



CONCERN:EAP

Healthy & Resilient You

LIVING WITH PURPOSE, ONE DAY AT A TIME

Find meaning in the everyday for a meaningful life.



Living, On Purpose

Have you ever looked back at the end of a long day, and thought, where did the time go? That you were incredibly busy, but felt like you accomplished little? That your focus scattered in five or six different directions as you dashed from one task to the next without much thought? If you answered yes to any of those questions, your life might be lacking purpose.

But not in the way you think...

Can't See the Trees, Only the Forest

Often when we think about purpose, what comes to mind is a single overarching goal or accomplishment we're supposed to aspire toward. As the thinking goes, only by dedicating every second of our waking

lives in pursuit of one magical objective can we say we're leading a purposeful existence. So, until we've taken a company public, published a bestseller, solved world hunger, or won a Nobel Prize, we're not truly living with meaning, and we can't be satisfied.

This kind of thinking is unrealistic and mentally and emotionally draining. Setting only enormous expectations for ourselves distracts us from finding meaning in other ways, and as a result, can leave us feeling frustrated, disappointed and directionless because we didn't attain that One Big Thing.

Consider, instead, learning to live purposefully by finding meaning in the everyday.



The purpose of life is a life of purpose.

– Robert Byrne

The Purposeful Moment: Big Things, Small Packages

When viewed this way, living with purpose becomes synonymous with living with intent—making conscious choices to find fulfillment in the present vs. always looking toward that One Big Thing. From this perspective, we choose to find meaning in purposeful moments, which, like **tiny habits**, are small, achievable actions and choices that add up to a greater whole.

Here are some tiny habits that can help you bring more intention into your daily routine:



Be in the moment: Life happens in the present—not the past or future. Only by embracing and living in the moment can we effect change and stay focused. Mindfulness meditations are a powerful tool for helping us stay in the here and now. Try this **primer on guiding a wandering mind** for ways to get started.



Focus on one thing: Our busy, connected world sometimes pressures us to multi-task. But when we split our focus, we often can't complete any one thing to our satisfaction. When we focus on one task at a time, we're better able to complete it satisfactorily before moving on to the next thing, giving us momentum and a sense of accomplishment.



Serve others: Turning your intention outwards to the needs of others can also help you find fulfillment in the everyday. And you don't need to start a charity to serve others. You can get lunch for a coworker, shovel a neighbor's driveway or step away from that work project you took home to help your spouse cook dinner. Little instances of **loving kindness** are in and of themselves purposeful acts.



Always Be Learning: Be curious. What is there to learn from the immediate experience or interactions with each person you encounter? Stir up dormant curiosity to find the meaning behind the moment, and you'll pick up new skills and knowledge and build stronger relationships.



Redefine success and failure: Every mistake can be a lesson if we choose to see it that way, and every failure can be viewed as an important step toward eventual success. We learn from making mistakes. Often the lessons from our failures stick with us longer than those from our successes. Try to think like Nelson Mandela, who once said, "I never lose. I either win or learn."

If practice makes perfect, it also serves your purpose. Set the intention to put one or more of these tiny habits into practice every day, and watch as your skill, and your sense of purpose grows.



For even more ways to help cultivate mindfulness and resilience in 2018, visit the Resilience Hub™ at www.ConcernResilienceHub.com regularly. First time users may be asked to enter their company ID.

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If you find your level of stress is impacting your well-being, you can contact us for additional help and support.

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