


Life purpose

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



**Topic 2.
The
importance of
the purpose**

Engagement

What is it?

Can you recall the feeling you have when you watch news about the things you consider important to learn about? Maybe you find a report informing about security, pollution or poverty. Therefore, you pay attention to it while thinking an alternative solution, even when you have not carry that idea out.

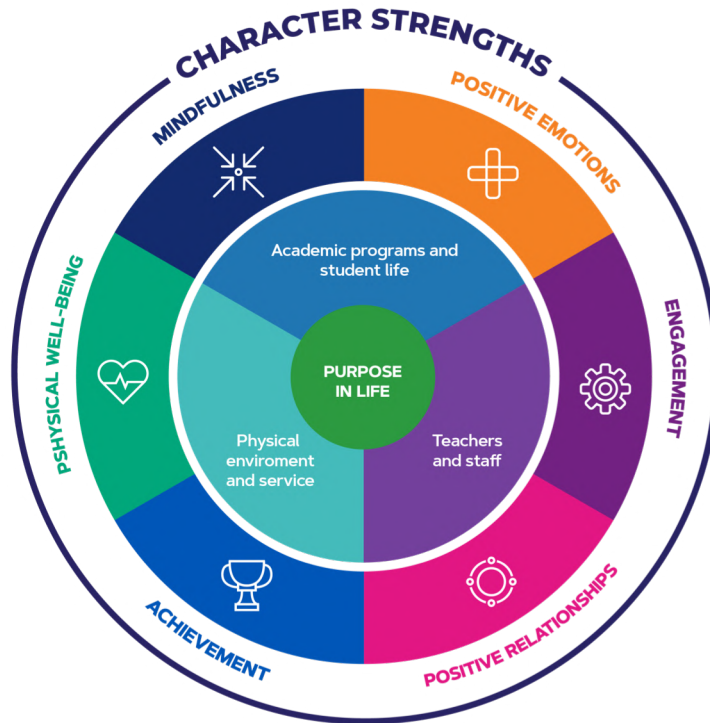
Engagement is one of the elements of the Happiness and Wellness Ecosystem in Tecmilenio University, which is based on the PERMA model that was proposed by Martin Seligman (2011), who is renowned as the father of positive psychology. Additionally, this ecosystem has two more elements: **mindfulness** and **physical well-being**.

Reacting towards topics that are relevant for you is known as **engagement** and it allows people increasing their levels of well-being: to be engaged to relevant topics and to invest time on these matters.

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TED-Ed. (2013, July 6). *On positive psychology - Martin Seligman* [Video file]. Retrieved from <https://www.youtube.com/watch?v=5CpLEOO5oyo>



Engagement occurs when you are immersed in something, and you lose track of time. This is related to the flow definition proposed by Mihaly Csikszentmihalyi (1990), who is known by his works on the flow theory, as well as being an expert in positive psychology.

There are occasions where the activities we do makes us feel in flow for hours, as the task is both challenging and enjoyable, as well as for having the required skills to complete them. In this kind of situation, our happiness level increases.

Furthermore, engagement can also manifest when we are committed to a topic and as well as for being immersed in an activity.

Transcendence

It is a positive trait that you are willing to support different causes, as well as to improve the life of the people around you. The wish of **transcendental** contribution (considering transcendence as the characteristic of going beyond oneself). Furthermore, the desire for transcendental contribution (meaning, going beyond oneself) in our life can only be satisfied when we make positive impact to improve the life of those we want to influence. To know that other people improved their well-being due to our actions, contribute to our happiness.

“
Only those who have learned the power of sincere and selfless contribution experience life's deepest joy: **true fulfillment.**
”
Anthony Robbins



SoulPancake. (2013, October 15). *Random Acts of Kindness Triathlon | The Science of Happiness* [Video file]. Retrieved from <https://www.youtube.com/watch?v=M4ALRY5LyBMSoulPancake>

Positive emotions

Dr. Barbara Fredrickson, a researcher in positive emotions, has studied the role of these emotions in human life. Her work proposes that **positive emotions allows building and creating new experiences** (Universidad Tecmilenio, n.d.).

In her research, she exposes ten of the most frequent emotions:

- Joy
- Gratitude
- Serenity
- Interest
- Hope
- Pride
- Fun
- Inspiration
- Awe
- Love



When we create our **life's purpose**, we may not consider how to achieve it nor even questioning if it is possible to do so. In contrast, we establish a growth mindset and we acknowledge the effort it requires to achieve our purpose by reaching new learning, facing unanticipated challenges, and overcoming obstacles in the way.



Marcel Aguirre - Psicodestino. (2019, September 15). *Las emociones positivas nos transforman* Barbara Fredrickson [Video file]. Retrieved from

<https://www.youtube.com/watch?v=iRMyE5ibluQ&feature=youtu.be>

Carol Dweck



Source: EdCentral. (n.d.).
A beginner's guide to:
Professor Carol Dweck.
Retrieved from
<https://edcentral.uk/edblog/beginner-guides/a-beginner-s-guide-to-doctor-carol-dweck>

“

*Life's purpose is so loud
that does not allow
hearing the noise that
distract us from reaching
it.*

”

A growth mindset is based on the belief that all the basic qualities can be nurtured through your efforts, strategies, and help from others. Although people can differ in many ways, talents, skills, interest or temperament, everybody can change and grow through application and experience (Cavey, 2017).

Without a doubt, we all have good and bad days, positive and negative experiences, moments when we love what we do and other when we are not so sure about that.

In addition, we can say that most of us want to achieve positive things rather than negative. However, these moments are not as frequent as we would like when our decision making is misdirected.



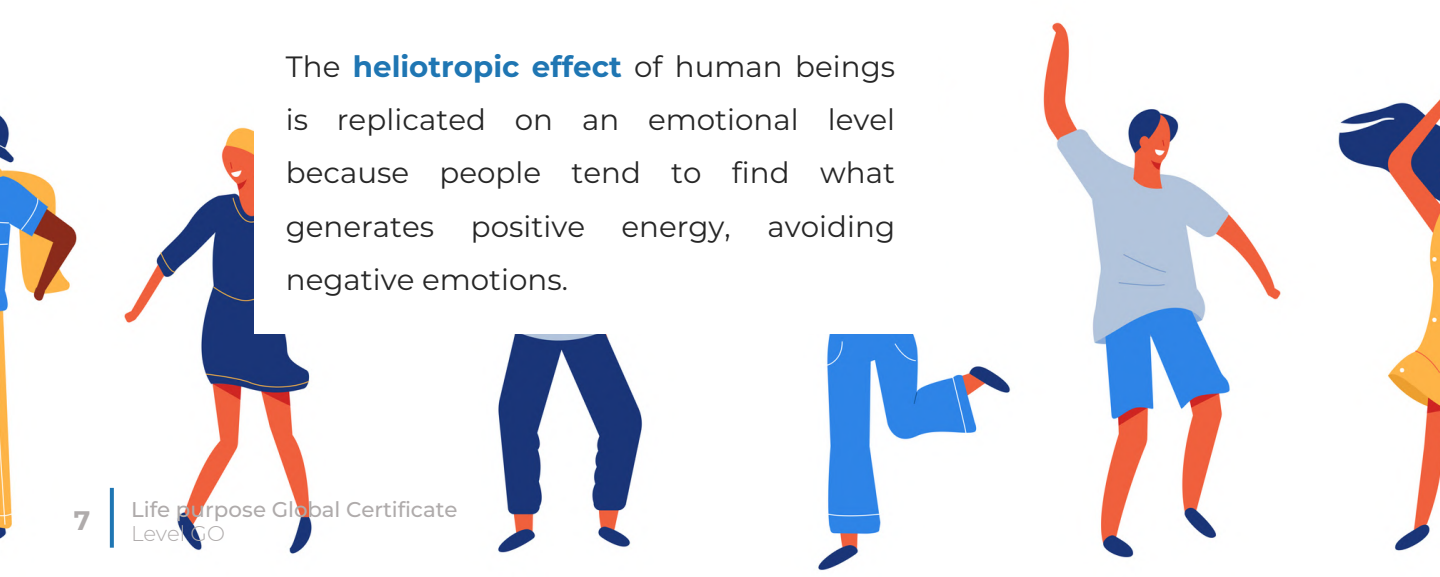


AprendemosJuntos. (2018, October 13). *V.O. The mindset that can change a child's life. Carol Dweck, psychologist and researcher* [Video file]. Retrieved from <https://www.youtube.com/watch?v=5z3QEwsBm74>

“
Ultimately, it is not what we think or how we feel, but what we choose or what we do that shapes our lives and determines our destiny.
Paul TP Wong
”

On the other hand, the moments that generate positive emotions are those that help us go further, give more effort to achieve a goal and those that manage to increase our levels of well-being and happiness.

The **heliotropic effect** of human beings is replicated on an emotional level because people tend to find what generates positive energy, avoiding negative emotions.



References:

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