

Living your purpose



Not everyone can be a Ghandi, Mother Theresa or Martin Luther King. Change-makers like these are few and far between.

But we can all make a difference. It starts by uncovering where your real interests, strengths and aspirations lie.

Questions to help discover “you”

- **What did you enjoy playing or doing as a child?** For example, did you love to dance, play basketball or set up lemonade stands? What else?
- **What makes time fly?** Can you get completely engrossed in reading, working out or fixing things? What activity makes you lose track of time?
- **If money were no object, what job would you have?** Let your imagination run free. What job sounds most exciting and satisfying?
- **What “makes you tick?”** For example, are you a “people person”, theater-goer, animal lover or outdoors type? What activities give you a sense of pride and accomplishment?

Put your passion into action

Your answers to these questions can help clarify what’s meaningful to you. And how you might make your mark. The next step is to put your passion into action.

- 1. Give it a shot.** If you really want to try something, find a way to make it happen. For example, take a volunteer position doing the activity or job you think you’d like. Get involved in some way, however small.
- 2. Listen to your feelings.** Trust your gut as you explore your passions and purpose.
- 3. Don’t judge yourself.** As you experiment, it’s okay if you make mistakes or change direction. That’s how you learn and grow.

Enhance your life

Take a break from your everyday routine to try some of these steps toward self-discovery. They can help you add a greater sense of meaning to your life.

Try some of these steps to find more satisfaction and purpose.

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