

Finding purpose

A Direction Worth Exploring

Adults | 10 to 15 minutes

Purpose can be local, changing, and shared across several parts of life. It may involve caring for someone, learning, making, participating, or simply protecting what matters during a difficult period. You do not need a grand mission to take a meaningful step.

Look at moments that felt worthwhile rather than impressive. Choose one thread to explore without committing to a permanent role.

Notice the thread

Recall a moment of interest, connection, contribution, or personal integrity. What part mattered to you, separate from praise or success?

Try a modest expression

Choose a small, reversible action: ask about an activity, reconnect with an interest, or protect time for a meaningful relationship. Include rest and receiving care when those are needed.

1. When has something felt worthwhile to me, even briefly?**2. What value or connection runs through that moment?****3. What current limit or need should my direction respect?****4. What small exploration could help me learn what fits?****Clinical use and adaptation**

Do not frame lack of purpose as failure or assign caregiving, religion, work, or activism as the answer. Attend to depression, grief, disability, and material constraints. Meaning-making should remain optional and client-led.