

Mental Health & Happiness Series

Be Kind to Your Mind, Body and Community

Activities to Reaffirm Purpose

- Build your Proactive Coping Toolkit
- Purposeful Lists
- Draft Your Purpose Statement

Build Your Proactive Coping Toolkit

Create a list of things you like doing and activities that help you feel more positive. This list can serve as your “proactive coping toolkit” when stressed. For each activity, write a detailed description of the action, the people you are with and how doing this makes you feel.

Activity	How it makes me feel

Purposeful Lists

By reflecting on your positive qualities, strengths, passions and values, you reaffirm what is most important to you. For this activity, you can use the list provided as a starting point and narrow your list to top priority items. Remember, this is what's important to you, not the opinion of others.

My Emotional Starting Point: _____ (Rate your positive feeling from 0 – 10)

- 0 (feeling very negative, low, lacking confidence)
- 10 (feeling very positive, hopeful, confident)

Circle the positive qualities that you recognize in yourself. Add any additional qualities you think of that are not included in the list.

Kind	Computer-savvy	Easy going	Clean and sober
Compassionate	Musical	Sincere	Open-minded
Artistic	Respectful	Courageous	Trustworthy
Loyal	Polite	Humble	Capable
Independent	Committed	Helpful	Dependable
Cooperative	Bilingual	Patient	Healthy
Persistent	Likeable	Fair	A survivor
Intelligent	Friendly	Grateful	Resourceful
Creative	Strong	Energetic	Physically active
Trusting	Funny	Well-organized	Skilled
Articulate	A good listener	Stable	
Honest	Attentive	Determined	
Attractive	Outgoing	Curious	
Hard working		Generous	

My Positive Qualities: highlight the ones that mean the most to you and affirm as “I am...” or “I have...”

Positive Supports: add detail of how each person, passion or place helps you feel supported

Positive Actions: list the actions that you take that are a positive part of your life

My Emotional Point Now: ____ (Rate your positive feeling from 0 – 10)

- 0 (feeling very negative, low, lacking confidence)
- 10 (feeling very positive, hopeful, confident)

Draft Your Purpose Statement

As you read through your Purposeful Lists, create a sentence that embodies what is most meaningful to you. Your purpose statement should speak to what is most important to you and the impact that you would like it to have in your life. Statement starters could include “My purpose is to...” (inspire, advocate, teach, make, etc.)

My Purpose Statement:

To support your purpose, be sure to:

- Reaffirm often
- Revise when needed
- Restore your energy

Now that you have your purpose statement drafted, select an accountability buddy and have a purpose-centered conversation to share what’s meaningful to you. Take in the affirmation that your buddy shares with you and be sure to acknowledge yourself too. You are living with purpose!