

PASSION AND PURPOSE



FINDING FULFILMENT

What's the reason you get out of bed in the morning? It's an important question to ask yourself. After all, having passion and purpose in your day-to-day life is an important part of what makes you feel fulfilled and motivated.

Passion is about what makes you feel good—quite simply, it's doing what you love. And behind that is your purpose—the reason behind why you do what you do. These two things, in combination, are powerful motivators, whether their source is your family, spirituality or connection to your community.

But it's important to remember that these things are important in the workplace, as well. Having direction and excitement in your career is essential to your overall health and well-being. During difficult times, being able to mentally separate your day-to-day stressors from your long-term goals can help with maintaining overall well-being.

PUTTING PURPOSE AND PASSION TO WORK

Where do you start? For starters, it helps to explore and understand where your values and skills intersect. Use these tips for connecting your work with your purpose:

Impact colleagues. Aim to make it a regular practice to ask colleagues what you do that's inspiring for them—and then try to do those things more often.

Swap stories. Ask others what they're passionate about. Impactful stories can rekindle your inner motivation.

Student impact. Share stories about connecting with students to highlight the difference you make.

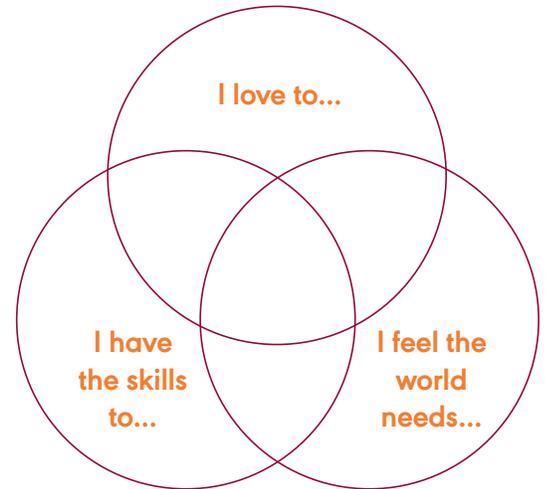
Revisit your purpose. It may change over time, so regular check-ins with yourself can help you keep your passion aligned to your purpose.

VENN DIAGRAM DELIBERATION

Complete the Venn diagram below to explore how and where your passions and purpose intersect.

I love to...

I feel the world needs...



Add a ✓ if it fits into more than one category.

Add a ★ if it fits into all three categories.

I have the skills to...



THE SANDBOX TIP

Why not try our 10-Minute **Values Exploration Activity**, on The Wellness Sandbox, at your next staff meeting? Spend some time discussing how you can align your goals and values and how they affect your everyday wellness.



COMMUNITY CONNECTION TIP

Plan big for your next big dream! Connect with **Homewood Health**, or your Employee and Family Assistance Program, if applicable, to access financial coaching services to explore ways you can work your dream purchase or experience into your budget.

SOURCES

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2. Lomas, T. (2016). Towards a positive cross-cultural lexicography: Enriching our emotional landscape through 216 'untranslatable' words pertaining to well-being. *The Journal of Positive Psychology*, 11(5), 546-558.
3. Grant, A. M. (2014). Give and take: *Why helping others drives our success.* Penguin.