

Uncover Your Purpose

Knowing your purpose can help you build and maintain resilience. After all, it can be easier to persevere and push through difficult times when you understand the impact you would like to have on the world (Armstrong, 2019).

The purpose of the following questions is to make your life narrative clearer. Discovering your compelling purpose can boost your ability to overcome and remain resilient during challenging life events.

Ask your client to find some time and space in their day to answer the following questions (modified from Armstrong, 2019):

Think of a close friend or family member. What do you think they would write about you in your obituary?

How would you like people to remember you?

What passions define who you are?

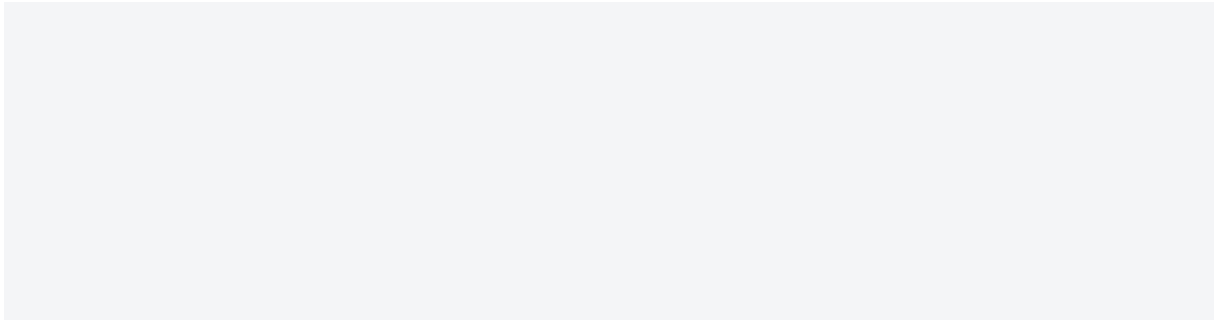
Think of your core values. Do they suggest an overarching and overwhelming purpose in your life?

What one thing do you think you are here for?

If you knew you had one year left to live, what would you do? What would you do differently?

If you had unlimited resources, what would you change or impact in the world?

Why is it important to make that change or have that impact in the world?



It can be difficult to answer the above questions fully and satisfactorily at first, so return to them and revise them as required.

When considering the challenges you face, review your answers to see what consistent themes develop and consider how they foster your resilience.

Reference

- Armstrong, A. (2019). *The Resilience Club: Daily success habits of long-term high performers*. London: Rethink Press.

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