

ACTIVITY: Do You Know Your 'Why'?

Purpose

This activity is designed to help people identify purpose by looking at 4 areas of their life:

- Passions
- Strengths
- Values
- Talents

ESTIMATED TIME

25 minutes

Background

Human beings crave more from life than survival. We crave purpose and meaning. And without a clear purpose, we can quickly fall into disillusionment, distraction, and perhaps even despair. Life is (in this day and age) about how to thrive rather than merely surviving. And when we can uncover our 'why', we will find the courage to take on risks and be more resilient when times are tough.

There is no one way to discover your life's purpose, but there are four questions that you can answer about yourself to gain deeper insight about who you are and how you relate to the world around you. These four questions involve: your passions, strengths, values, and talents. If you can answer those questions, you will be able to find more meaning and purpose in everyday life.

MATERIALS

Required:

- A. Paper and Pen

Activity

Ask participants the following questions from the article "Do You Know Your Why: 4 Questions to Find Your Purpose":

1. **What makes you come alive?** These are things bigger than you that put "a fire in your belly." These are things that you really care about that you are willing to put yourself
2. **What are your innate strengths?** What things naturally come easy to you?
3. **Where do you add the greatest value?** In other words, what are you well placed and equipped to help solve in your workplace, career, organization, or industry? Focus on the opportunities, roles and career paths where you are most likely to succeed and therefore find the greatest sense of accomplishment and contribution.
4. **How will you measure your life?** What are your core values and how are you aligning with them?

Discussion Questions/ Key Points

- How does your life align with...
 - What makes you come alive?
 - Your innate strengths?
 - Where you add the greatest value?
 - How you measure your life?
- In what areas are you doing well?
- What would you like to continue doing?
- Choose one specific area that you would like to improve upon. What is one small thing you can do today to improve this area?

Follow-up

At a later time, ask teammates what changes they have made to improve the purpose in their lives around these 4 questions. What things were they doing well that they have continued to sustain?

Do You Know Your "Why" : 4 Questions to Find Your Purpose. Margie Warrell. October 30, 2013.
<https://www.forbes.com/sites/margiewarrell/2013/10/30/know-your-why-4-questions-to-tap-the-power-of-purpose/#40868cc973ad>

VIA Survey. Free survey that focuses on character strengths.
<http://www.viacharacter.org/www/Character-Strengths-Survey>