

Prompts to Rediscover Your Purpose

The Importance of Having Purpose

Taking time to reflect on the past and ponder the future helps to put the present moment into perspective. What motivates, fulfills, and inspires us impacts our sense of purpose. Purpose provides us with value and satisfaction. Having a sense of purpose acts as our very own North Star in directing our thoughts, feelings, and behaviors. For most of us, facing the unknown and shifting our lives during the pandemic altered our view of the world and our perception of how we contribute to society. It's time to get the power of our purpose back.

Rediscover your passion for life by taking a few minutes to sit down and think about what feels important to you now. Follow the prompts below to guide your thoughts.

Purpose Prompts:

- Create a list of things that bring you joy. How can you fit these activities into your day-to-day life?
- What are your greatest strengths and skills?
- As you look back on your life, what lessons had the greatest impact? Why?
- What is something you did as a child that you would like to do again?
- If you could visit any 5 places in the world, where would you go?
- Describe your ideal day. What are you doing from the moment you wake up to the moment you go to bed?
- What do you want your life to look like one year from today?
- How do you want to be remembered? What is your legacy?
- If time or money didn't matter, what would you love to do?
- What advice would you give your 20-year-old self?

For more prompts for how to dream big – read Matthew Kelly's book *Amazing Possibilities*.