



# How to **Identify Your Work Purpose**



## Re-connect with your Past



Try looking into your past experiences to identify what worked for you, what made you happy or what came off as negative to you to form a semblance of direction in what you're doing now.

## Acknowledge and Name your Core Emotional Challenge

Reflect and get to the core of the problem, acknowledge that this is something that bothers you and identify what can trigger these negative feelings. This will help you manage negativity as it interferes with your purpose.



## Identify when you're Using your Purpose

Once you have a strong vision of your purpose, it's best to track the moments where your purpose is being used, and how it motivates you in your work. Try to find ways you can increase having this type of impact in your current job.

