**Reflecting Your Life Purpose**

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Finding a purpose can be a lifelong journey. Beginning to think about your life purpose can provide motivation to take care of your physical and mental health as well as accomplishing the goals you consider important. Statements of purpose often include helping others or making the world a better place.

“One, remember to look up at the stars and not down at your feet. Two, never give up work. Work gives you meaning and purpose, and life is empty without it. Three, if you are lucky enough to find love, remember it is there and don't throw it away.” -Steven Hawking

“An aim in life is the only fortune worth finding.” -Robert Louis Stevenson

Writing a personal purpose statement can focus your attention on what is important to you and what you hope to accomplish. Here are some steps in writing a purpose statement:

1. Review your personal strengths from your personality and character strengths assessments from this textbook and make a list of your personal strengths.

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1. Review your personal skills from the assessments of your personal skills and multiple intelligences and make a list of your personal skills.

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1. Review your personal values and make a list of them. Values are what matters most to you. A few examples of values include financial independence, contributing to humankind, preserving the environment, or making a difference in the world.

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1. What is your desired result? What do you want to achieve with your personal strengths, skills, and values? What careers are suggested by your personality, skills, multiple intelligences and character assessments?

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1. Create a draft of your life purpose. Aim to be clear, concise, inspirational, and realistic.

Here are some examples of purpose statements:

I will use my strengths in math and science to become an environmental engineer so that I can leave the world a better place for all the inhabitants of the earth.

I will use my emotional intelligence to complete a major related to mental health so that I can help people become the best they can be.

I will use my strengths as a feeling and caring type to become a teacher so that I can inspire children to reach their potential.

Reflect on your personal strengths, skills, values and possible choice of a major to write the first draft of your purpose statement below. You may want to continue refining your purpose statement as you reflect on it in the future.

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