



# Finding your Purpose

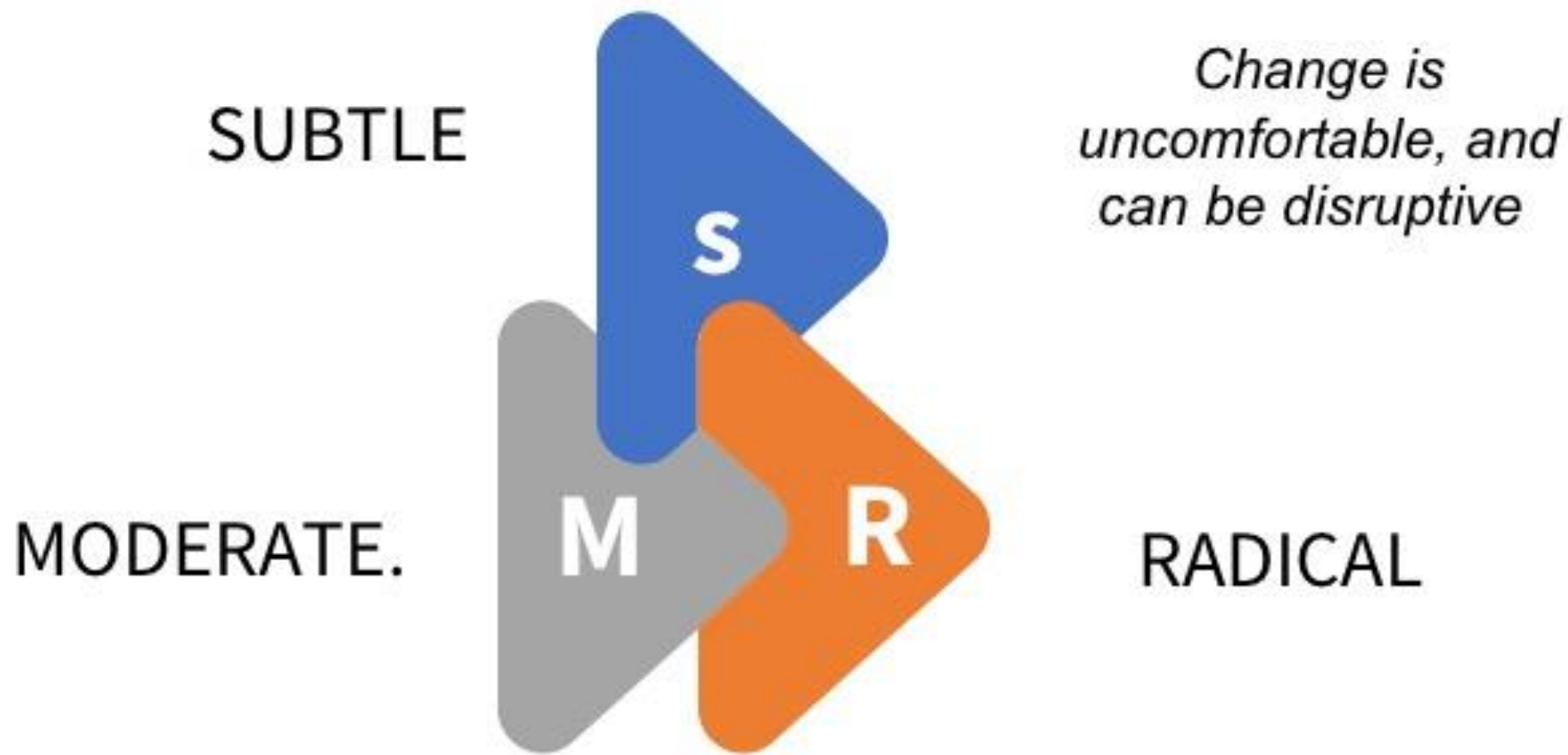
Dr Funke Baffour-Awuah  
Al Rayan International School



# Webinar Series

1. Dealing with Change and Uncertainty
2. Managing Fear and Anxiety
3. The Art of Self Motivation
4. The Power of Grit: Passion and Perseverance
5. Finding your Purpose

## Recap: Dealing with Change and Uncertainty





## Recap: Managing Fear and Anxiety

Fear and anxiety are the enemies that stop us from living our dreams and bring us to the ground.

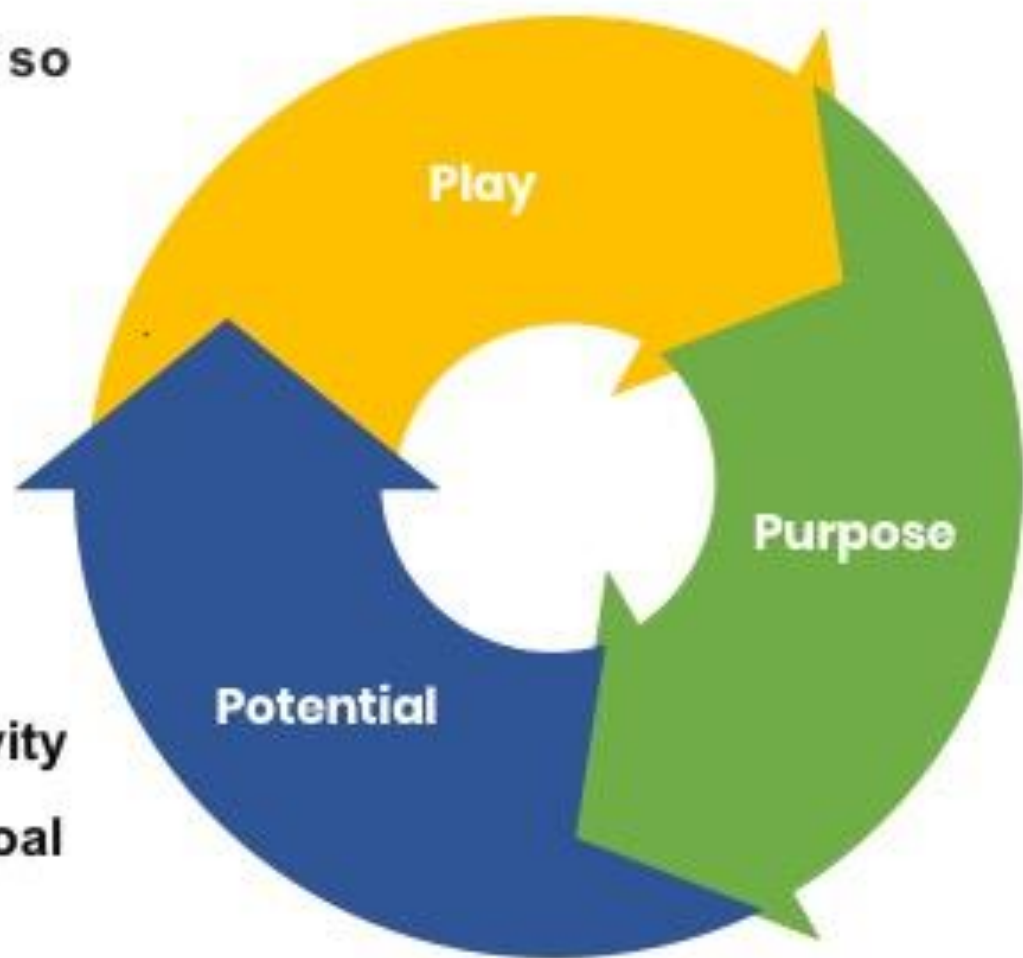
# Recap: The Art of Self Motivation

Dean and McGregor

## Play

- You take this action because it is fun to do so (hobbies, puzzles or listening to music )

*Play is powerful motivator as the more you see your work as play the better you perform*



## Potential

- Value in direct outcomes of an activity
- Fulfilling long term goal

## Purpose

- You value the outcome and the impact of your actions
- But process may not be enjoyable

# Outline

**1** What is Purpose?

**2** Two Options

**3** Finding your Purpose

**4** Finding your Why

**5** Purpose Anxiety

**6** Overcoming Purpose Anxiety


**IT IS NOT  
AN EASY  
PROCESS  
AND IT WILL  
NOT HAPPEN  
OVERNIGHT.**

Dr Funke 2016



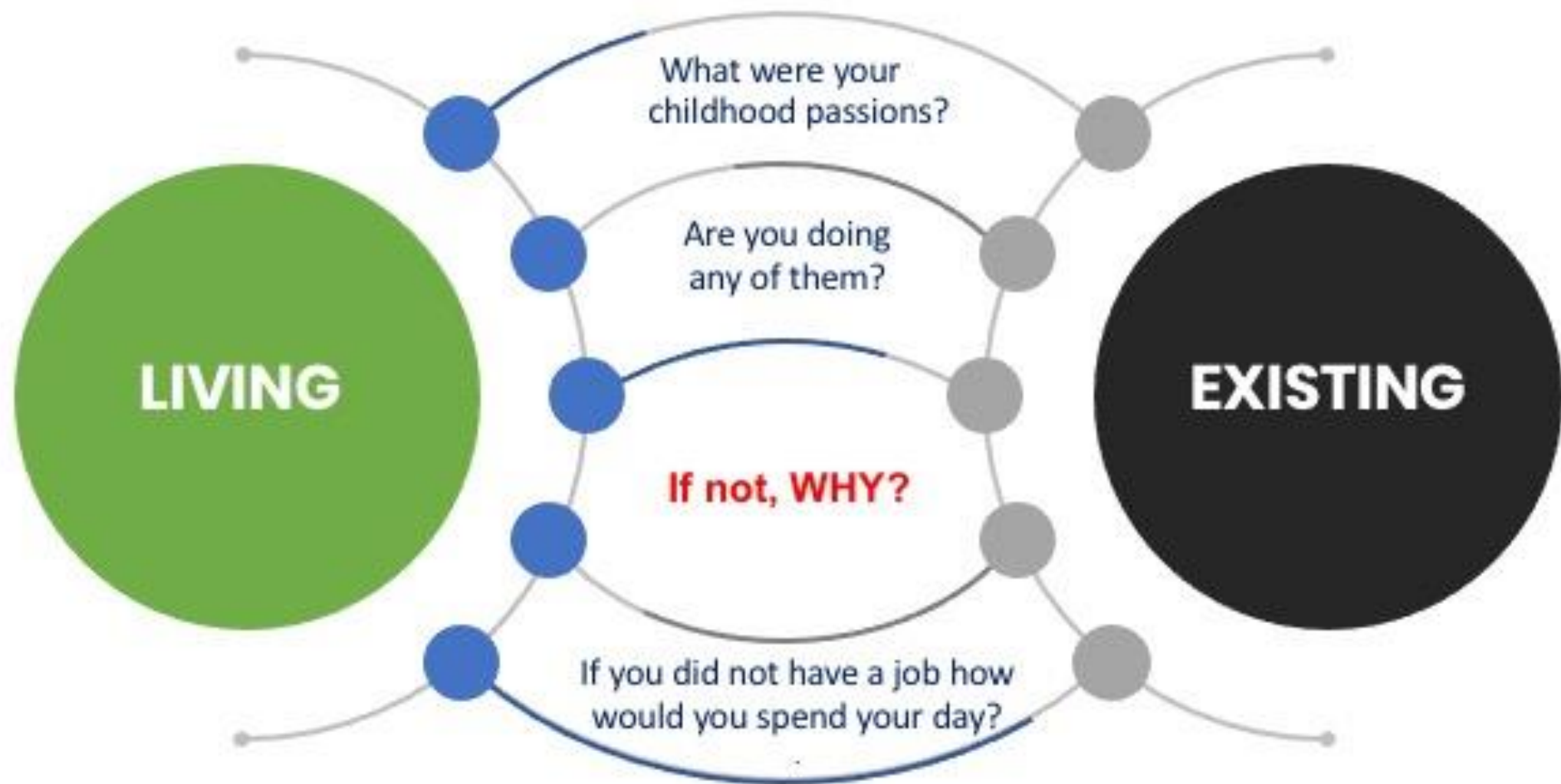
## What is Purpose?

Purpose is a stable and generalized intention to accomplish something that is at once personally meaningful and at the same time leads to productive engagement with some aspect of the world beyond the self.





## 2 OPTIONS

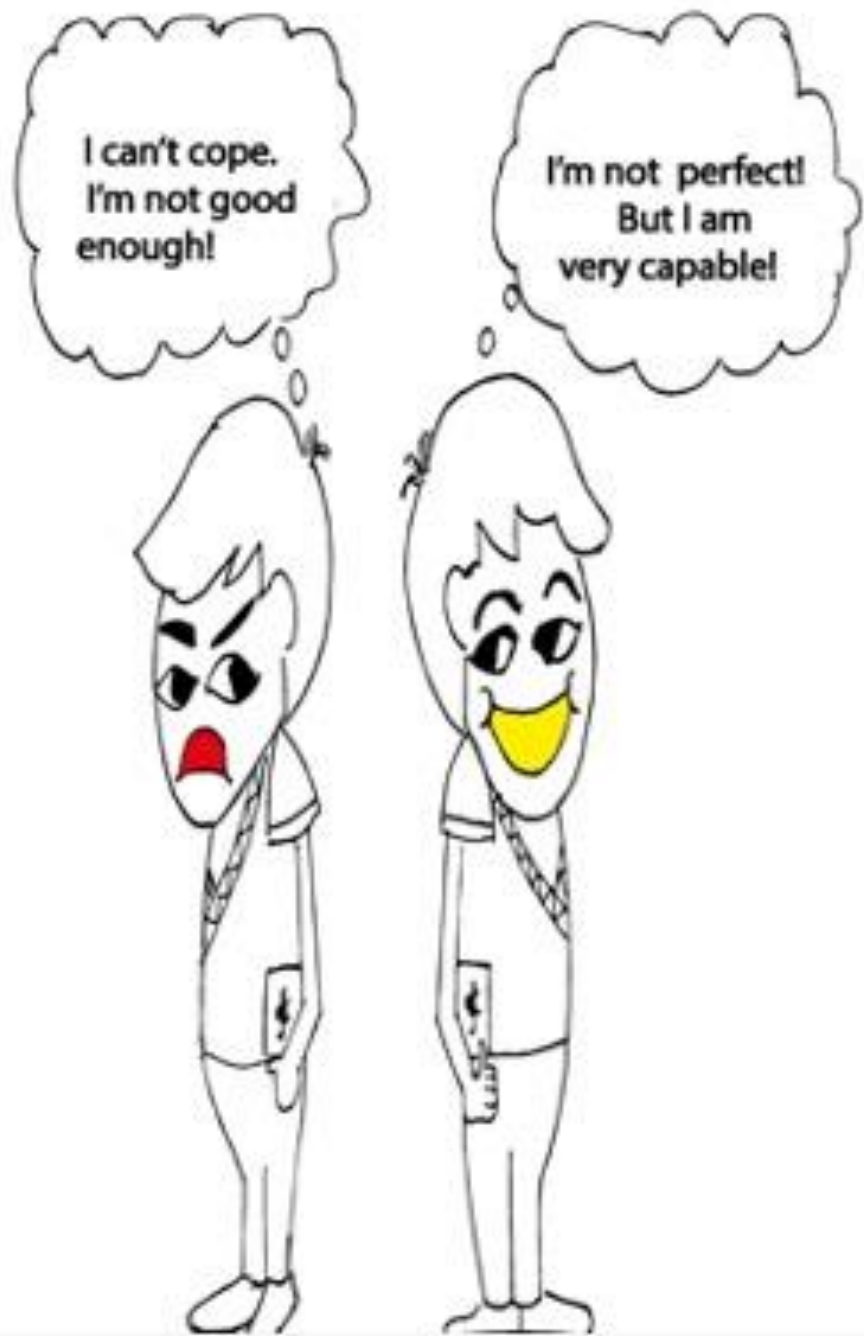




## Finding your Purpose

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- Meaning of life is to activate your GRIT
- Purpose is within you as you have always had it. So it is about reconnecting and not creating it.
- The key to purpose is creating a sense of it for others
- Purpose should be aligned with your visions. A beautiful picture of your imagined future



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“Those who have a ‘WHY’ to live, can bare almost any ‘HOW.’”

Frankl

# Finding your Why

**WHY**  
Why do you do what you do?



**WHAT**  
What do you do for others?

**HOW**  
How do you do what you do that sets you apart from others?



## Finding your Why

1. What can you do to make the lives of others better ?
2. Check in with your past for the things you liked to do as a child.
3. What do others ask of you when they seek help from you?
4. If you were given the opportunities to teach others what would you teach?
5. If you did not have to worry about a monthly income wage what would you do?

# Sources of Purpose



Materialism

Self -  
Growth

Social

Transcendent

Being Here

Finding meaning through your possessions, professional successes, finances, nature, leisure activities, sexual experiences, health, and/or sports.

Finding meaning through resilience/coping, self-insight, self-acceptance, creative self expression, self-reliance, reaching daily goals, and/or self-care.

Finding meaning through feeling connected with family and friends, belonging in a specific community, contributing to society, and/or taking care of children.

Finding meaning through purpose in life, personal growth, self-development, the temporality of life, justice and ethics, religion, and/or spirituality.

Finding meaning through your own uniqueness, for simply being alive, connecting with others and the world, and/or freedom.

*“The belief that purpose is out there to be found can actually be anxiety-inducing because we think that if we haven’t found it we’re doing something wrong.”*

## Purpose Anxiety

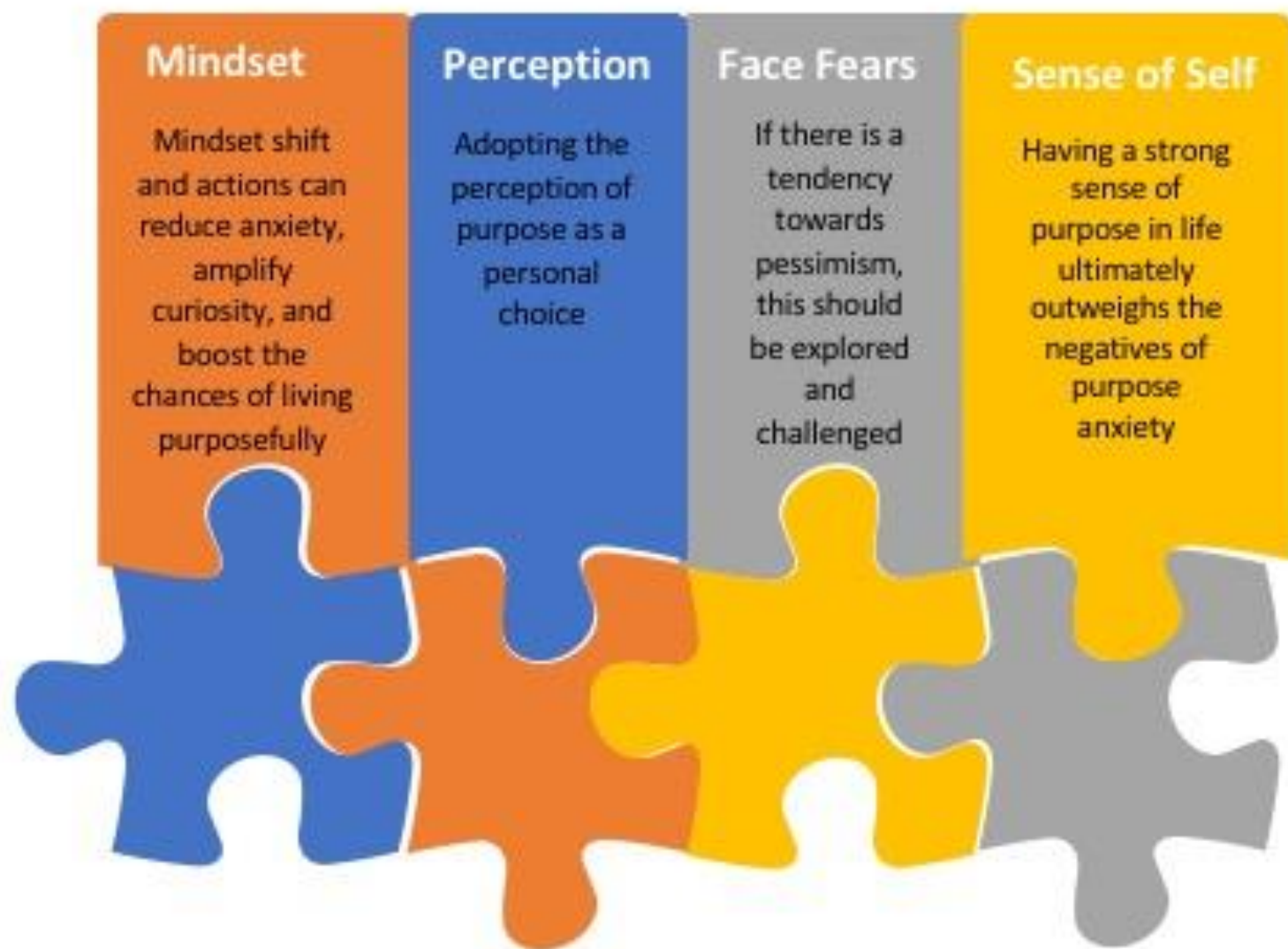
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- Developed by Larissa Rainey
- PA refers to negative emotions
- Experienced in direct relation to the search for purpose.
- It is a common phenomenon and usually experienced either while struggling to find or struggling to enact one's purpose in life.





# Overcoming Purpose Anxiety





**BE OPEN  
TO NEW  
WAYS OF  
THINKING**

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Finding meaning and purpose in life play a crucial role in building resilience and self confidence.

**‘It takes courage to grow up and become who you really are.’**

*– E. E. Cummings*

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**THE ONLY  
PERSON  
THAT CAN  
SHOW YOU  
YOUR TRUE  
WORTH IS  
YOU!**

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# Reflection Corner



**Thank you**

**Questions and Discussions**



# Dr Funke's Books



VISIT AMAZON FOR



LOVE YOUR AUTHENTIC SELF



IMPROVING YOUR THINKING



TAKE CONTROL OF YOUR TOMORROW



**End of Webinar Series**