



Life Purpose

Life purpose is about finding meaning in life. It is about feeling a connection with something larger than yourself.

Having a strong sense of life purpose improves your capacity for compassion and empathy and allows you to live an authentic, intentional life. Finding life purpose can bring meaning to your life and may usher in a sense of contentment.

When thinking about yourself and life purpose, reflect on your responses to these questions.

- What is my connection to the world around me?
- Am I living my life in the best way possible?
- What can I do with my time that is important to me?
- Am I tolerant of the views of others?

Contemplative activities are often helpful to cultivate a sense of life purpose. Meditation, journaling, prayer, and yoga are examples of quiet exercises that encourage

It is better to ponder the meaning of life for ourselves and to be tolerant of the beliefs of others than to close our minds and become intolerant.

It is better to live each day in a way that is consistent with our values and beliefs than to do otherwise and feel untrue to ourselves.

—National Wellness Institute

individuals to direct their focus inward in order to feel more connected to their lived experience and the world around them.