

# The Purpose Pillar of Health

Purpose is the sense that our **lives have meaning, direction, and intention**. It is the feeling that the things we do each day contribute to something important — whether that is caring for others, creating something meaningful, pursuing personal growth, or making a positive impact in the world.

When we cultivate purpose in our lives, we support:

- Greater motivation and life satisfaction
- Improved mental and emotional wellbeing
- Stronger resilience during challenges
- Increased sense of meaning and direction
- Greater engagement with life and relationships
- Improved overall health and longevity
- Increased motivation in other areas of life

Purpose does not need to be something grand or world-changing. It can come from many areas of life, including family, career, creativity, service to others, personal passions, or spiritual beliefs.

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## Core Principles of Living with Purpose

### Clarify Your Values

Understanding what matters most to you helps guide decisions and direction in life.

### Pursue Meaningful Activities

Spend time doing things that bring you joy, fulfillment, and a sense of contribution.

### Set Intentional Goals

Goals that align with your values can provide direction and motivation.

### Keep Learning and Growing

Personal growth and learning new skills can strengthen a sense of purpose.

### Contribute to Something Bigger

Helping others, serving your community, or contributing your talents can create deep meaning.



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## Purpose Challenge IDEAS:

- Go pick garbage and clean up a different street each day
- Practice a new activity or learn a new skill that you have been curious about each day
- Spend 15 minutes working toward a personal goal
- Each day do one act that contributes positively to someone else's day
- Every morning, reflect on how you want to feel that day
- Each day spend 30 minutes reading a personal-development book
- Volunteer with your local library or a local non-profit each day
- Create your own community project, volunteering some time towards it each day

