

# Finding your purpose



Having a strong sense of purpose can guide our behaviours, give us a sense of direction, and make it easier to reach our goals

If you haven't found your purpose yet, don't stress it; purpose can be created - tailored to you



Engaging in meaningful activities can lower stress levels and improve mental health

Some people find purpose outside of themselves - through religion, spirituality, or charitable work



Living with purpose can actually reduce the chance of premature death, and improve cognitive ability

Purpose can be found in the things you enjoy: following a sports team; joining a book club; discovering a new hobby



If you're struggling to pinpoint your purpose, think about what matters most to you in the world

Learning something new (like an instrument or a language) can give meaning to our lives



Your purpose might be about how you make others feel: spreading happiness and positivity like wildfire

If the idea of discovering 'purpose' is eluding you, try thinking of it as meaningful activity instead

