

Mental Health & Happiness

Be Kind to Your Mind, Body and Community

Reaffirm Purpose: Navigate Transitions and Focus on Meaning

Learning Objectives

- Reaffirm your purpose through your strengths, passions and values
- Understand the power of purpose during life transitions
- Establish accountability for supporting your purpose journey

Lesson Key Points

- **Purpose definition:** the central motivating aims of your life.
- **Focus on meaning and deepen your sense of purpose**
 - The Power 9[®] Principles, practiced by centenarians in the original Blue Zones areas, demonstrate how to “live longer, better” and include having a sense of purpose.
 - Unlock your purpose by exploring the key components of Richard Leider’s Purpose Formula.
 - Purpose = Gifts + Passions + Values
 - [PERMA™ Theory of Well-Being from Positive Psychology](#) includes 5 building blocks to support flourishing (thriving).
 - Positive emotions, Engagement, Relationships, Meaning, Accomplishment
- **Navigate life transitions with the power of purpose**
 - Gain perspective about transition through Richard Leider’s framework of the Life Spiral.
 - Plateau, Triggering Event, Limbo, Taking Stock, Taking Charge.
 - Proactively cope with stressors by building your toolkit and considering your level of control.
 - Emotion-focused coping: shift how you feel when control is low.
 - Problem-focused coping: plan your action when control is high.
 - Your Toolkit: Create a list of healthy activities that help you feel better. Add details about your ideal experience and a note about how you feel after doing the activity.
- **Build an awareness of your purpose and reaffirm what is meaningful to you**
 - By exploring your purpose, you can reaffirm meaning in your life and in roles of service (your work, volunteering, in relationships).
 - Write lists to affirm your strengths, passions and values.
 - Start by referencing a broad list of options and make selections that fit for you. Next, star the items that are most important to you. These starred qualities can build the foundation for your purpose statement.
 - Include your positive qualities, positive supports and positive actions for greater

affirmation. See the activity worksheet for more information.

- Draft a purpose statement that feels good today and make revisions as needed.
 - Acknowledge “purpose moments” by noticing when you lose track of time or are in a flow state.
- **Be intentional about supporting your purpose**
 - Establish connections and accountability buddies to stay aligned with your priorities.
 - Seek opportunities to share your strengths, enjoy your passions and practice your values.
 - Set meaningful goals on your path to purpose and acknowledge your progress.
 - Focus on inspiring people and experiences that encourage your purpose journey.

Resources

Beach Cities Health District:

- [Mental Health & Happiness Series](#)
- [Virtual Events](#)
- [Health-Related Resources & Referrals](#)
- [Purpose Discussion Moais](#) – groups for more purpose exploration
- [Blue Zones Project and the Power 9® Principles](#)

Books:

- “Creating Well-Being: Four Steps to a Happier, Healthier Life” by Pamela A. Hays, Ph.D.
- “The Happiness Advantage” by Shawn Achor
- “Flourish: A Visionary New Understanding of Happiness and Well-Being” by Martin E. Seligman
- “Dare to Lead” by Brené Brown, PhD, LMSW
- “The Power of Purpose” by Richard Leider
- “How We Work: Live Your Purpose, Reclaim Your Sanity, and Embrace the Daily Grind” by Leah Weiss, Ph.D.

Websites:

- [Richard Leider](#) – learn more about the Calling Cards
- [VIA Institute on Character](#) – find your character strengths
- [Greater Good in Action](#)
- [Happify.com](#)

Articles:

- [“PERMA™ Theory of Well-Being and PERMA™ Workshops”](#)
- [“Healthy Coping Skills for Uncomfortable Emotions: Emotion-Focused and Problem-Focused Strategies”](#)
- [“Do This in the Morning for a Better Workday”](#)
- [“Americans are lonelier than ever. Here are 20 ways to connect.” LA Times](#)
- [“What is Life Purpose?”](#)
- [“Discover Your Calling”](#)
- [“What the Research Says about Character Strengths”](#)
- [Infographic from Happify on “How to Live a Meaningful Life”](#)
- [“How to Find Your Purpose in Life”](#)
- [“Which of the things you love make you happiest?”](#)

Videos:

- [Leah Weiss Talks How We Work](#)
- [What is Your Purpose in Life? | 0-100](#)