

Wellness Updates

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Central Pennsylvania Teamsters Health & Welfare Fund



Live your life, and live it well

“The purpose of life is not to be happy. It is to be useful, to be honorable, to be compassionate, to have it make some difference that you have lived and lived well.”—Ralph Waldo Emerson

Sometimes it’s just a matter of taking the time to sit down and think about your life. Figuring out what makes you tick and ways to live a more purposeful life can be tough. Don’t worry though—there’s no right or wrong way to go about it. Below are a couple of different ways to get started. Hopefully, by following these simple steps you can start to pinpoint your life’s purpose.

Exercise one

- **List out things that make you happy.** Shifting your way of living to more closely align with a larger meaning or purpose can make you happier. Therefore, what makes you happy is usually a clue as to what your purpose in life is.
- **Make a list of things that made you excited to get out of bed in the morning.** Think back to the times you were passionately involved in something. You may have stayed up late, only to wake up early the next morning to dive right back into whatever you were doing the night before. There’s a good chance this could be tied to your greater purpose.
- **Consider what makes you unique and jot it down.** What are your strengths? Keep an open mind to what you like to do compared to what you are naturally good at. Conquering the tough stuff can often be more rewarding and more interesting.
- **In a perfect world...** Imagine what your perfect life looks like. Write out your dream story. What does that look like in 10 years? Who’s in your life? Where do you live? What’s your contribution to society?

- **Lend a helping hand.** To truly live a purposeful life, it’s important to make a meaningful contribution to those around you. Think about what you can do and how your strengths can benefit others.
- **Narrow it down.** After you finish your lists, take time to go over everything and pull out any common themes. Then, take these clues and craft your life’s purpose—chances are it will re-invigorate you and you’ll have a newfound focus, excitement and happiness.

Exercise two

- **Part 1**—Imagine yourself one year from now living a life of meaning and purpose. You should be doing things that express your values and you view as important. What are you doing? Who are you with? How do you feel?
- **Part 2**—After you think about what one year from now looks like, try and figure out why your more meaningful and purposeful life is important to you. What’s motivating you?
- **Part 3**—Now, take this vision and turn it into a letter addressed to someone who cares about you. Write it as though you’ve made the changes and have been living your life of meaning and purpose for an entire year.
- **Part 4**—Try to bring your new way of living to life by creating a vision board that shows you living according to your values. You can use images and words from magazines, personal photographs or online sources. Then, decorate it with markers, glitter, stickers—it doesn’t matter, just be creative!
- **Part 5**—Ongoing reflection! Work to incorporate themes from your letter or vision board into your daily routine. Pro tip: hang your letter or vision board in a spot you’ll see it every day. This helps remind you to live a life of meaning and purpose.