



# Sense of Self

## Creating Purpose in Your Life

### It is essential to have a sense of purpose in life.

Individuals with a strong sense of purpose tend to have better mental health, overall well-being and cognitive function compared to those who lack meaning in their lives. Individuals with a sense of purpose tend to engage in healthier behaviors and lifestyle choices meaning they are less likely to suffer negative health outcomes and better able to manage stress. Creating a sense of purpose may take time and require some effort, but it can be truly rewarding to discover what matters most to you and what you want to contribute to the world.

### Tips to help create purpose:

- 1. Identify your values:** Values are the principles that guide your life and define what's important. Identifying them can help you understand what you stand for. Make a list of your top values and consider how you can align your life with them.
- 2. Explore your interests:** Your interests provide clues about your passions and what you want to pursue. Consider what you enjoy doing in your free time and what topics you like to read or learn about. This can help you identify potential career paths or hobbies that align with your purpose.
- 3. Reflect on past experiences:** Looking back can help identify interests and strengths. Consider which activities you've been most proud of and what skills you've developed along the way. This can help you recognize potential opportunities that align with your purpose.
- 4. Consider what you want to contribute:** Purpose is often tied to making a meaningful contribution to the world. Consider the impact you wish to have and what problems or issues you'd like to address.
- 5. Take action:** Start small by volunteering or taking on a project that aligns with your purpose. As you gain experience and clarity, you can make bigger changes or pursue new opportunities.

**Purpose comes from a sense of self-knowledge. Often it must be created, not found. Creating purpose in life is a journey that takes time and self-reflection. Reach out to the EAP for support.**