

Summer Wellness Challenge



Exploring Your Purpose

Activity for Middle & High School Students

Why Explore Purpose?

Let's start by exploring your purpose as a middle and high school student. Purpose is like a life compass, rooted in your talents and values. It's what lights you up. It's your way to contribute to society in a meaningful way and it evolves over time. Purpose is a combination of our passions, values and our gifts (things we love doing and sharing with others). When we are living in and from our purpose, we are happier! We have higher self-worth and lower stress. We are more empathetic and more connected to the world. And it makes making decisions so easy! For students, finding purpose is important to help determine how they can use these qualities in their daily life.

Purpose Video & Discussion

STEP 1: WATCH

- What is your Purpose in Life 0-100? (2:34 minutes)
- Video Link: <https://www.youtube.com/watch?v=mK66az43EOI&app=desktop>

STEP 2: REFLECT & DISCUSS

- What did you take away from the video? What stood out to you in the video?
- Was there a difference in the Purpose statements shared by older and younger people?
- Was anyone surprised by some of the Purpose statements shared by anyone in the video?
- Did anyone connect with a Purpose statement in the video? Why or why not?
- How did this video change your perspective of a Purpose statement?

The quest for purpose begins with identifying your passions and values.

STEP 1: COMPLETE IDENTIFYING PASSIONS HANDOUT

Your passions are those experiences that light up your spirit! Those things that make you want to get out of bed in the morning, that bring joy to your heart and ignite positive thinking about the future. When engaged in a passion, one feels alive! Your gifts are special aptitudes you were born with and can be defined as things you love doing and sharing with others, they aren't necessarily things you are skilled at. Complete the [identifying passions handout](#) to help you identify your top 3 passions.

¹ Why Purpose. (2017, November 02). Retrieved from <https://purposechallenge.org/why-purpose/>

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STEP 2: COMPLETE CLARIFYING VALUES HANDOUT

Let's take time to reflect on our personal values. Values are fundamental beliefs that motivate people to act one way or another. They are an indicator for what is important in your life and serve as the moral compass for your life. Follow the steps below to [complete the clarifying values handout](#) to help you identify your top 5 core values.

1. Circle the values that are most important to you.
2. If there is a value that is missing, feel free to add it.
3. Add a "star" next to your top 10 values.
4. Narrow down your top 10 to your top 5 values.

STEP 3: DRAFT A PURPOSE STATEMENT

Now that you have taken time to reflect on your passions and values, try to put the pieces together in a purpose statement. Before you start writing review your top 3 passions, your top 5 values and purpose statements that stood out to you in the video. If you get stuck, try filling in the blanks below to get you started.

With my passions of:

_____ (insert passion #1)

_____ (insert passion #2)

_____ (insert passion #3)

I am here to:

_____ (reference your #1 value)

For the benefit of:

_____ (who do you want to impact?)

Writing a purpose statement can be challenging. If you find it difficult to write your purpose statement, don't be discouraged. View it as your quest – an exciting journey to discover your purpose within you. Consider this a draft statement. Live with it for a while; try it on to see if it fits. You can always revise it as you learn more about yourself!