

## EMPLOYEE ASSISTANCE PROGRAM

# HOW TO STAY ENGAGED AND LIVE WITH PURPOSE



“Finding your purpose” is more than just a cliché or a dream that will never be fulfilled. It is a tool to help you live a happier, healthier life. When people focus on their core beliefs and values, it influences their decisions, shapes their day-to-day actions, and determines their short- and long-term priorities.

### Consider these tips to help you get on track:

1. Set priorities. Identify those activities that matter most to you and focus on spending your time and effort in those areas.
2. Pursue your passion. You can follow your dreams by putting your heart into everything you do. This will help you feel as though you're personally making a difference.
3. Balance your life. Put energy into your career, but also into building relationships with family and friends.
4. Surround yourself with positive people. When interacting with people who are making positive changes in their lives, you can draw from their inspiration.

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Visit [eap.calhr.ca.gov](http://eap.calhr.ca.gov) or call today to get help with topics such as:

Work-life balance	Living healthier
Health & well-being	Emotional wellness
Family & relationships	Stress & balance
Grief & loss	Workplace support

Your resource for help with daily challenges and difficult situations.