

# Module 5: Fuel Your Purpose

## Instructions

Purpose is often talked about as if it were something to eventually “reach” and one type of job, skill, or practice were the best and only fit for us. In reality, there are many purposes that each of us can have – and like bio-individuality, they can change throughout life’s various stages.

Often, things that we are naturally good at can become easier to develop into that sense of “purpose.” However, we can also develop a sense of purpose by consistently practicing something. Additionally, purpose can be curated by thinking about how you naturally support those around you.

Take some time now to think about:

1. Three things you’re good at
2. Three things you wish to study for a year to develop
3. Three ways you support those around you – think creatively!

Remember, purpose is not a final destination, but rather a journey. Your sense of purpose can be strong at some points and in flux at others as your purpose shifts – and that’s okay. By viewing purpose as a healthy mix of something you’re good at, something you want to develop, and something that positively impacts others, you are sure to develop meaningful purpose.

## Reflect:

Reflect on the following —

1. Which of the things on your list are you most excited about? Which ones are you already doing?
2. How do any of them overlap or connect?
3. How can you create small action steps to practice the three things you want to develop?

