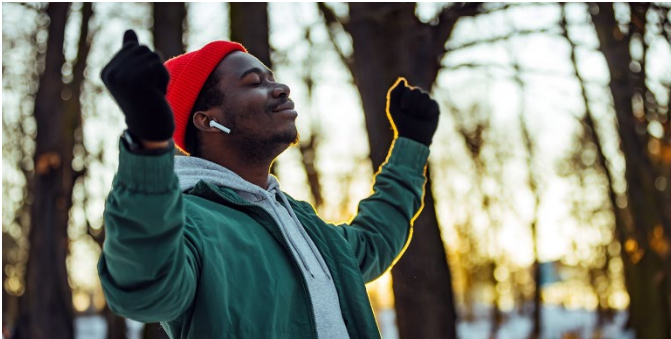


Finding Your Mojo: How a Sense of Purpose Fuels Your Inner Drive



Having a sense of purpose is an important aspect of your whole health. Although it's deeply personal and unique to everyone, having a sense of purpose brings meaning and direction to life.

This, in turn, provides motivation, determination, and momentum. It's like an inner spark that motivates you to get up in the morning—and to keep moving forward despite the setbacks.

Having a sense of purpose also helps to nurture and support other aspects of health and life, which then has a positive influence on your whole health. Here are some examples:

- **Improved mental and emotional health.** Having a sense of purpose inspires you to pursue interests beyond yourself. This helps to strengthen your mental and emotional health, making it easier to manage stress and ward off anxiety and depression.
- **Healthier habits and improved physical health.** When you're mentally and emotionally strong, it's easier to maintain healthy habits, like eating well, getting adequate exercise and sleep, and seeking regular medical checkups.
- **Stronger relationships and social connections.** Having a sense of purpose inspires you to take on responsibilities and get involved in activities and causes. This not only helps you to build relationships with others, but

it also helps you develop a sense of identity and belonging, which helps to prevent isolation and loneliness.

Finding a sense of purpose looks different for everyone, but here are some strategies to consider:

- **Take time to reflect on what matters most to you.** What are your core values, passions, and interests? What do you find meaningful, engaging, and enjoyable?
- **Try new experiences.** Look for opportunities that you find uplifting and rewarding, such as volunteering or getting involved in causes that matter to you. Consider opportunities outside of your comfort zone.
- **Be open to growth and discovery.** Just as life evolves, so do your priorities—and your sense of purpose. Continue to be open to new ideas and opportunities that fill your life with meaning and joy.

There may be times when it's helpful to seek guidance from a mental health professional. To learn more, contact your Assistance Program. Services are free, confidential, and available to you and your family members. You can access them 24/7 by visiting [Member Support](#).