

What's Well



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Finding
Meaning



*"Start where you are.
Use what you have.
Do what you can."*

-Arthur Ashe

When we focus on aspects of life that motivate and energize us, we can be better, stronger versions of ourselves. But, how do we know which areas will provide meaning?

- **Step 1: Identify Your Talents**

Make a list of your strengths and whatever skills you possess. Don't be humble. Really think about what may feel easy or come naturally.

- **Step 2: Discover Your Passions**

This time, make a list about what excites you, about things you're interested in. What do you like to think about? What do you like to talk about? What do you like to do with free time?

- **Step 3: Contemplate Change**

Acknowledging aspects of life that you find frustrating or upsetting can help you find meaning. Make a list about societal issues and norms that you find difficult (homelessness, inequality, sustainability, etc.)

- **Step 4: Blend Discoveries**

Try to combine your lists. Can you identify a skill or strength that can be used to help the greater good?

- **Step 5: Identify Goals**

Spend some time with your discoveries. Talk about them. Create goals.



• Find Your True Purpose. (n.d.). Retrieved from <https://www.actionforhappiness.org/take-action/find-your-true-purpose>

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