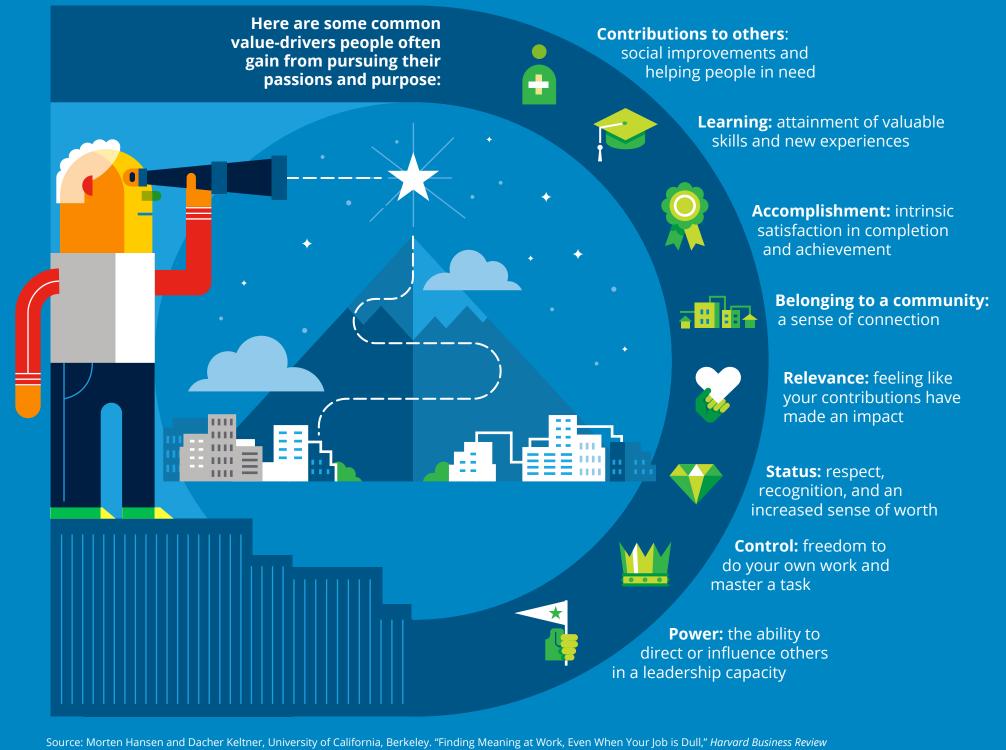
DEFINING YOUR

Discovering your passions and understanding your purpose can help you have a deeper connection to something greater beyond yourself.

A meaningful life is more than just the pursuit of happiness.

What does it look like to lead a meaningful life? Everyone can cultivate meaning in their daily lives. But how we do it may look different for each of us.



Purpose can give us energy, optimism, and motivation to live our life to the fullest. It is a guiding light that can help us focus on the things that matter most, even in the face of adversity.

FINDING MEANING





Do you feel

whole and

centered?

Have you

to live by?

developed a

sense of your

true self and the

values you want

Map to your Self-awareness through values and beliefs: reflection: Gain deeper Know what you stand for. insight through journaling

your life. Take a mindful moment and reflect on some of these practical tips to help connect to your purpose.

What does your

best self look

like?

What do you

love to do that

gets you

excited and

energized?

Are you able

to help maintain

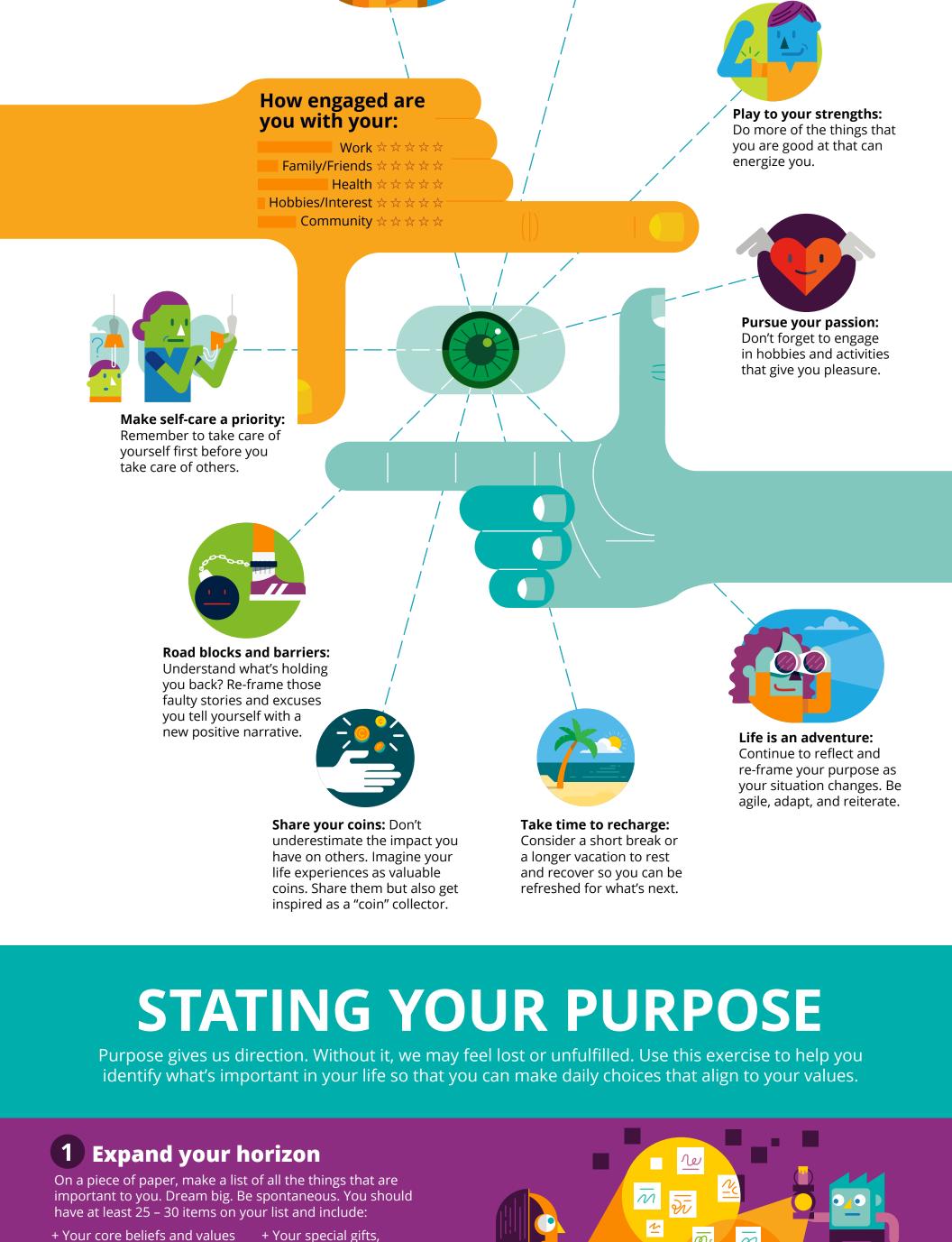
your well-being

proper nutrition,

and adequate rest?

with physical activity,

Do what you believe in. to contemplate and discover your "best self".



+ People that are traits that define you important to you + Activities that you love and come naturally to you

+ Other characteristics and

talents, and passions



If life is a journey, then purpose is a compass that helps us stay the course. And if you veer off the path, don't be discouraged. Replot your course and refocus on what matters most to you.

Note The activities referenced here are in no way sponsored or endorsed by Deloitte and participation in any such activities is wholly voluntary and at your own risk. All information presented here is intended for your general knowledge only and is not a substitute for professional medical advice or treatment for specific medical conditions. You should seek prompt medical care for any specific health issues and consult your physician

before starting a new fitness regimen.

About Empowered Well-being Empowered Well-being is Deloitte's

holistic approach that gives our people the support and flexibility to make daily choices that can enable them to be energized, confident, and aware. It provides the opportunity for our people to personalize their experiences in the ways that matter most to them in body, mind, and purpose.

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Narrow your focus

phrases. These are now your non-negotiables. If it's too difficult, start by paring the list down to 20, then to 10 and eventually to five. This process helps to filter out the superfluous

Edit your list down to just five words or

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