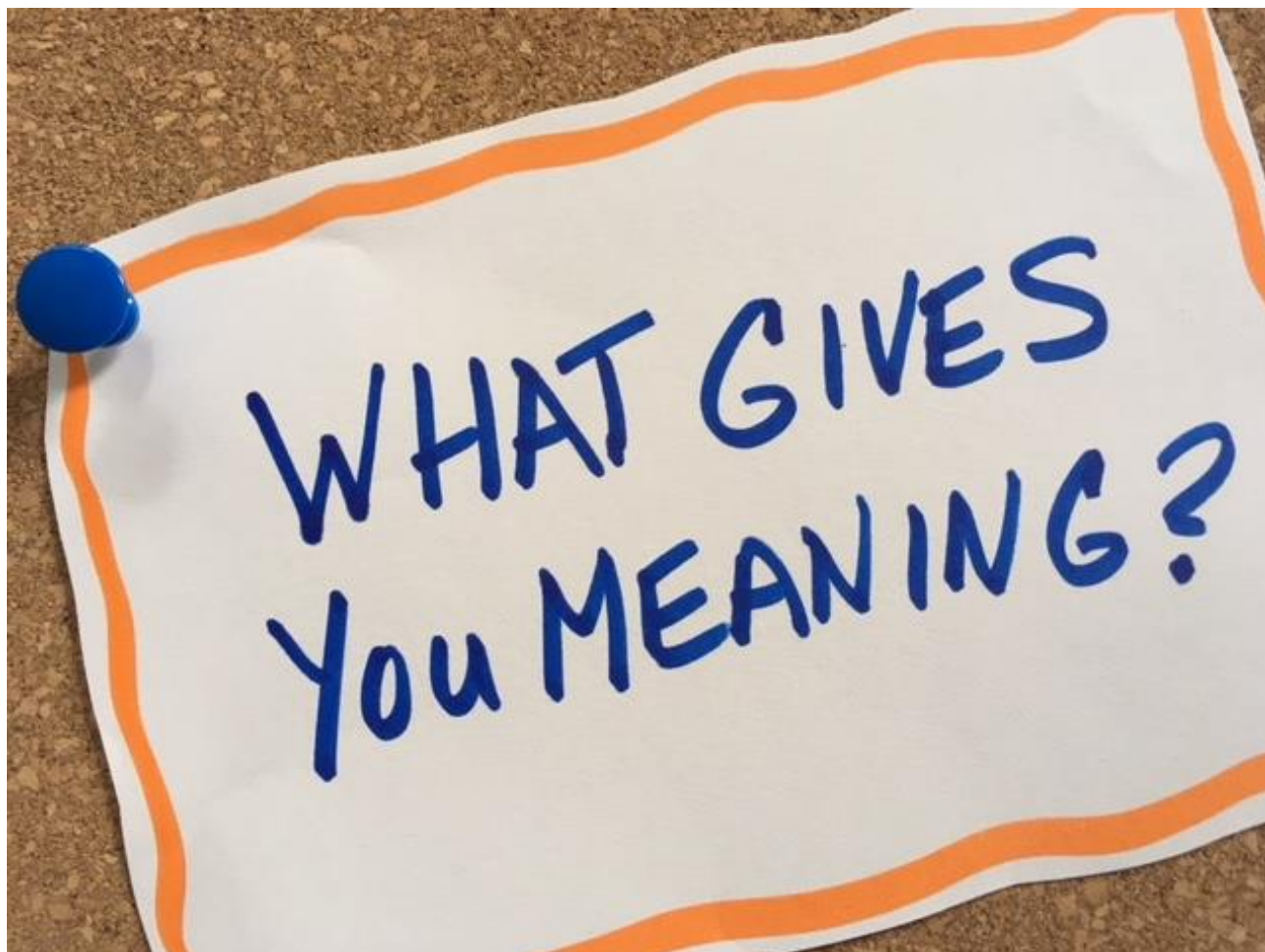


POWER UP

YOUR RETIREMENT



Living Your Life Purposefully

"Purpose is what gives life a meaning." – C. H. Parkhurst

Richard Leider, author of, *The Power of Purpose*, says that, “Purpose is that deepest belief within us where we have a profound sense of who we are, where we came from, and what we’re here to do. Living purposely means choosing how you will use your gifts, natural talents and passions to create more meaning for yourself and others.”

Living our purpose is fundamental to our happiness and total sense of wellness - physical, mental, emotional and spiritual. By living your life on purpose, it will give you the will to live long and well.

Dr. Eric Kim, Research Associate at the Harvard T.H. Chan School of Public Health, researches purpose and health. In his research, he has compared individuals with the highest purpose in life to those with the lowest purpose in life, and he found that the people with the highest purpose in life had 79% reduced risk of stroke and 58% less likely to develop sleep disturbances (over a 4-year follow-up period); 32% fewer doctor visits and 61% fewer overnight hospitalizations (over a 6-year follow-up period).

Purpose is not:

- a goal to be set;
- something you create or invent; or
- a great idea you come up with.

Your Purpose:

- is your essence or calling in life
- defines who you are and how you will live your life
- is something you uncover from inside yourself
- is your role in life
- means that you are driven by something internally rather than allowing external influences to hinder you from living your life more clearly
- is your ‘why’ behind your existence – what gets you excited about your day; what motivates you to get out of bed in the morning (rather than get out of work or feeling depressed)
- is your “true north” that keeps your career and life decisions in harmony with your authentic talents, values and meaningful contributions
- is present in how you show up in whatever activity you engage in
- always serves as it is the way you use your gifts to make a difference in the world and
- adds value to other people’s lives.

Part 1 – Going Deep

Your Passions

Passions are a strong fondness, enthusiasm or desire for anything: a passion for music; reading; horseback riding; painting; continued learning; teaching; etc.

What are you passionate about that absolutely need to be in your life now and in retirement?

Exercise 1- Passions Mind Map

To help you do a deep dive into your passions, you are going to create a mind map or a visual representation of the information.

Instructions

At the centre of a flip chart paper, write the words ‘My Passions.’ From this main idea, create as many branches as needed that represent a single word that relates to the topic. Then create subbranches that stem from each main branch to further expand on your passions. (See example below.)

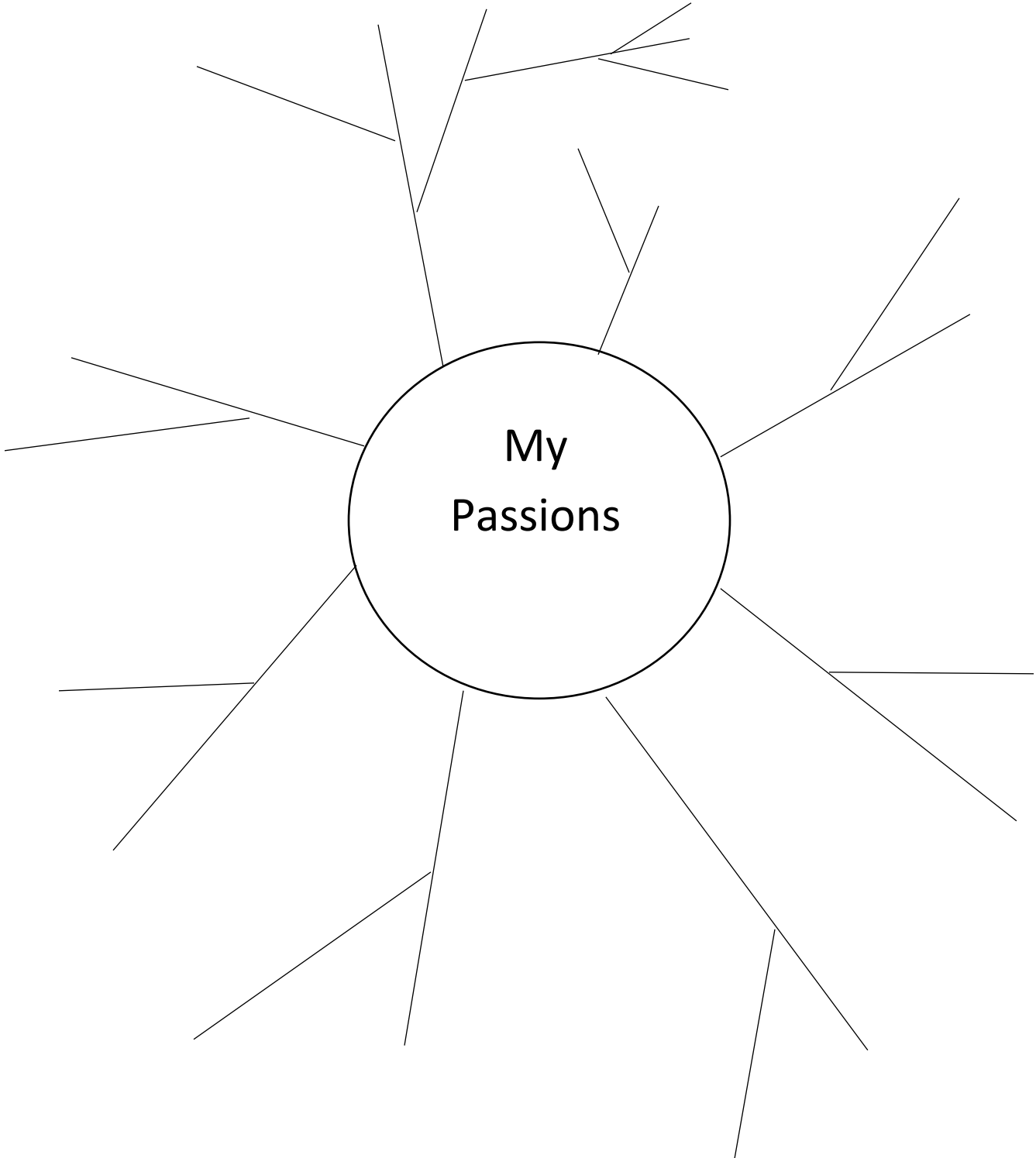
To help you with your mind map, think about:

- What are you passionate about – list them all. What is it about these things that you love?
- What are you good at?
- What did you enjoy doing as a child? What were your favourite activities and events of childhood?
- Who did you like doing these childhood activities with?
- What did you love about these childhood activities?
- What do you really enjoy doing now as an adult?
- What is it that you love about what you enjoy doing now as an adult?
- What did you love that you gave up in order to get an education, raise a family, build a career or business, etc.?
- What have you always wanted to do?
- What do you want to start doing or continue doing in your retirement?
- What gives you a sense of giving back?

When answering these questions:

- Answer these to the best of your ability
- be honest
- let it all flow out with judgement or being overcritical
- do not overanalyze or second guess yourself
- Write everything down that comes to mind

Passions Mind Map



Exercise 2 - The Really BIG Questions

Uncovering or igniting your purpose requires you to do deep introspective thinking about your priorities and what is important to you. The following questions will help you with this work.

Instructions: Please answer the following questions.

Helpful hints:

- Write down what first comes to mind
- You have already answered some of these questions - take the info from the other modules
- Don't be self-critical or judgemental
- Don't second guess yourself
- Be honest.

Who really matters to you in your life? (From Modules on Relationships and Vision)

What really matters to you in your life? (From Module on Vision)

What is that you do that makes you feel truly alive and happy?

What gives meaning to your life?

What do you look forward to?

What achievements to date are you most proud of? Why?

What difference do you think you make in the lives of others?

What do you believe is your responsibility to others?

What is your 'why' behind your existence? What gets you excited about getting up in the morning?

Who inspires you in your life? What is it about them that inspires you?

What do you stand for in this world?

What are your top three values? (From Module on Values.)

What are your strengths, skills and talents? (From Module on Strengths.)

Once in retirement, how will you make the world a better place in your own way?

What do you want the second half of your life to be about?

Exercise 3 - Your Life Roles

A role is a function that we serve in life which may include being a spouse/partner, parent, sibling, friend, volunteer, community member, etc.) Considering your roles, helps you understand who you want to be in that role, how you show up and what you want to accomplish within each role.

Instructions

Define your top five life roles. Who do you want to be in that role? How do you show up? What do you hope to accomplish for each? Write a brief statement of how you would most like to be described in that particular role.

1)

2)

3)

4)

5)

Exercise 4 - Please choose ONE of the following exercises:

- a) **Your Eulogy**
- b) **Your 90th birthday party**
- c) **One Year to Live**

Instructions:

- Write what comes to mind
- Let it flow – don't worry about punctuation, grammar, etc.
- Don't second guess, criticize or judge yourself
- Be honest

a) Your Eulogy

You are going to write your eulogy. Think about: your lifetime achievements; the difference you made to others – your family, friends, co-workers, community members; how you made the world a better place in your own way; how you want to be remembered.

How many of these things are you doing now? What will you start doing today?

b) It's Your Birthday!

Imagine it is your 90th birthday party and you are surrounded by your family, friends, former colleagues, and community members.

They will be toasting you – your achievements, unique qualities, character, passions, how you made a difference in their lives, experiences you have shared, what you taught them, how you helped them, why they love you and what you have meant to them.

Instructions: Please answer the following questions.

What would you like the people in your life - family, friends, co-workers, etc. to say about you?

How do you want to be remembered?

What difference have you made in their lives?

What are your most important contributions to these people?

What are your proudest moments in your life?

How did you help the people in your life?

What would be your most important piece of advice you would give to have a fulfilling and meaningful life?

c) One Year to Live

You have been given one year to live (sorry you can't change the outcome.) How do you live the last year of your life?

Part 2 – Writing Your Purpose or Intention Statement

Step 1

Based on your reflections, write a draft Purpose or Intention Statement of how you will live purposefully.

Consider including in your statement:

- what a meaningful life looks like for you
- your core values - what you stand for / believe in
- what you care deeply about / what really matters to you
- your passions
- your gifts – your talents, skills and strengths – what you are naturally good at and really enjoy doing
- the difference you want to make in other people’s lives - the reason you get up in the morning...to support, to empower, to encourage, to inspire, to teach, to serve, etc.
- who you want to share your gifts with and
- what actions you are going to take to live your life ‘on purpose.’

NOTE: This is a working draft, so it doesn’t need to be “perfect.” Your Purpose Statement will evolve and become clearer as you continue to do more introspective work.

Step 2

After a few days of reflection, review your draft Intention Statement. How do you feel about it? Are you happy with it? Does it excite you? Do you feel energized? If not, rework the draft until it feels right for you.

Step 3

Share your Intention Statement with your partner or close friends for their input and / or personal support. Revise as necessary.

Step 4

Once you are happy with your Intention statement, make copies of it and keep it visible so you can see it every day.

You can even consider having both your Intention / Purpose statement and the Vision Statement (from the Vision Module) together in one document.

Both of these powerful statements will help you focus your thoughts, decisions and actions.

Once you have completed your Purpose / Intention Statement, please reflect on the following questions.

1. How difficult or easy was this exercise for you? What was difficult or easy about it?
2. What did you learn about yourself from this process?
3. Were there any surprises?
4. How will your purpose statement serve to support you in your retirement?
5. What do you need to let go of or leave behind for you to be able to live purposely?
6. What do you commit to doing to start living your life 'on purpose'?

Please remember to fill out the 'My Insights' form to capture your insights and review, add or change any actions in your Powerful Retirement plan.