



## What Motivates Me into Action?

Most people strive to live a life of purpose. Most people want to have a positive impact on their surroundings and feel that their actions are of importance.

An important question that we repeatedly ask ourselves is "Why am I here?", "What is my purpose?". The discovery of the meaning of our life allows us to live it to the fullest.

*"He who has a why to live for can bear almost any how"*

Nietzsche

The purpose of your life is a simple definition of what is truly important to you. This purpose allows you to deal with the hardship of your life journey.

Think – what defines you? How would you describe yourself? How would your friends describe you?

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Think about a significant event in your life that required you to overcome an obstacle: what were your resources (physical, emotional, spiritual)? What was your "why"?

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Write openly: "What do I wish for in my life that is missing right now (emotional, spiritual, material)?"

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When thinking about my life's purpose, I think about meaningful relationships in my life (family, work, community). I am thinking about:

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The type of influence I want to have on others is...

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