

# Sense of Purpose



## What is it?

Your Sense of Purpose is shaped by things you believe in and value – your own personal code of behaviour. Sense of Purpose helps you live by those values. These might include things like:

- being a good friend
- helping others
- keeping healthy
- improving the community
- looking after your family
- experiencing the world by travelling.

## Big or Small?

Some people know from an early age exactly what they want to be in life. Some don't know till much later in life, and that's okay, too. Your Sense of Purpose can change as you grow older, as you learn new things about the world and about yourself, and as you meet new people and experience new things. What is important is being able to identify the things that matter to you.

## Helpful When Things Go Wrong

It is important to know that Sense of Purpose not only helps you to find and do things that add meaning to your life, it also helps when things go wrong. Sometimes life presents unforeseen events – like sickness or accidents – and sometimes, despite trying hard, you mightn't achieve what you strived for. A healthy Sense of Purpose helps you to put those events in perspective, to refocus on the things that are meaningful to you, and to move ahead and enjoy life.

## Why is Having a Sense of Purpose So Important?

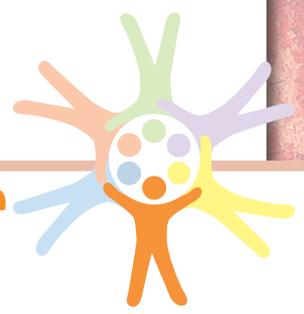
Sense of Purpose (or meaning) is the motivation that drives you toward a satisfying future. It also helps you to get the most from the things you do and achieve – large and small – right now.

### Sense of Purpose helps you:

- prioritise your life
- make plans
- get the drive to keep going when things get tough
- identify things that truly count if circumstances change
- become more resilient as you grow
- It helps you focus on short-term goals like:
  - getting homework done
  - looking after a brother or sister
  - getting into school soccer team
- and long-term goals like:
  - working as a volunteer overseas
  - getting a trade apprenticeship or going to university
  - starting a family

### Sense of Purpose reflects:

- Things that give you meaning, security and pleasure like:
  - comfort
  - family
  - financial stability
  - laughter
  - health
- Qualities you respect in yourself and others like:
  - honesty
  - generosity
  - fairness
  - respect



## What if I'm Struggling with My Sense of Purpose?

Setbacks and challenges are tough for everyone, even for those with a strong Sense of Purpose. However, someone struggling with their Sense of Purpose should consider:

### WEBSITES

[www.youthbeyondblue.com](http://www.youthbeyondblue.com)  
[www.lifeline.org.au](http://www.lifeline.org.au)  
[www.sane.org](http://www.sane.org)  
[www.reachout.com](http://www.reachout.com)  
[www.headspace.org.au](http://www.headspace.org.au)  
[www.inspire.org.au](http://www.inspire.org.au)

### HELPLINES

Youthbeyondblue: 1300 22 4636  
Kids Helpline: 1800 55 1800  
Lifeline: 13 11 14  
Sane Australia: 1800 18 7263

### ONLINE COUNSELLING

[www.kidshelp.com.au](http://www.kidshelp.com.au)



**SENSEABILITY**