



Purpose Month March 2021

The Merriam-Webster dictionary defines ‘purpose’ as both a noun and a verb. As a noun, it is defined as an end to be attained. As a verb, they state it means to propose an aim to oneself. With these definitions in mind, how do you find purpose in your life, your campus, or your community?

- ❑ **Ask yourself, "What is my personal purpose or higher calling?"**
 - Are you living the best life you can?
 - Do you wake up in the morning excited to start the day?
- ❑ **What are your short term or long term personal goals?**
 - Do you want to be more self-sufficient?
 - Do you want to be more confident mentally or physically?
- ❑ **What is your purpose in relation to your family, kids, or close friends?**
 - Do you want to be a better role model?
 - Do you want to be a better spouse, friend, or colleague?
- ❑ **How does your role contribute to the Pepperdine Mission statement?**
 - Do you support the success of faculty, staff, or students?
 - Do you help them succeed?
 - How do you find faith in your everyday work?
- ❑ **How do you engage with your community?**
 - Are you able to volunteer or contribute to in other ways?
 - Do you provide opportunities for others to grow?

Hopefully these few thoughts and examples can help guide you to better understanding and perspective on how you can either help find purpose in yourself, or help others to find their purpose.



THRIVE

WELLNESS PROGRAM

Helpful Resources

- ❑ **How to Find Your Purpose in Life**
- ❑ **Rick Warren's Ted Talk on *A Life of Purpose***
- ❑ **Do You Know Your "Why?"**
- ❑ **Helping Your Team Feel the Purpose in Their Work**
- ❑ **How Will You Measure Your Life?**
- ❑ **Human Resources Wellness Webinar Collection**

Contact Information

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