**“The purpose of life is not to be happy. It is to be useful, to be honourable, to be compassionate, to have it make some difference that you have lived and lived well.”** – Ralph Waldo Emerson

It is difficult to be happy without having a sense of purpose. A lack of purpose is a common and significant reason for depression. Feeling a sense of purpose, value to the world, or at least a small part of the world makes us feel safe, protected by the fact we have value to others, our life has meaning, and we have a reason to show up as our Highest Potential Self.

**Activity**

**Step One: Consider what you are deeply passionate about**

**What is it that matters to you MOST of all? (Try to list up to 6 things)**

Think about things you love, what do you love doing so much you lose track of time? What do you spend your free time doing? What do you prioritise money for? What makes you feel your most authentic you? For example: Health, Helping others, Being creative…

**Great, now what is NOT important to you? (Try to list up to 6 things)**

Perhaps consider, what didn’t feature in your Vision of Success? What did you need to let go of to achieve your Vision of success? For example: Being in control, Money, Status…

**Step Two: Consider what the world needs?**

What do you consider an important world issue that needs more people attending to? For example: Racial Discrimination

**Step Four: Consider your ideal Life**

How can you apply your unique contribution to what you are passionate about and what the world needs whilst creating the lifestyle you want?

**Step Five:**

**Do you want this to be your legacy? (If not think again) If yes why?**

**Do your Purpose and Vision for the future align? If Yes, how, If No, think again.**

**Step Three: Consider your unique contribution**

What are your greatest strengths?

**Step Four: Consider your ideal Life**

How can you apply your unique contribution to what you are passionate about and what the world needs whilst creating the lifestyle you want?

**Step Five:**

Do you want this to be your legacy? (If not think again) If yes why?

Do your Purpose and Vision for the future align? If Yes, how? If No, think again.