

MEANING & PURPOSE

Our purpose is our usefulness.

It's our contribution to serving others and improving the things around us. When you have a sense of purpose, you feel like there's something moving you—and it's taking you to somewhere great. You feel like all the pieces fit—that YOU fit! What you do MATTERS!

You feel like you're a part of something bigger than just you.



Finding Meaning & Purpose

Write a Love List: a simple activity that allows you to write out activities and things you would love to do (they do not have to be career related).

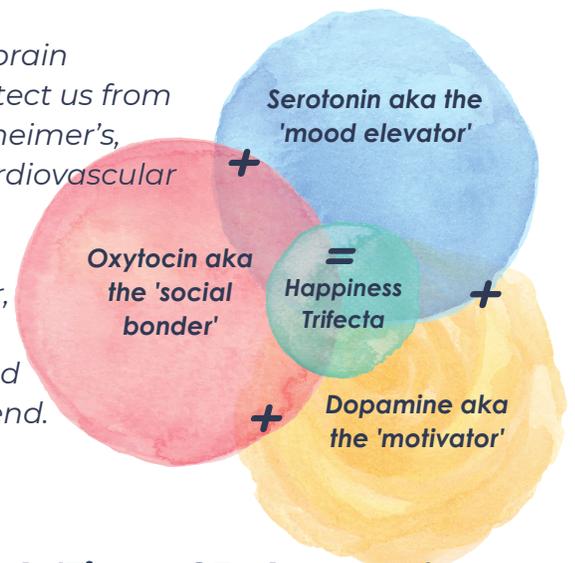
Craft a Personal Vision Statement: a way to bring together your values, strengths, and goals into a singular statement.

Write a Letter to You in 10 Years: this activity allows for you to reflect on your current values and share what you hope to hold on to.

Create a Mind Map: take a moment to brainstorm all of your passions and values and connect them to aspects of your life.

Give Back: whether it is volunteering your time or donating to a charity, giving back can enhance your sense of meaning and purpose.

These helpful brain chemicals protect us from things like Alzheimer's, stroke, and cardiovascular disease, while helping us to perform better, work harder, be happier, and be a better friend.



The book 'Firms of Endearment' found that purpose driven workplaces:

Are 30% more productive

Have 62% less safety concerns

Have 37% less absenteeism

Have 30% less turnover

How does purpose help an organization?

A purpose driven employee is 6x more satisfied with their job and 4x more likely to be engaged. This means that a purpose driven employee is more likely to look forward to going to work and while there, time flies (finding your flow), and when they go home, they feel a sense of accomplishment.

Employees with purpose experience joy from serving others, and happy customers tell others!

TOGETHER WE CAN *build a better future!*