



MGLFed
INFORM

Webinar Series **Presents:**

THE POWER OF PURPOSE



“Purpose is a forward-looking directionality, an intention to do something in the world.”

— Dr. Anthony Burrow

FINDING PURPOSE

Purpose is cultivated rather than uncovered
Everyone can cultivate a sense of purpose

Purpose doesn't have to be grandiose and world-changing

Purpose impacts our health, mood, cognitive functioning, interaction with others, and resilience

WHY PURPOSE MATTERS



Is a strong predictor of health, well being and longevity



Improves your cognitive abilities



Increases engagement



Buffers for challenge and stress



Mood regulator

THREE PATHWAYS TO PURPOSE

Gradual Sustained Learning

Reflect on your daily activities each day for a week.

What meaning do you derive? What purpose are they serving?

Sudden Unplanned Learning

Reflect on profound major events in your life.

Have you gained insight on what is most important to you and where you want to spend your time and effort?

Social Learning

Reflect on your daily activities each day for a week.

Engage in a conversation about purpose with people in your life who have a strong sense of purpose. What can you learn from them?

