

# Mindfulness

FINDING YOUR PURPOSE AND VISION IN A  
CHANGING WORLD



# Objectives

- Define mindfulness
- Identify your unique gifts, talents and interests
- Discuss techniques to maintain your life purpose

# Define mindfulness

“ Awareness that arises through paying attention, on purpose in the present moment, nonjudgmentally”

Jon Kabat-Zinn

# Defining life purpose

Using our gifts and talents to make a positive impact in the world and help create the world we want to see

Why is it important- - people, resources and opportunities will gravitate to you and everyone benefits

# Discover your talents and strengths

**[Click here to access the VIA Character Strengths Survey](#)**

Creative

Curiosity

Love of learning

Perspective

Courage

Perseverance

Honesty

Love/kindness

Teamwork

Leadership-

Self-regulation

Humor

Spirituality

# Tools to find your purpose

Explore what you love to do

What qualities do you enjoy expressing the most

Create a life purpose statement

Decide where you want to go

Conduct a passion test

Conduct a joy review

Take time for yourself

Align goals with your purpose

[Click here to access How to Find Your True Purpose in Life | Jack Canfield \(jackcanfield.com\)](https://jackcanfield.com)

# Searching for purpose

Donate time, talent

Listen to feedback

Surround yourself with positive people

Start conversations with new people

Explore your interests

**[Click here to access 7 Tips for Finding Your Purpose in](#)**

**[Life](#)**

# Maintaining your life purpose

Follow your journey/story, not others

Let go of Ego

Lean into Joy

Be flexible

Go easy on yourself

# Techniques to foster purpose

Journaling

Vision Board

Meditation

Visualization

# Meditative practice example

Focus on what you want

Visualize- see as if it is happening now

Turn negative thoughts into positive thoughts

# Your Program

**Call toll-free or visit us on the web**

**24 hours a day/7 days a week**

**Thank you!**

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