

Knowing Your Purpose Enhances Your Well-being

- Increases hope and optimism
- Strengthens emotional self-control
- Fosters balanced viewpoint when facing challenges
- Improves overall health and longevity

Strategies for Recharging Your Purpose

1. Focus on values and goals
2. Cultivate gratitude and good relationships
3. Find or create community

Tools for Recharging Your Purpose

1. Meditation
2. Journaling
3. Self-care prescription

Tennessee Hospital Association
Well-being Webinar Series Handout #5
Webinar 5: Mindfulness Practices & Strategies to Recharge Your Purpose
January 25, 2023

Resources for Webinar Content:

https://greatergood.berkeley.edu/quizzes/take_quiz/purpose_in_life (free quiz)

<https://richardleider.com> (Richard Leider has blogs and resources on his website. He is the author of 11 books author of eleven books, including three best sellers about purpose. Two books, Repacking Your Bags and The Power of Purpose, are considered classics in the personal growth field.

https://greatergood.berkeley.edu/article/item/how_to_find_your_purpose_in_life

<https://www.newscientist.com/article/2119201-three-ways-to-find-your-purpose-in-life-and-reap-the-benefits> (Three ways to find your purpose in life and reap the benefits)

<https://www.healthleadersmedia.com/clinical-care/aha-strong-and-resilient-workforce-backbone-our-hospitals-and-health-systems>

https://greatergood.berkeley.edu/article/item/can_purpose_help_us_in_hard_times

<https://www.kornferry.com/insights/this-week-in-leadership/purpose-work-revived-sense-of-meaning-coronavirus>

https://www.kornferry.com/content/dam/kornferry/docs/article-migration/Column_On-Purpose.pdf

<https://www.betterup.com/blog/finding-purpose>

<https://ideas.ted.com/want-to-discover-or-re-discover-your-sense-of-purpose-at-work-heres-how/>

Book: Life on Purpose – How Living for What Matters Most Changes Everything by Victor J. Stretcher

This document was prepared by
Jennell Evans, Co-founder, Strategic Interactions, Inc.
jevans@strategicinteractions.com <https://jennellevans.com/>