

# Fulfillment & Purpose Self-Care



## Fulfillment & Purpose

Have a sense of purpose and meaning in your life \_\_\_\_\_

Practice self-reflection and mindfulness \_\_\_\_\_

Have a sense of connection to something larger than yourself \_\_\_\_\_

Your Score: \_\_\_\_\_

Each line is worth 5 points each. If your total is 5 this is an area of concern.

If your assessment shows that **Fulfillment & Purpose** could use some attention, let's take the first step together.

Click here to start prioritizing your well-being today.

Which area do you feel needs the most attention right now?

Choose the one you'd like to focus on first:

- **Have a Sense of Purpose and Meaning** – Identify what brings you joy, fulfillment, and motivation in life.
- **Practice Self-Reflection and Mindfulness** – Take time to reflect, be present, and align your actions with your values.
- **Feel Connected to Something Larger Than Yourself** – Engage in spirituality, community service, or a cause that resonates with you.

### HOW TO FIND Fulfillment & Purpose

Discovering your life's meaning is more than just a cliché: mastering the art of living with a purpose may bring control, fulfillment, and general contentment.

**Time, money, or talent donations**  
You can cultivate one helpful habit in your search for purpose by helping others.



**Engage in new conversations**  
Spend some time conversing with those around you. Speaking with others outside of your own social circle can help you become aware of causes, endeavors, or job prospects you were previously unaware of.



**Listen to Feedback**  
You can decide to approach people and find out what makes them think of you or what they do when you come to mind.

**Embrace positive people in your life**  
You might be inspired by people who are making positive changes around you.



**Discover your passions**  
Social media may reveal the things that give you purpose in life through what you share and talk about.

