

Creating Purpose

Leverage your strengths in the service of others.

Finding our purpose doesn't tend to be a lightning bolt experience. More often than not we don't find our purpose; we make our purpose. Our purpose, and for that matter our character, is best revealed by our commitments. If you desire to be a person of upstanding character, you are committing yourself to taking the high road, even when it's harder and more time consuming. That's the nature of a commitment—it requires sacrifice.

Once committed to improving our character, to what purpose will we commit our life? How will we passionately pursue something bigger than us? This issue is as big as it gets—literally a lifelong quest. Where do we even start?

One option is to consider experiences and people who have influenced you.

Experiences: Recall a time when you did something worthy, you were fulfilled, and you were at peace.

People: When you did something worthy, who were you with and what were you doing?

Another option is to consider three questions:

- 1) What problems are around me?
- 2) What competencies, strengths of character, and passions prepare me to address some of these problems?
- 3) How can I apply my greatest strengths to help find solutions to these problems?

Reflect on your answers to these questions and identify what challenges you want to take on and which character strengths and competencies will help you solve these the most immediate problem that are right in front of you. Ask your team to participate in the same reflection.

Here's your goal—leverage your strengths in the service of others.¹



1 Neighmond, Patti (2014). "People Who Feel They Have a Purpose in Life Live Longer," Health News from NPR, July 28, 2014, <https://www.npr.org/sections/health-shots/2014/07/28/334447274/people-who-feel-they-have-a-purpose-in-life-live-longer>