if distractions come up also, lasting, to be able to recognize the need to be able to implement boundaries, or if you need to make some sacrifices. So, a lot of times, depending on the distraction, you may need to also be aware -- If you need to make a sacrifice or create some type of boundary so that you're not stuck it again and that you stay the course.

All right. Sounds good, Madison.

We've reached the top of the hour, we'll conclude our webinar for today. If we didn't get to your question, or if you have additional concerns, please call the EAP to speak with one of our consultants who can help with your specific situation. I'd like to thank Madison Myrick once again for presenting today, and I want to thank you for taking time to be here with us today. Thank you, guys, for having me today.

This wraps up our webinars for the year! We look forward to you joining us again next year for a great new line-up of FOH EAP webinars starting with our next monthly webinar Financial Fitness: Your Training Plan to Trim Down Debt which will take place on January 11th. Register for this webinar or any of the FOH EAP webinars for the year at [FOH4You.com](http://FOH4You.com), on the Live and On-Demand Webinars page by clicking on the 2023 Webinar Calendar, which will be posted by the end of the week. We wish everyone a joyous and peaceful holiday season and a happy new year! See you in 2023!

Bye everyone, thank you.

[Event concluded]