

Finding Your Purpose & Drive

Key Takeaways

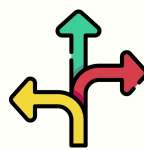
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A purpose provides us with a sense of:



MOTIVATION

When we connect our everyday actions with our deeply held values & beliefs, even mundane actions take on a sense of importance & urgency



DIRECTION

When we prioritise our actions & align them with what is truly meaningful to us, we make more intentional choices that leads us towards our desired outcomes & values



FULFILMENT

When we tap into our strengths, values & passion, we know that we are living a life this is true to ourselves

2

Challenges while finding your purpose

Lack of clarity & overwhelmed



Challenging & difficult to find

Fear of failure



Fear of making wrong choices

External pressure



Societal expectations & pressure from friends & family

Limiting beliefs



Negative self-talk & thoughts about oneself

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3

Tips for finding your purpose



Reflect on your values & beliefs



Explore your passion & interest



Reflect on your strengths & talents



Seek inspiration



Experiment & take action



Seek support

Need a bit more help?

Discuss with your coach on more personalised strategies for navigating the journey of self-discovery and live authentically in alignment with their purpose.



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