

Purpose in a pandemic



Purpose is another one of those concepts that means different things to different people. For me, purpose is the energy we experience when we’re acting in harmony with what matters to us; what’s important, what we value. We don’t need to seek and define our purpose, we know it already. It’s present within us, quietly waiting for us to slow-down and tune-in.

The current pandemic provides us all with the perfect opportunity to reflect on how we’re living our lives and to reset, to make tweaks should we feel so inclined. Part of this reset can be to have a conversation with your purpose.

Here’s a short, practical exercise to start that process.

The idea is that in order to access this energy of purpose, you need to consider two areas. Find yourself a quiet space, where you feel relaxed. Take a moment to pause and connect with your breathing, to notice the environment around you. Enjoy the answers that appear when you ask yourself the questions. Allow yourself to notice whatever shows up with acceptance and compassion; you may be in for some surprises!

1) *Doing what you do best and enjoy most;*

What do you love to do when you have spare time?
What do you naturally do well?
What are you doing when you get so absorbed that you lose track of time?
What have your top 3 successes been to date in your eyes? Not what “others” think, what you think. Why?
What cause do you feel passionately about? Why?
What conversation topics could you talk about all night long? <i>Hint: What do you hear other people talking about and feel compelled to jump in?</i>
What topics do you love to read about/watch/listen to/learn about? These could be blogs, articles, videos, or podcasts.
What do you find yourself wanting to help others with? Why?
What courses/workshops/retreats have you enjoyed the most – or you find yourself the most drawn to?
If you could change anything in the world, what would that be and why?

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2) *Living your core values in your daily behaviours.*

The tricky bit is knowing what your core values are. This exercise turns the question on it’s head to find the answers:

What are the qualities that you find most off-putting when you see them in others?

By describing what you can’t stand, you unintentionally divulge what you stand for. If you are very offended by stinginess, for example, generosity is probably one of your key values. If you are especially put off by rudeness in others, it’s likely that consideration is a high value for you.

How did you find the exercise? If you’d like to share your feedback on the process or find out more, drop me an email at justin@everydayresilience.co.uk