

The Power of Purpose

Meet our speakers



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Objectives

- Describe the importance of purpose for resilience and thriving.
- Discuss benefits of purpose.
- Identify strategies to live with intention and realize your meaning.

Poll: life direction

Do you feel your life has a clear direction?

Do you feel your daily activities are engaging and important?

Do you feel really happy, energized, and passionate about your talents, interests, or hobbies?

What is purpose

“Purpose is a forward-looking directionality, an intention to do something in the world.” Dr. Anthony Burrow

Why purpose matters

Is a strong predictor of health, well being and longevity

Improves your cognitive abilities

Increases engagement

Buffers for challenge and stress

Mood regulator

Pathways to purpose

GRADUAL SUSTAINED LEARNING

Reflect on your daily activities each day for a week. What meaning do you derive? What purpose are they serving?

SUDDEN UNPLANNED LEARNING

Reflect on profound major events in your life. Have you gained insight on what is most important to you and where you want to spend your time and effort?

SOCIAL LEARNING

Engage in a conversation about purpose with people in your life who have a strong sense of purpose. What can you learn from them?

Recap/key takeaways

Three pathways to purpose: Gradual, Sudden, or Social Learning

Purpose is cultivated rather than uncovered

Everyone can cultivate a sense of purpose

Purpose doesn't have to be grandiose and world-changing

Purpose impacts our health, mood, cognitive functioning, interaction with others, and resilience

Questions and answers



Your Program

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Thank you!

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