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# Activity

## Find Your Purpose

### Step One: Consider Your Skills and Interests

If you ever had a job that doesn't align with your values or skillset, you know how stressful it can be to feel uncomfortable on an hour-to-hour, day-to-day basis. That's why it's so important to understand your purpose, or how you can utilize your talents and passions to make a difference at home, at work or through a charitable endeavor. To get started, consider the questions below.

#### 1. What do you choose to do with your free time? What activities are you drawn to and why?

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#### 2. What activities make you feel energized or lose track of time?

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#### 3. What skills come easy to you? What activities feel natural and comfortable to you?

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#### 4. What do your family and friends think? Have you often been told you're perfect for a certain job or career? Do people close to you seek your advice on certain subjects?

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#### 5. What morals or values guide your life? What do you feel strongly about? On which subjects are you unwilling to budge?

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## **Step 2: Make a Purpose Statement**

After you've considered the questions above, think about what needs to change for you to follow your purpose, as well as tactics you can implement to make lasting (not superficial) progress. Then, list an overview of your goals below.

This week, I will take a step closer to finding my purpose by:

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In the next month, I will take a step closer to finding my purpose by:

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By this time next year, I hope to achieve this goal:

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