

## Purpose, Meaning and Health

Purpose and meaning are key components to living a flourishing life. Use this worksheet to help you reflect on and define what gives you purpose and meaning so you can flourish!

### What to Do

- Get a journal or a few sheets of paper and something to write with.
- Find a nice quiet place where you will be undisturbed for a while.
- Each day for the next week, choose 1 question from the list below and reflect on it.
  - Take 10 minutes, see what comes to mind, and write down your thoughts without judging your answers.
- At week's end, look back on the common themes in your answers; use the "Reflect" section to help.
- Consider how might these themes relate to meaning and purpose in your life.



### Ask Yourself

- What would you like to change for the better about the world? *(What cultural or current events/issues make you the most upset? What causes do you strongly believe in or connect with?)*
- What would you do if you could not fail?
- What would you do if you were not limited by money or finances?
- What makes you feel great about yourself? *(What are you good at? What personal qualities are you proud of? What do people often ask you for help with?)*
- What accomplishments (big or small) are you most proud of?
- What would you like to hear at your funeral? *(What would you like friends and family to say about you and your accomplishments during your lifetime? What contributions and achievements would you want them to remember? What would you like to be your legacy?)*
- Who inspires you the most *(e.g., past or present historical figures, family members, friends, artists, authors, etc.), and which of their qualities inspire you?*
- What do you want to accomplish before you die?
- What characteristics would make the younger "you" proud of who you are now?
- At your 80th birthday party, what personal accomplishments do you want to be able to look back on? *(How will you have wanted to contribute to the world? What will have made you the most content with your life choices?)*
- What were you doing during the happiest moments in your life? *(What were the circumstances? What are the underlying themes of these moments? What has given you the most pleasure and has made you smile?)*
- What kind of people do you like to surround yourself with? *(What type of conversations do you like to have?)*

### Reflect

- What are common themes or responses you've recorded?
- What are aspects of yourself that you've discovered?
- Given your responses, what have you determined is meaningful to you?
- How could you incorporate these realizations into your daily life?