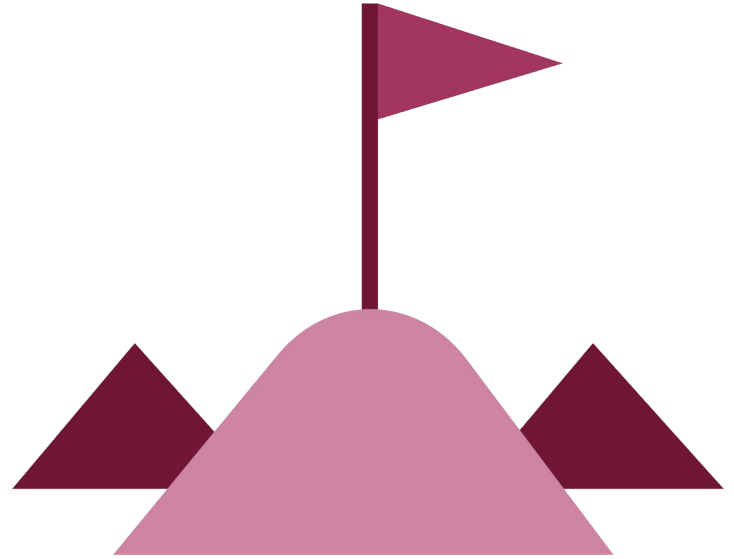


Purpose

♥ Strength of heart



What is purpose?



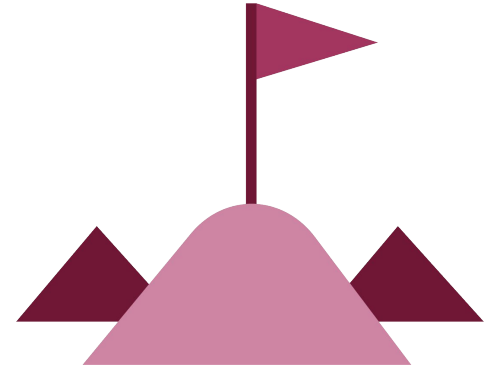
Commitment to making a meaningful
contribution to the world

“Many persons have a wrong idea of what constitutes true happiness. It is not attained through self-gratification but through fidelity to a worthy purpose.”

— Helen Keller

Why does purpose matter?

- It drives you to make positive contributions in line with your own interests and strengths.
- It motivates and guides your short-term goals and daily activities.
- With a strong sense of purpose, you flourish: you enjoy a more meaningful life, are healthier and more resilient to setbacks, live more energetically, and feel good about what you've accomplished.



Pulse Check

How many of these things are true for you?

- I look for ways to have positive effects on others' lives.
- I often reflect on my life goals and the kind of person I want to be.
- When I plan out my day, I consider how my activities connect to what I want to accomplish with my life.
- I often think about what I can offer the world, taking into account what the world needs as well as my personal strengths and interests.
- I often think about what matters most to me and *why* it matters.

