Purpose gives us direction. Without it, we may feel lost or unfulfilled. Use this exercise to help you find your purpose.

WHAT DOES IT LOOK LIKE TO LEAD A MEANINGFUL LIFE?

To lead a meaningful life, you have to make choices and then follow through with actions and decisions along the way. And if you veer off the path, don’t be discouraged. Keep moving forward.

STATING YOUR PURPOSE

Identify your passions and understand your purpose can help you align your actions, decisions, and feelings.

FINDING MEANING

Reflect on the following areas to identify the potential gaps between what you value and where you spend your time.

FROM WITHIN

Knowing your “why” can make what you do that much more meaningful.

FRAMING YOUR PURPOSE

If life is a journey, then purpose is a compass that helps us stay on course. And if you veer off the path, don’t be discouraged. Keep moving forward.


Note: For more information, please see www.deloitte.com/about