



The Tuesday Program

Clarifying your *Purpose* and *Values* by thinking about what's meaningful for you

Purpose = a stable and generalised intention to accomplish something. Purpose is like a beacon that directs your cognitive, emotional, and physical efforts. Sir Edmond Hillarys' purpose was helping the people of Nepal educate their children and receive better health care, but purpose comes in all shapes and sizes.

Values = the things that are of most importance to you in your life. Values are kind of like guiding compasses as they help determine our tastes, way of life, entertainment, and our social, political and religious endeavours.

Your task is to:

1. Take some time to think about what's really important to you and what your purpose in life is? Ask yourself these questions:

- A. What is my purpose? What do I really want to try to achieve?
- B. What are my values? What is really important to me?
- C. Have my values or purpose changed in the last year, or last five years?
- D. Am I living my life as I should be living my life? Am I living my life in accordance with my values and what's important?
- E. Am I living my ideal life? If not, what does my ideal life look like?

Once you have reflected on these questions, ask others what their purpose in life is and what their values are. This could help you gain some perspective.

All-in-all, when you're not clear about your own values or your purpose, you can end up adopting goals that really belong to somebody else. In the long run, you can save time and energy by being very clear about your values and purpose.





2. Write about the things which are important to you – your purpose and values. Make note of what you are already doing to realise your purpose and the things that are important to you.

- A. What else could you be doing?
- B. How much time do you spend on these things, and can you spend more?
- C. Can you make specific plans on how to spend more time in alignment with your sense of purpose?

This task will help you bring your life into alignment with your values and purpose. Hopefully you'll deliberately replace busy work with work that is more purposeful. When you are living according to your values, you will feel more excited, energised, in control, and productive. In short, it will improve your wellbeing and happiness.

More information on Purpose and Values:

Books

- Frankl, V. (1959). *Man's search for meaning*. Hodder & Stoughton.
- Haidt, J. (2006). *The happiness hypothesis: Finding modern truth in ancient wisdom*. New York: Basic Book.
- Hsieh, T. (2010). *Delivering happiness: A path to profits, passion, and purpose*. New York: Business Plus.
- Baumeister, R. F. (1991). *Meanings of life*. New York: Guilford.

Websites

- <http://www.viacharacter.org/>
- <http://www.yourmoral.org>
- <http://www.psych.rochester.edu/SDT/>
- <http://www.psychologytoday.com/blog/the-meaning-in-life>

Research Articles

- Reker, G. T., Peacock, E. J., & Wong, P. T. P. (1987). Meaning and purpose in life and wellbeing: A life-span perspective. *Journal of Gerontology*, 42, 44-49.





- Ryan, R. M., & Deci, E. L. (2001). On happiness and human potentials: A review of research on hedonic and eudaimonic well-being. *Annual Review Psychology*, 52, 141-166.
- Ryff, C. D. (1989). Happiness is everything, or is it? Explorations on the meaning of psychological well-being. *Journal of Personality and Social Psychology*, 57, 1069-1081.
- Steger, M. F., Kashdan, T. B., Sullivan, B. A., & Lorentz, D. (2008). Understanding the search for meaning in life: Personality, cognitive style, and the dynamic between seeking and experiencing meaning. *Journal of Personality*, 76, 199-228.

