# Being clear on your purpose

Defining your purpose is about having a clear understanding of what's really important to you and having an approach to life that provides you with some certainty about where you're heading and why.



In this section it is about asking yourself to what extent are you doing what you want to be doing with your life? Having clear goals, activities and interests that interest you and challenge you and maybe having a connection to the wider community, all contribute to feeling your life is meaningful.

1. What are you passionate about? What is important to you?

2. What are your values? Write down between 4 and 8 values.

3. What brings you joy?