

What Am I Here For?

Purpose isn't a plan. It's a direction. You don't need to have it figured out, you just need to start paying attention to what matters to you. People with a sense of purpose report lower anxiety, stronger resilience, and more intentional choices about how they live. Here are four prompts to help you start finding yours. There are no right answers. No one is grading this.

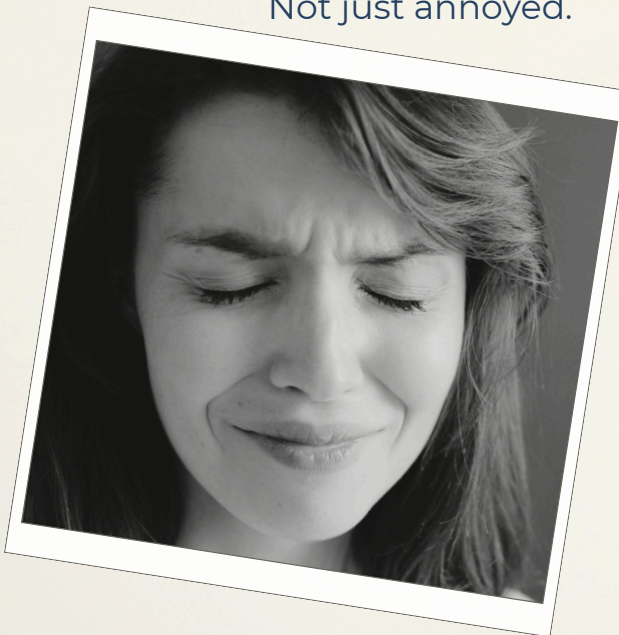


What Makes You Lose Track of Time?

Think about an activity - not schoolwork, not something you do to impress people - where time just disappears. When you look up and an hour has gone by without noticing. That's a signal worth paying attention to.

What Makes You Genuinely Angry or Sad?

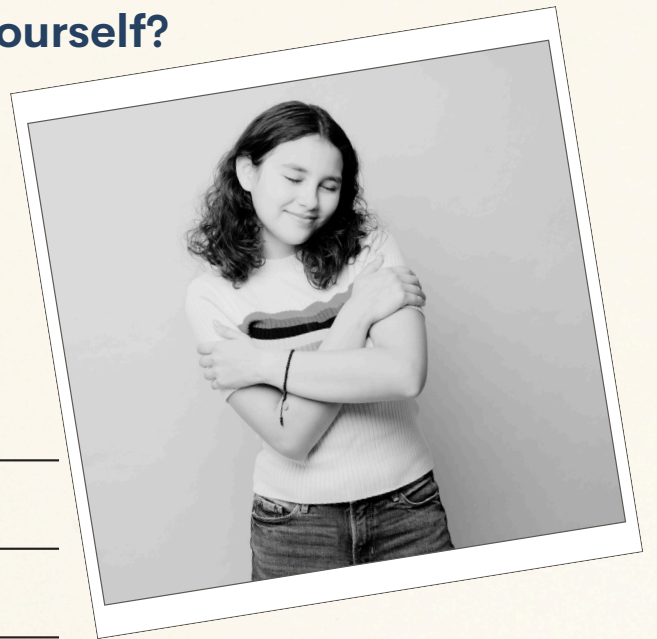
Not just annoyed.



The things that bother us most often point toward what we care about most. What injustice, problem, or gap in the world actually gets to you when you let yourself think about it?

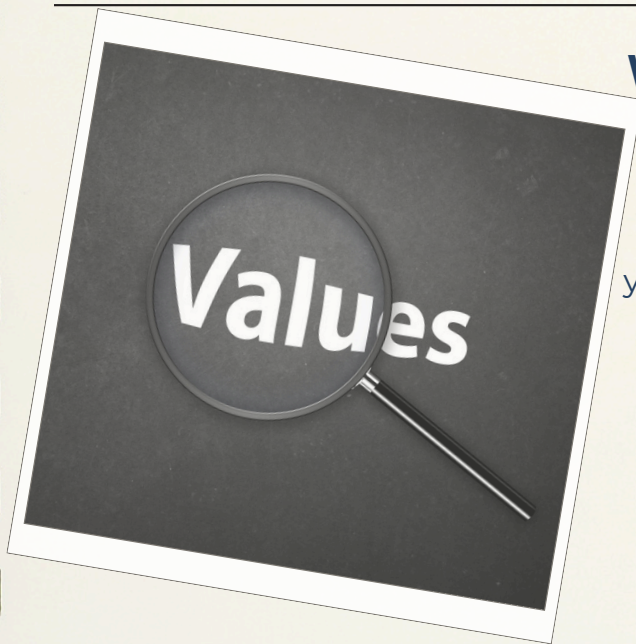
When Do You Feel Most like Yourself?

Not your online self. Not the version of you that performs for an audience. The you that shows up when no one is watching and you're doing something that feels completely natural. Describe that moment or setting.



What Do You Want to be True of You?

In ten years, when someone who knows you well describes who you are - not what you do, but who you are - what do you want them to say? Write down three words or a sentence that captures it.



REFLECTION QUESTIONS

Is there a gap between who you are right now and who you want to become? What's one thing that would help close it?

What do the people who know you best say about your strengths? Do you agree with them?

If no one were watching your social media, what would you spend your time on? What does that tell you?

What's one thing you've always wanted to try, learn, or do that you've been putting off?

ACTION

Do one thing this week that aligns with who you want to become - not what looks good, just what feels true.

Share one of your answers from the first four questions with someone you trust. See what they say.

Write three words you want to be true of you. Put them somewhere you'll see them.



DISCUSSION PROMPTS

What is the difference between a goal and a calling?

What do you think you were put here to do - even if you can't explain it yet?

Who in your life has a sense of purpose that you admire? What do you notice about them?

