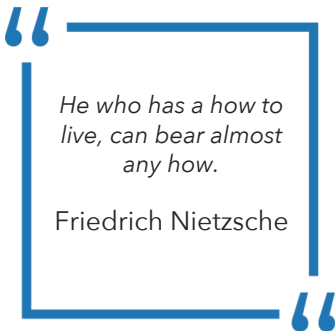


Life purpose

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

Topic 3.
**The creation of
purpose**

What is a life's purpose?



The main motive that drives a person to the accomplishment of goals, which inspire passion.

It is the main reason for which we wake up every morning with enthusiasm, despite the obstacles that may arise. **Having a life purpose helps to increase the levels of well-being and happiness that drives us to makes right choices.**

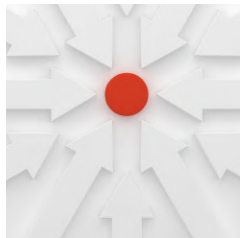
Difference between a life purpose and a life plan

A life plan provides the direction you must take for each of your goals, whereas a life purpose is the establishment of the goal.



What is a life plan?

- Short-term milestones.
- Drives our actions.
- Requires specific commitments



What is a life purpose?

- Motivates our actions.
- Establishes the final goal.
- Provides opportunities for growth.

“
Happiness is not about making it to the peak of the mountain nor is it about climbing aimlessly around the mountain; happiness is the experience of climbing toward the peak.
Tal Ben-Shahar
”

Building your life purpose statement

From this point forward, you will discover the way to understand deeply the meaning of your life experiences, your current position, and to follow this guide to build the road you will take to accomplish your life purpose.

Gradually, we will work together in a reflection, based on the methodology developed on this course, which is founded in four axis: your values, your strengths, your tastes and interests, as well as how you experience each of them to approach your life purpose.

Nothing can resist the human will that will stake even its existence on its stated purpose.

Benjamin Disraeli

To start building your life purpose, answer this question:

How do you see yourself in 20 or 30 years?

For the meaning of life differs from man to man, from day to day and from hour to hour. What matters, therefore, is not the meaning of life in general but rather the specific meaning of a person's life at a given moment.

Viktor E. Frankl



Your purpose changes...




As a kid, we dream of growing up and become what we had planned, but by doing so, we are rejecting life experiences that emerge over the years and its effects on our future. Throughout our childhood and youth, we acquire knowledge and experiences that prepare us to make decisions that are more complex by considering more variables.

Martin Seligman (2011) establishes that prospection makes us wiser. The ability to look towards the future is partly based on how we are able to interpret the past to make future decisions in the benefit of both our actions and emotions. This ability of looking back to what we planned helps us increase our happiness levels.



Universidad Tecmilenio. (2013). *Entrevista a Martin Seligman, durante el primer Foro Internacional de Ciencias de la Felicidad* [Video file]. Retrieved from <https://www.youtube.com/watch?v=hpwR2PuJNIU>



About the character strengths



VIA Institute on Character. (n.d.). Dr. Ryan Niemiec. Retrieved from <https://www.viacharacter.org/about/people/ryan-niemiec>

To talk about strengths, we must start with **Ryan Niemiec**, who is the main author of the character strengths.

He is a notable author and researcher in education and character strengths. He is also an education director of the VIA Institute on Character, a global non-profit organization in Cincinnati, which studies the scientific approach on character strengths (VIA Institute on Character, n.d.)

Character strengths are positive features of your personality that have an influence on your thoughts, feelings and behavior.

Scientists on this area identified 24 character strengths, which reflect your real identity and they are different from your personal traits such as skills, talents, and interests. These strengths are key to develop your best self (VIA Institute on Character, n.d.)



Niemiec, R. (n.d.). *What Matters most?* [Blog]. Retrieved from <https://www.psychologytoday.com/intl/blog/what-matters-most>

Strengths are classified from first (signature strengths) to the 24th place. The first on the list are unconsciously present and require minimum effort for its use. The traits placed last on the list need more effort to use them, and this can be possible through practice.

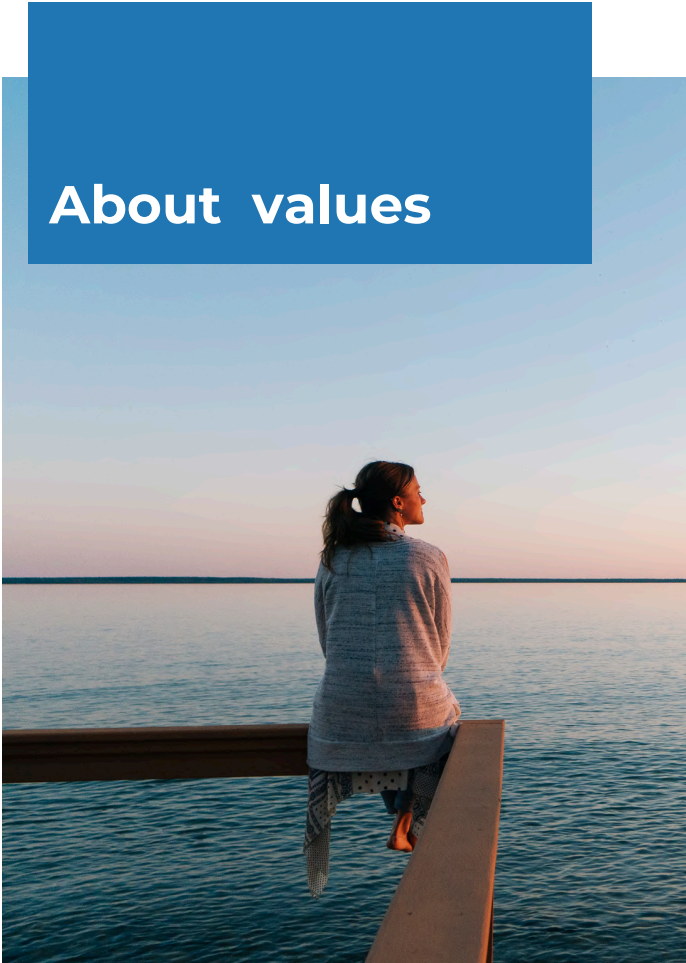
Strengths are also a positive feature of your personality, as they are constant over time, allowing you to develop your inner growth. Therefore, your happiness is your responsibility and not from external factors.

Our strengths and virtues help fight against distress and psychological disorders and they are important to build resilience.



We invite you to consider every moment of your day and discover how your strengths can contribute to the development of your activities.

About values



For us, values are everything we appreciate.

Salvador Alva, describes in his book *Tu vida, tu mejor negocio* (Your life, your key business) that values are beliefs, rules, and ideas that make part of our standards to make adequate decisions. Values are shared in a culture or social group, and they serve as a cohesive element of the group.

Salvador presents a list of governing values, in which you can specify yours (the ones you consider the most important and you would like to thrive with in your life).

Select the **values** you identify with:

- **Improvement:** I always make an effort to give my best.
- **Wealth:** high earnings, financial success, prosperity.
- **Friendship:** close personal relationships with other people.
- **Family:** spending time with my partner, children, parents or other relatives.
- **Health:** being physically and mentally well; vitality.
- **Helping others:** helping people achieve their objectives; serving.
- **Integrity:** acting in accordance with moral and ethical standards; honesty, sincerity, truth, trustworthiness.
- **Justice:** being fair, egalitarian; doing the right thing.
- **Love:** showing affection, having close and loyal relationships, fidelity; dedication to individuals, traditions or organizations.
- **Order:** stability, routine, planning, clear authority lines, standardized procedures.
- **Generosity:** serving attitude and friendliness towards others.
- **Teamwork:** bringing others' efforts together to enrich life and results.
- **Optimism:** admiring the words beauty; minimizing imperfections.
- **Humility:** listening and learning from others to imitate in daily life.
- **Status:** being respected at work and in the community.
- **Spirituality:** strong spiritual or religious beliefs that lead to moral fulfillment.
- **Physical development:** maximizing my physical potential by keeping in shape through exercise and physical activity.
- **Internal harmony:** joy, delight, being at peace with myself.
- **Influence:** having an impact on influencing others' attitudes and opinions, persuasion.
- **Humor:** being able to laugh at myself and make other people laugh.
- **Affiliation:** interacting with others, recognizing myself as a member of a particular group, involvement, feeling of belonging.
- **Autonomy:** working independently with few limitations, self-sufficiency, self-confidence.
- **Balance:** lifestyle that allows balance between time for oneself, family, work, and the community.
- **Aesthetics:** appreciation of beauty of things, ideas, environment, and personal space.
- **Adventure:** new and challenging opportunities, enthusiasm, risk.
- **Success:** a sense of accomplishment of dominion over a subject or specialty area and achievement of objectives.
- **Economic security:** safe and stable employment, adequate financial compensation, low risk.
- **Creativity:** discovery, development or design of ideas, forms, programs or things, demonstrating innovation and imagination.
- **Courage:** the will to defend my beliefs.
- **Challenge:** continuously facing new tasks, and demanding and complex problems.
- **Fame:** being prominent, recognized, and famous.
- **Pleasure:** fun, joy and laughter.
- **Knowledge:** the search for new skills and experiences, continuous learning.
- **Acknowledgment:** positive feedback and public credit for a job well done; respect and admiration.
- **Responsibility:** seriousness, trust, accountability.
- **Self-esteem:** pride, self-esteem and sense of identity.
- **Wisdom:** sound judgement based on knowledge, experience and understanding.
- **Audacity:** undertaking things that do not seem prudent.
- **Austerity:** taking care of resources without squandering them.
- **Persistence:** searching for solutions without losing enthusiasm.
- **Punctuality:** meeting commitments within established terms.
- **Patience:** giving each thing its time, respecting the time of others.
- **Visionary:** always looking forward, planning scenarios and alternatives.
- **Loyalty:** true commitment to defend what and whom I believe in.
- **Gratitude:** personal affection, appreciation, and friendliness toward those who help me.
- **Competitiveness:** rivalry, keep winning as a goal.
- **Strength:** overcome obstacles by will, work and intelligence.
- **Reliability:** meeting all commitments, even before the time promised.
- **Prudence:** fair, adequate and cautious actions without passion.
- **Commitment:** responsibility for the achievement of established goals.
- **Change:** an open attitude towards new things, while enjoying them.
- **Openness/inclusion:** valuing ideas and unusual opinions, point of view that enrich ideas.



Historias. (2014, October 26). *Sin Palabras, Este video Toco mi Corazón* [Video file]. Retrieved from <https://www.youtube.com/watch?v=GEV-8wnvves>

In occasions, we are not aware of how we live our **values** on a daily basis. However, when we bring our attention to them, we can observe that many of our decisions are influenced by what we believe in and strongly defend.

Having strong values is to pave the road to our life purpose; they will always be part of us, as well as the journey to guide our decisions to interpret reality.



Our interests

People are guided by preferences, we aspire to act according to our values, and our nature is to take advantage of our strengths to simplify tasks and enjoy our daily occupations. However, an additional item is needed to acquire a more complete life purpose profile.

In many ways, the activities we are interested in are linked to solve one of these. For example, the United Nations Organization (n.d.) declared 17 sustainable development goals, and the topics we are interested in can be linked to one of these goals.



ONU. (n.d.). *Objetivos de Desarrollo Sostenible*. Retrieved from <https://www.un.org/sustainabledevelopment/es/objetivos-de-desarrollo-sostenible/>

The **17 Global Sustainable Development Goals** are the following:

SUSTAINABLE DEVELOPMENT GOALS



Source: ONU. (n.d.). *Objetivos de Desarrollo Sostenible*. Retrieved from https://www.unv.org/sites/default/files/E_2018_SDG_Poster_with_UN_emblem_web_cropped.jpg

You are closer!
**State your
purpose**

Instead of being famous or millionaire, talking about the benefits of approaching happiness has become a relevant topic in conferences, seminars, blogs, viral videos, and even graduation speeches. Most of these messages emphasize the following:

Happiness increases when we focus in giving, rather than receiving.



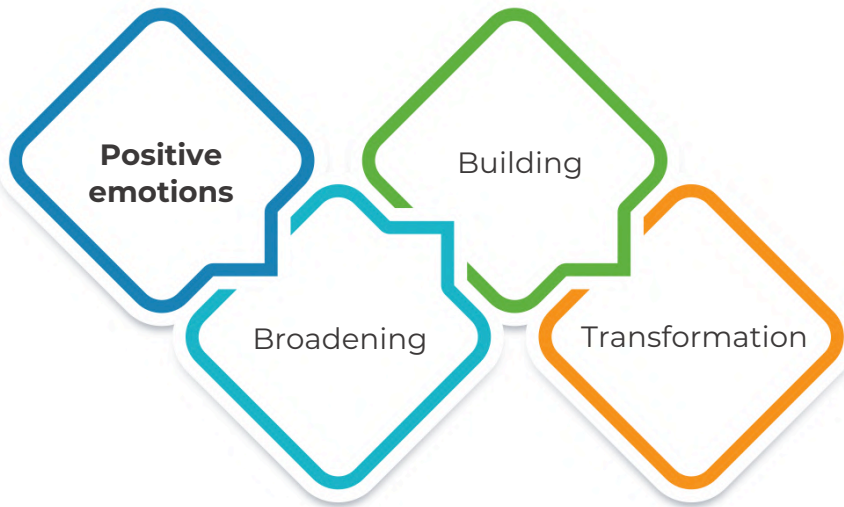
Dr. Barbara Fredrickson explains in the **broaden and build theory**, the functions of positive and negative emotions (Castro, 2019).

On one side, negative emotions produce an immediate reaction to a situation; they prepare us to go into survival mode in dangerous situations. On the other side, the role of **positive emotions** is to build a set of personal resources, use them in various situations and take advantage of them during adversities. The benefits of embracing these emotions can be perceived in the long term (Castro, 2019).

Experimenting **positive emotions** generates new possibilities of response and creative solutions, they help us cope with experiences, and they provide us with immediate emotional benefits (experimenting new positive emotions), which allows facing future situations with better resources and tools (Castro, 2019).



Based on this model, there are three sequential effects of positive emotions (Castro, 2019):



Broadening: positive emotions increase the tendencies of thought and action.

Building: diversification of personal resources helps dealing with difficult situations.

Transformation: personal growth helps to create positive emotions.



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