



PURPOSE



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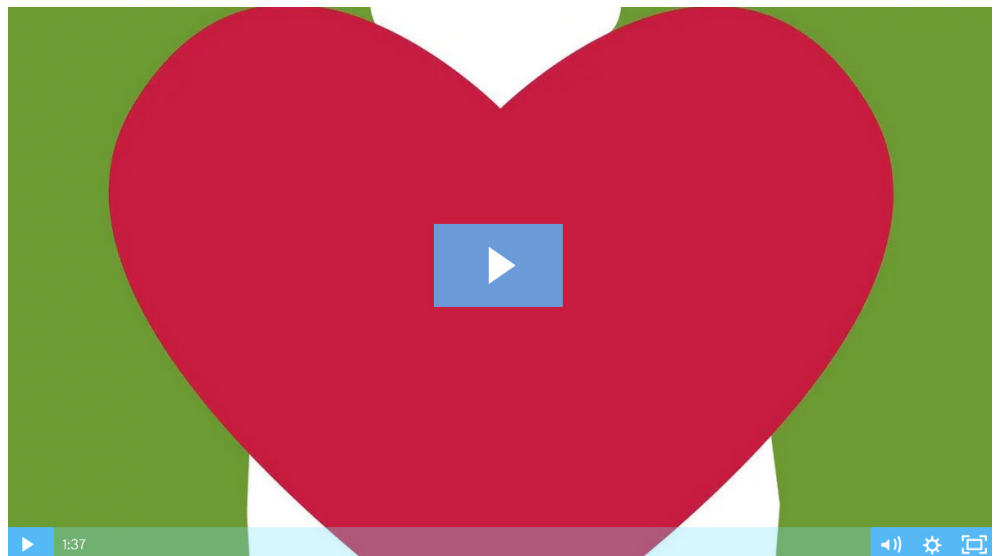
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Purpose

A powerful purpose can create a powerful buffer to adversity. Tap into your personal purpose and feel the inner peace that comes with doing what you care about most.

Definition:

The intended or desired result, end, aim and/or goal.



Key Takeaways

- Having a powerful purpose for what we want to accomplish is important.
- Having a purpose helps us persevere in the face of adversity and/or stress.



Key Habits

- When pursuing a challenge, ask yourself, “What is the compelling reason (purpose) for me taking on this challenge?”
- When setting goals, write down the goal and the “why” that describes your overall purpose for pursuing the challenge.