



Belonging, Meaning, Well-being and Purpose

Let's soar up to a bigger picture.

The Big Picture of Life



When we all take a moment to think about the meaning of life, we may each answer that differently. However, we can agree that it has something to do with:

Belonging and learning how to connect with others.

Finding **meaning** in our day to day lives as part of the bigger picture.

Taking care of our **well-being** and learning how it evolves from year to year.

Learning our **purpose** and living up to the reason we are here.

How does this resonate with you? “**There is not one big cosmic meaning for all; there is only the meaning we each give to our life, an individual meaning, an individual plot, like an individual novel, a book for each person.**” —Anais Nin

This chapter was inspired by the [Aspen Institute Opportunity Youth Forum Fall, 2023](#).

WHERE DO YOU BELONG?



Belonging: The feeling of security and support when there is a sense of acceptance, inclusion and identity for a member of a group.

1. Name two places where people know your name when you walk in and you genuinely feel like you can be yourself when you arrive
1. How do you feel when you belong? Think of at least three feelings.
1. Name three ways you can help others feel like they belong in your community.



WHAT GIVES YOU A SENSE OF MEANING?

Meaning: The extent to which one's life is experienced as making sense, as being directed, and motivated by valued goals and as mattering in the world.

1. When do you feel most alive? If you knew you only had a year to live, how would you live it?
1. Imagine you learn that tomorrow you have the day off from your life BUT you have to spend it volunteering, how would you spend that day? What would you do to save the world?
1. What is something you are currently doing that would make your 10 year old self proud?

DO YOU HONOR YOUR WELL-BEING?



Well-Being: Realizing our own abilities, navigating life's stressors, and being a productive and support member of your community.

1. What do you/could you do this month to get more sustainable nourishment and energy?
1. What else could you do to honor moving your body most days?
1. How well do you rest your body? How can you improve your rest time?
1. Do you have a toolbox for navigating life's stressors?



SCORE YOUR WELL-BEING:

On a scale of one (not doing well) to five (knocking it out of the park), how would you measure each of the following?

- **Social wellness:** who you surround yourself, how often, quality _____/5
- **Emotional:** ability to name, feel and navigate a range of emotions _____/5
- **Spiritual:** ability to find peace, harmony, quality of life, common purpose _____/5
- **Environmental:** Quality time in nature, air/land/water quality near us _____/5
- **Occupational:** personal fulfillment while balancing quality of life _____/5
- **Intellectual:** curiosity, growth mindset _____/5
- **Physical:** frequency of movement, energy, stress levels, healthy habits _____/5
- **Sleep:** 7–9 hours of quality rest per 24 hours _____/5
- Ability to **manage stress** _____/5
- Quality of **nourishment** per day: occasional cultural and comfort foods _____/5
- Getting 30+ minutes of **physical activity** most days of the week _____/5
- **Health status:** manage preventable diseases, preventable care _____/5

Total: _____/60

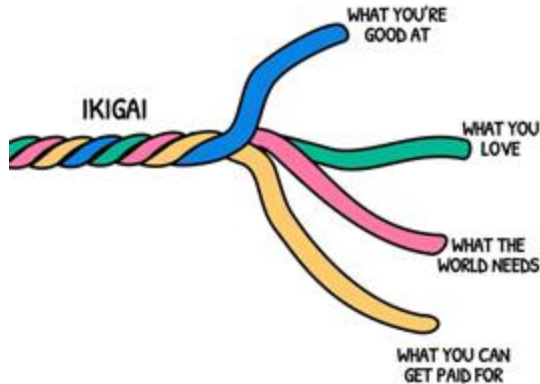
What does your score demonstrate? Where are you doing well – celebrate, where you have room for improvement, what actions can you take to improve your we-being – then prioritize quick actions vs. long-term actions.

YOUR PURPOSE



Your purpose is a combination of what the world needs more of, what you love to do, what you are good at naturally combined with the skills you have developed. It's your reason for being on this planet at this time that you will look back upon with pride.

When you are ready for a fun break, here is an under 10 minute [explanation and how to find your purpose](#).



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Management Tip:



We all have to do things we do not feel like doing every week. They may not align with our sense of belonging, meaning, well-being and purpose. However, it's the little things that we do that add up to allow us to do the big things to feel vibrant.

When you have to do something you do not want to do, think about how it will allow YOU to tie it into your sense of belonging, meaning, well-being and purpose. Sometimes it's just getting it done so you can get back to appreciating life.

When asking your team to do little things that may not be enjoyable, find a way to tie it to something bigger: something they are good at, allows them to feel connected to the work, equates to time off to do what they would rather be doing or ties into the larger purpose of why they show up to work to earn the funds to be able to spend time with the people that they love.