



7 THOUGHT-PROVOKING QUESTIONS THAT HELP YOU FIND YOUR LIFE PURPOSE

**A WEBINAR FOR EMPLOYEES FROM YOUR
EMPLOYEE ASSISTANCE PROGRAM**

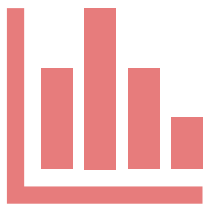
December 14, 2022

INTRODUCTION



OBJECTIVES

- Define what purpose is and why it is important to determine yours
- Understand how values and passions help define your purpose
- Explore seven thought-provoking questions to help you find your life's purpose
- Discover how goalsetting can aid in constructing your purpose
- Discuss how you might lose your sense of purpose and its effects
- Provide strategies for building and maintaining an intentional purpose



POLL 1

Do you feel you are currently living your purpose?

- Choose one:**
- Yes
 - No
 - I'm not sure



POLL 2

*Do you know your “why”
(your motivation in life)?*

**Choose
one:**

- Yes
- No
- Somewhat



POLL 3

How do you feel the pandemic affected your drive to commit to or discover your purpose?

Choose one:

Negatively:
I felt less motivated to follow/find my sense of purpose.

Positively:
I felt more motivated to follow/find my sense of purpose.

Not at all:
I felt indifferent.

SECTION 1

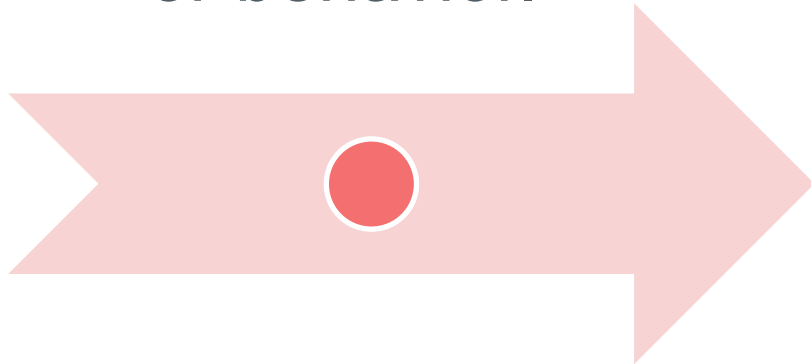
PURPOSE

WHAT IT IS AND WHY IT'S
IMPORTANT

WHAT IS PURPOSE?

“A mental goal or aim that directs a person’s actions or behavior.”

Purpose can:



Guide life decisions

Create meaning in life

Offer a sense of direction

Influence behavior

Shape goals

WHY HAVING A PURPOSE IS IMPORTANT



Boosts your overall health and wellness



Introduces more opportunities for self-care



Improves cognitive function



Increases optimism, resiliency, and hope



Enhances experiences of joy, happiness, and satisfaction

ACTIVITY

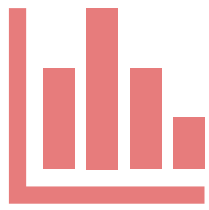
WHY IS HAVING A SENSE OF PURPOSE IMPORTANT TO YOU?



Take a moment to reflect and write down your reasons

Examples:





POLL 4

How do you feel after reflecting on why having a sense of purpose is important to you?

Choose one:

Energized

Still confused

Content

Unsure

SECTION 2

COMPONENTS OF PURPOSE

VALUES AND PASSIONS

DEFINING AND UNDERSTANDING VALUES

“A person's principles or standards of behavior; one's judgment of what is important in life.”

- **Values are the things that:**
 - Feel important to you
 - Help define your fundamental character
 - Supply meaning to your work and life
 - Influence the decisions you make
 - Compel you to take a stand or set boundaries
 - Provide an atmosphere in which you are most productive

DEFINING AND UNDERSTANDING PASSION

“Your passions are your internal energy source, the fire or determination you have for reaching some destination up ahead. They tell you why you are on this journey and what you want from life. They are your push and pull.”

– **Passions are things that:**

- You love or desire
- Have strong feelings and emotions toward
- Elicit enthusiasm
- Fuel the fire of action

ASSESSING YOUR PASSIONS



Are you able to identify what excites you?



Do you have a fear of moving out of your comfort zone and making sacrifices?



Do you organize and prioritize your day around your passion?



How do you respond to or deal with the fear of failure?

COEXISTENCE OF VALUES AND PASSIONS

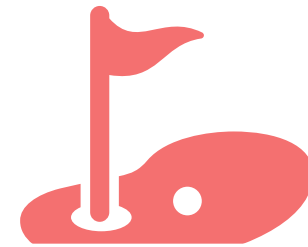
Examples of when values and passions join forces



Spending quality time with their parents and/or children



Planning romantic outings with their significant other



Sharing special moments with their siblings



Prioritizing time to spend with friends



Meeting new people at their church, gym, social club, etc.

SECTION 3

SEVEN THOUGHT- PROVOKING QUESTIONS

TO HELP YOU FIND YOUR
PURPOSE



QUESTION 1

***What did I enjoy doing
as a kid or when I was in
school?***



QUESTION 2

Who do I most admire or motivates me and why?



QUESTION 3

*What would my
perfect day be like?*



QUESTION 4

What is the greatest challenge that I have overcome so far?



QUESTION 5

When I imagine myself at 80 years old, what didn't I do that I regret most?



QUESTION 6

***Which of my skills/qualities
am I really proud of?***

(e.g., strengths, top talents,
passions, missions)



QUESTION 7

*What is my biggest
life dream?*

SECTION 4

LOSING YOUR SENSE OF PURPOSE

WHAT NOW?

LOSING YOUR SENSE OF PURPOSE

Examples



Grief/loss



Career changes

- Decreased job satisfaction
- New/different role

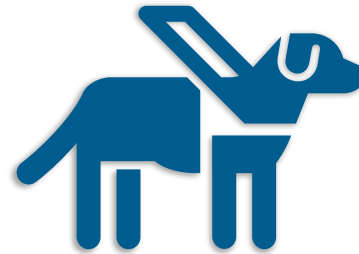


Family dynamic shifts



Traumatic events

- Natural disasters



Physical/mental health changes

EFFECTS OF LOSING YOUR SENSE OF PURPOSE



Increased depression or anxiety



Success seems unachievable

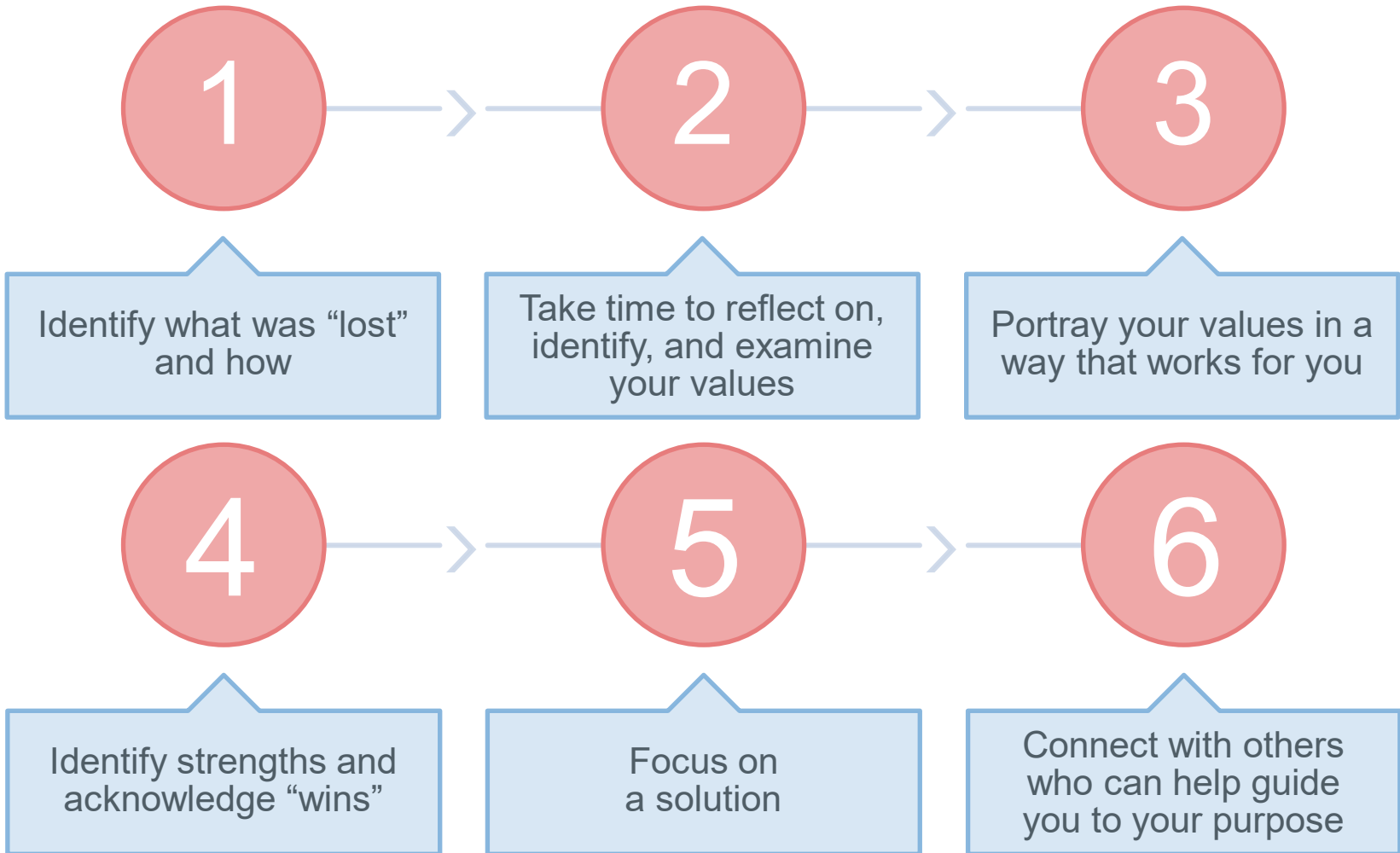


Lack of passion/drive



Diminished focus or feeling stagnant

RECLAIMING YOUR PURPOSE



SET GOALS ONCE YOU FIND OR RESTORE YOUR PURPOSE

- **Identify the type of goal:**
 - Long or short term
 - Personal or professional
- **Determine the results you want to accomplish**
- **Create and write down SMART goals:**
 - S** – Specific
 - M** – Measurable
 - A** – Attainable
 - R** – Relevant
 - T** – Time-bound



HAVING AN INTENTIONAL PURPOSE



Be mindful of the media you consume



Do something that brings you joy



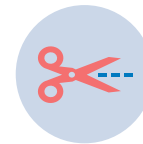
Practice active listening



Make time for self-reflection



Do something that will make you proud



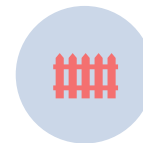
Be aware of sacrifices



Question your “have-tos”



Know when it's time to let go

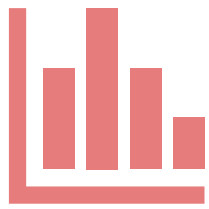


Establish boundaries if needed

SUMMARY



- Identifying your purpose can help you thrive
- Being able to assess current needs, values, and passions is imperative to find/reclaim purpose
- Questioning or losing your sense of purpose during life's transitions is common
- Practicing self-awareness and setting goals can prompt you to recognize, reclaim, and restore your purpose
- Connecting with supportive individuals while assessing your purpose can help you achieve your purpose in life



POLL 5

Which phase are you in currently with your purpose?

Choose one:

- I need guidance with recognizing my purpose
- I am ready to reclaim/focus on my purpose
- I am ready to restore/build my purpose
- I recognize and am actively living my purpose

RESOURCES

Books

- ***The Happiness Of Pursuit: Finding The Quest That Will Bring Purpose To Your Life***
 - C. Guillebeau, 2016
- ***The Path Made Clear: Discovering Your Life’s Direction And Purpose***
 - O. Winfrey, 2019

Podcast

- DeWanda Wise is a Master Reframer
 - trials-to-triumphs.simplecast.com/episodes/dewanda-wise-is-a-master-reframer

Online Articles

- 20 Self-Help Blogs That Will Inspire You To Achieve Your Goals In Life
 - blog.goalmap.com/en/20-self-help-blogs-to-achieve-your-goals-in-life
- What Is Life Purpose?
 - takingcharge.csh.umn.edu/what-life-purpose

Video

- How Finding Your Passion Changes Everything
 - youtube.com/watch?v=03v_UScdLQY

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