





# Why is Purpose Important? Better physical health Improved mental fitness Live longer Reduced Stress Increased flexibility



## Purpose and Your Work Drives high performance Maintains motivation Increases camaraderie KEEPS YOU HAPPY



4



Develop a Growth Mindset

5



Create a Personal Vision Statement









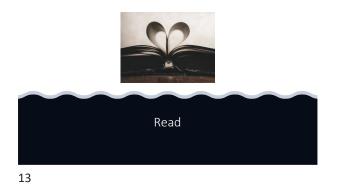


Become Part of a Community

11



Spend Time with People Who Inspire You



Join a Cause



15



#### Take Time for Self-Care

16



### Creating Your Personal Vision

- Step One: Letter from the Future
  Step Two: List of Successes
  Step Three: Collecting data
  Step Four: Write your Vision Statement

17

#### Resources



