

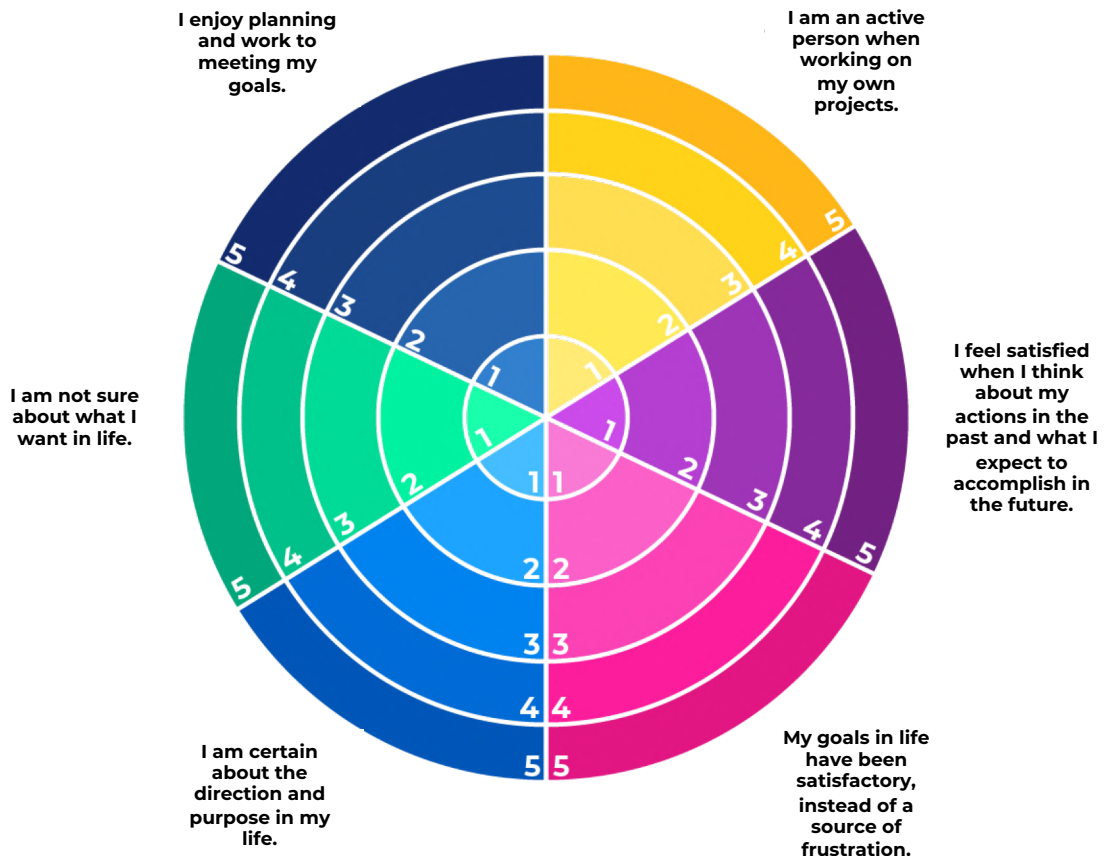
Life purpose

Competence: Understand the importance of having a declared life purpose.

**Topic 1.
What is
purpose?**

Initial reflection

Before starting the topic, we invite you to do a personal introspection. In the following graph, you will number each axis from one to five (five is the highest) to establish how much do you identify yourself with the sentence of each axis. If you enjoy planning for the future and you work to make them come true, mark 5, but if you never accomplish them and do not enjoy making plans, mark 1. The intermediate values represent “rarely” to “most of the time”.



What is purpose?



In literature, there is a great variety of works about life purpose. According to a Google search about the topic, it showed more than 58 million results, many of them explaining techniques and instructions on how to find your purpose. On the other hand, Amazon shows over 5000 related products, from books, posters, and motivational items that may remind a person his or her purpose in this world.

Even when the abundance of materials is evident to remind us why it is important to live with a life's purpose, this proposal constitutes a guidance based on science, as well as being a work in progress, that will be updated as new findings, research and contributions emerge on this field. This updated academic material will surely be beneficial to achieve a transformation in the way you perceive life.

We are certain that the importance of this material has a solid foundation in science and by using a simple language, this resource includes everyday life examples and daily situations that make us perceive life positively and contribute to our daily happiness and wellbeing.

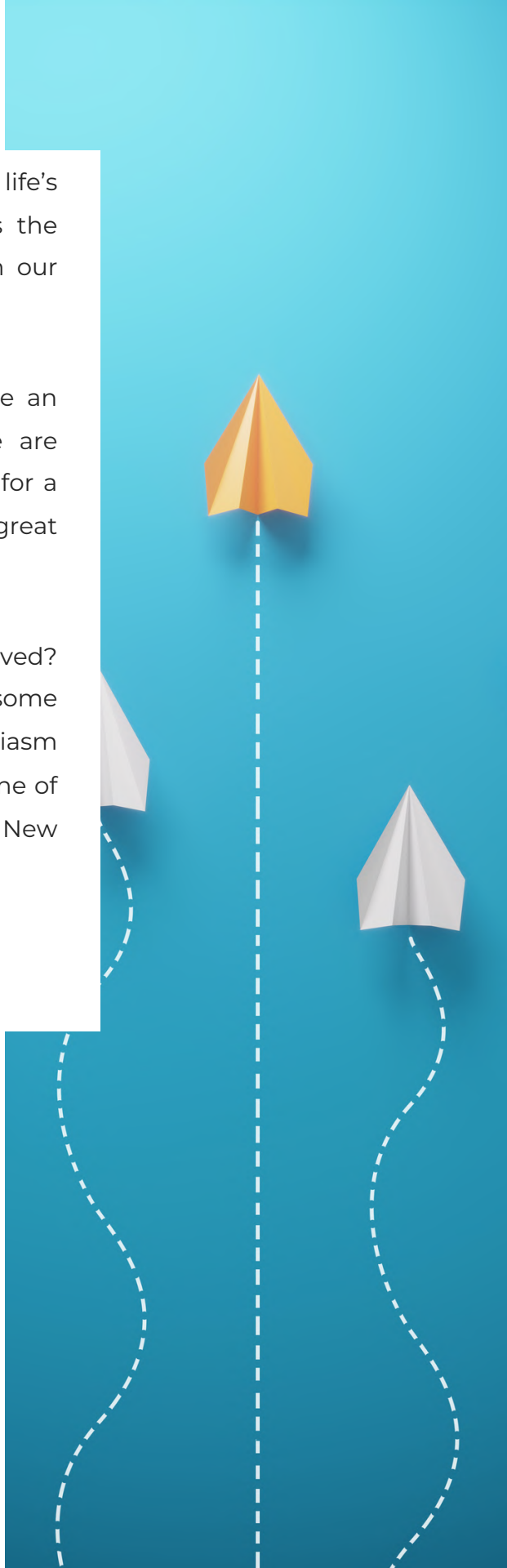
This material can be studied in just a few hours, but we recommend completing each exercise and reflection, as they will provide you the appreciation on what you have, what you are looking for, as well as to take advantage of every moment invested on this course.



We must differentiate among the definitions of life's purpose and the resolutions we make, such as the good wishes that usually are not represented in our everyday actions.

The resolutions we make to improve our life are an indicator of health, as they underline that we are conscious of a necessity in our life. The first step for a change is to recognize the need, which is a great accomplishment to begin with.

Nevertheless, why do resolutions failed to be achieved? For example, on New Year's Eve we might have some rituals we make to start the New Year with enthusiasm and prepare to improve our current conditions. One of the most common rituals in our culture is making New Year's resolutions.





The resolutions or plans we make in the New Year's Eve are just good wishes we expect to achieve in the following months, but are often forgotten during the first few weeks of the year. (Health sources report that up to 80% of people that establish going to the gym as a resolution break the habit by the second week of February).

Perhaps we must consider making fewer New Year's resolutions by establishing them according to our intrinsic motivation to change ourselves, and not as a road to achieve social acceptance. The probability for success is related to the need of planning sustainable changes, and not an endeavor that we may give up in a matter of weeks or when an obstacle arises.

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