

Acting with Purpose (The Why)

Reflect (record in pencil if possible) on how your day went today

Date / Time

Setting a purpose before beginning a task or activity can help guide your actions so that they are in line with your values. Doing this can support personal growth and positively influence your actions, work, and relationships.

METHOD

Summary:

Before you start an activity, set a purpose for what you would like to embody and cultivate. Carry your purpose with you throughout the day and change it as necessary.

Long Version

I. Before beginning a task or activity, ask yourself what you wish to embody or cultivate during your work.

-You can set a purpose for any activity, such as meditating, going to a meeting, having dinner with your family, or having a conversation with a coworker.

-Intentions can include practicing more compassion, deep listening, gratitude, and cultivating supportive relationships.

When setting your purpose, try to clarify what is most important at that moment.

Try to remember this purpose as you proceed, checking in periodically to re-align yourself if you forget.

At the end of the day, reflect on whether you remembered the purpose of your actions and how often you followed them.

Look for specific instances and congratulate yourself for any times, however few or brief, that you embodied your true purpose and then congratulate yourself!

Optional:

In addition to specific purposes for a certain activity, you can also set a more general-purpose for your day when you wake up each morning.

1. Write down an activity you want to approach with purpose today. Using the information on page one, write down what this purpose will be.

2. How did understanding your purpose affect the way you approached this activity? How did it change the way you felt about the activity?

3. What action will you take tomorrow from what you observed in this exercise?