

Five Pillars of Health & Well-Being

Purpose



MIND · BODY · SPIRIT



Purpose: A sense of purpose is that which gives meaning to one's life. Having a reason to get up in the morning adds not only years to your life, but also life to your years.

Power of Purpose

Our purpose is the heart of who we are and what makes us irreplaceable. Our purpose is a dynamic manifestation of the deepest dimension within us and where we have an insightful sense of who we are and why we're here. Purpose is the intention around which we arrange our lives, and create a resource of direction and energy. You have a purpose no matter what age you are, how healthy you are, or what your economic or social situation is. Your purpose is the reason you were born and it can be what gets you out of bed in the morning. What determines the power in purpose, ultimately, is the worthiness of the intention. Life purpose happens when we share our given gifts naturally and freely. Your natural talents are gifts to the world for three reasons. First, you didn't have to earn them- they came with your birth. Second, they are gifts because you get something for yourself when you give them. And third, they are gifts to others because they get something from you that is unique and theirs to keep.

Developing Your Purpose Statement

Answer these questions to start living your life purposefully.

1. What are 3 of my values?
2. What are 3 of my strengths?
3. Who do I want to impact?

Fill in the blanks to find your purpose: Because I value __, I want to use my strengths for __ to impact __.

Source: Christine B. Whelan, Ph.D., *The Big Picture: A Guide to Finding Your Purpose in Life* (Templeton Press, 2016).

What gifts do you bring to serving others?

- Do you awaken, inspire, ignite, and support?
- Can you persuade, challenge, teach, coach, or direct?
- Are you naturally moved to create, design, organize, compose, master?
- Can you help, befriend, listen, love, accept, share?
- Do you seek, heal, liberate, enable, achieve?
- Your life purpose is what is unique and powerful about you, the gifts you express naturally and enjoy giving. There is something that you do that comes from the inside of you that you actively want to give to others.



Integrative health and medicine focuses on the health and well-being of the whole person — mind, body and spirit. It addresses the impact of lifestyle, environment, and genetics on an individual's health and well-being. We approach care and service from our Five Pillars of Health and Well-Being: Sleep, Activity, Purpose, Nutrition and Resilience. Our mission is to help you cultivate long-term behaviors that will foster a healthy, happy, and long life.

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