

# Mapping Your Route to Hopes & Dreams: Finding Purpose

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# Week 1 Skills Building: 1-5-5 Buckeye Eye Opener Challenge

Each day, do the following:

- “1” Minute of Gratitude
- “5” minutes of reading in a positive book or listening to a positive podcast
- “5” minutes of light movement



# Objectives:

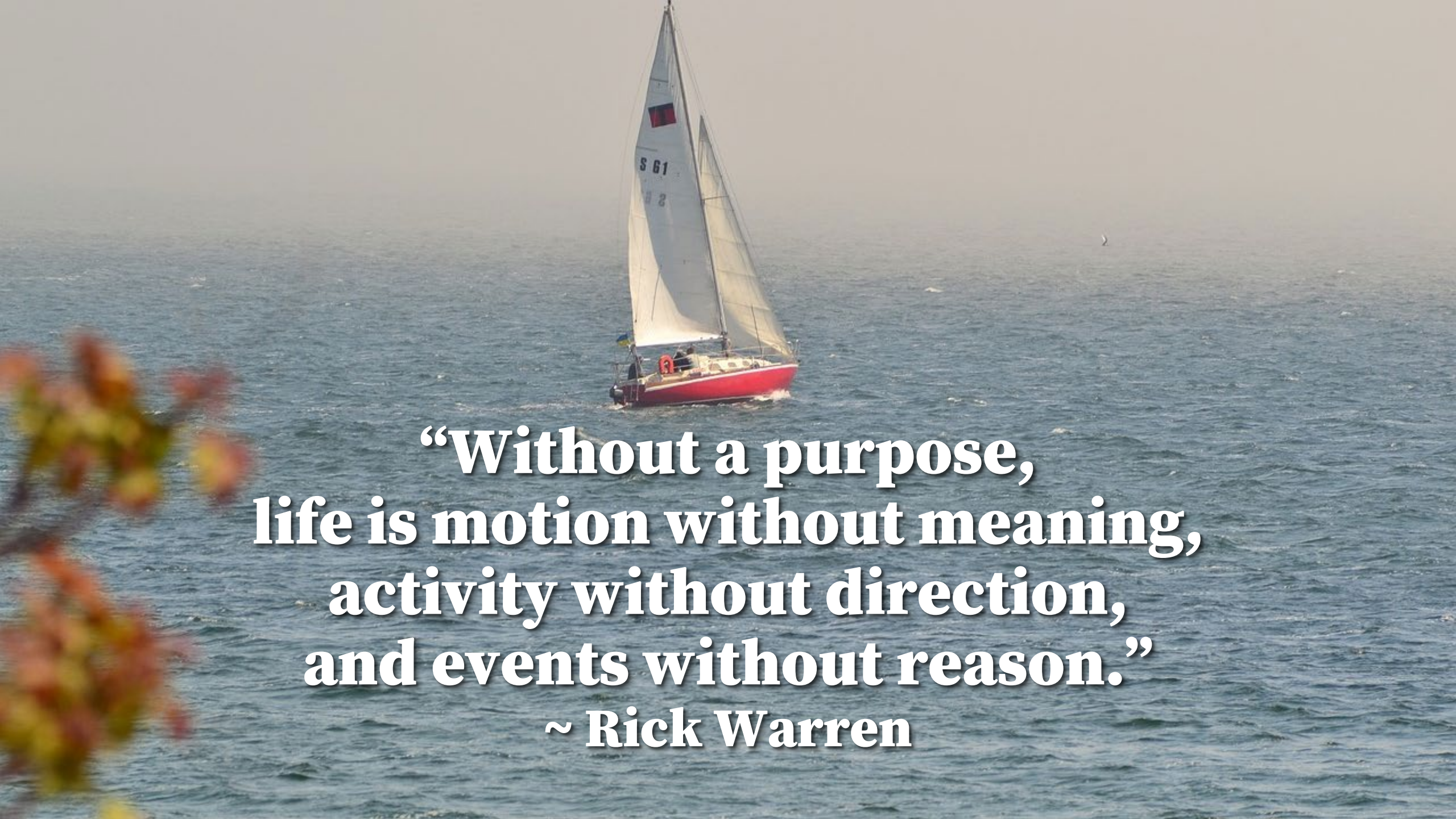
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Explore tips on how to...

- Define your purpose
- Clarify your priorities
- Align your goals





A red sailboat with white sails is sailing on a blue sea. The sail has the number '861' and a small red flag. The background is a hazy sky. In the foreground, there are blurred autumn leaves in shades of red, orange, and yellow.

**“Without a purpose,  
life is motion without meaning,  
activity without direction,  
and events without reason.”**

**~ Rick Warren**

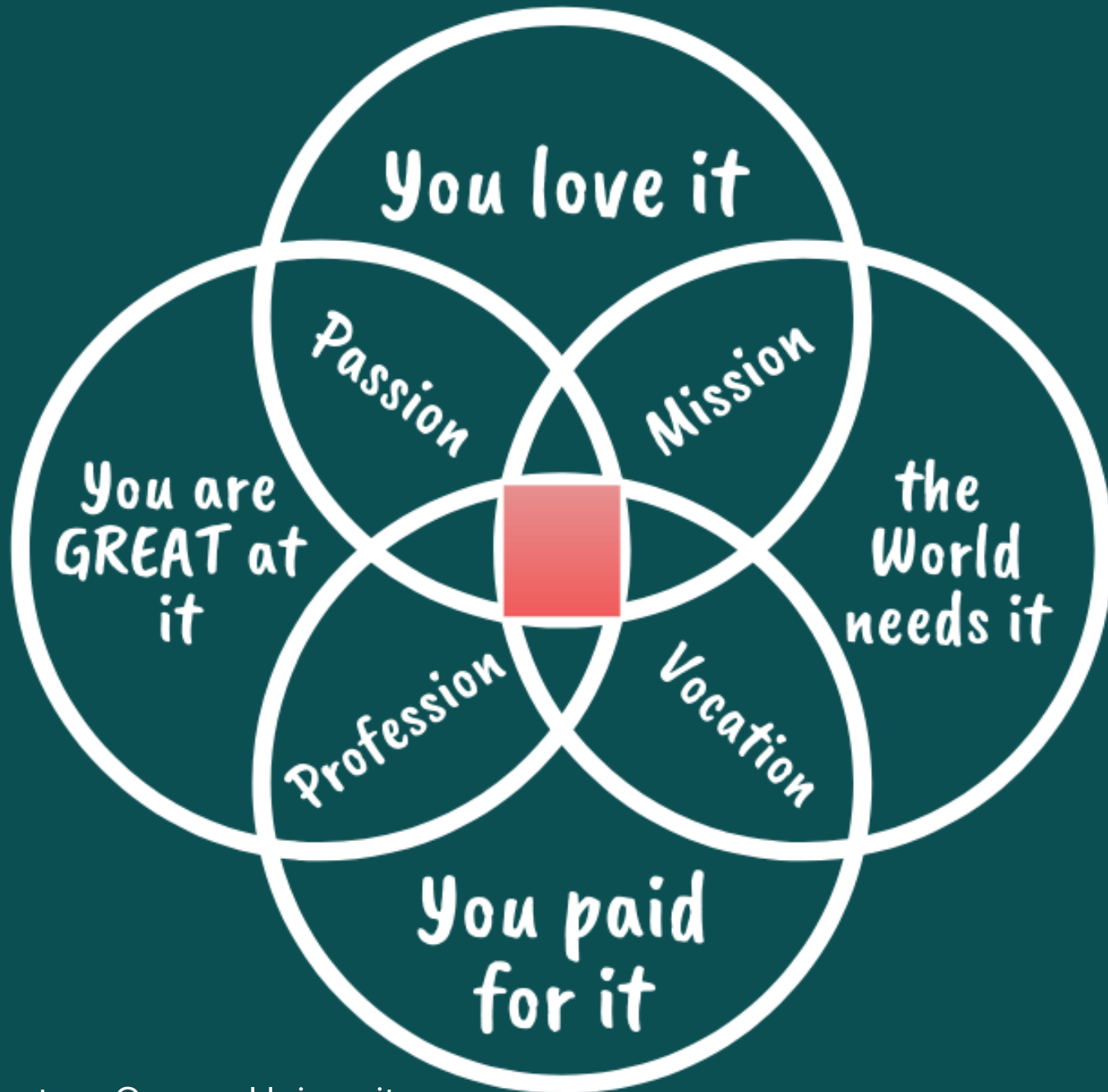




# Define Your Purpose







**PURPOSE**

# Steps for finding purpose

1. Find what drives you
2. Find what energizes you
3. Find out what you're willing to sacrifice for
4. Find out who you want to help
5. Find out how you want to help









THE PURPOSE OF WORK IS TO...

CALLING

MAKE A POSITIVE  
DIFFERENCE

CAREER

BUILD SKILLS AND  
DEVELOP PROFESSIONALLY

JOB

MAKE MONEY



# Clarify Your Priorities







**Set your  
priorities  
clearly,  
because if  
you chase  
two rabbits,  
you will lose  
them both.**

# What are your 'big rocks'?

THEPROCESSHACKER

If the big rocks don't go in first,



## **BIG ROCKS**

Highest priority projects and tasks.



## **LITTLE ROCKS**

Urgent or important priority projects and tasks.



## **SAND**

Unimportant projects and tasks.

they aren't going to fit in later.

— Stephen R. Covey





# What do you value most?


- Your Life Mission
- Physical Health
- Quality Time With Family
- Healthy Relationships
- Mental Health
- Finances
- Self-Improvement



# Align Your Goals







Creating and discovering knowledge to improve the well-being of our local, state, regional, national and global communities;  
Educating students through a comprehensive array of distinguished academic programs;  
Preparing a diverse student body to be leaders and engaged citizens;  
Fostering a culture of engagement and service.





As one of America's top-ranked academic health centers, our mission is to improve health in Ohio and across the world through innovations and transformation in research, education, patient care and community engagement.





## **3 Types of Goals: Process, Performance and Outcome**

# GOAL SETTING

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**S**

SPECIFIC

**M**

MEASURABLE

**A**

ATTAINABLE

**R**

RELEVANT

**T**

TIMELY





# Goal Setting

- Set both short- and long-term goals
- Set goals that motivate you
- Write your goals down and put them in a place you can see
- Adjust your goals as necessary
- Recognize and reward yourself when you meet a goal



# Summary – Skills Building – Week 2



Define your purpose



Clarify your priorities



Align your goals





**“ Discovering and living your personal brilliant purpose brings energy, fulfillment, and wellbeing to your life.” – Dr. Jim Loehr**



# Thank You

Office of the Chief Wellness Officer and Buckeye Wellness

We appreciate your feedback!

Please complete a brief survey following this presentation.

**This survey will be sent via email to all registrants.  
This and all future series recordings can be found at:**

<https://u.osu.edu/hopedreamconnect2/>

*\*Please remember, to be eligible for raffle prizes,  
you must complete 5 out of 5 knowledge checks and post surveys by 11:59pm March 29th.*





# Join us next week!

March 8

12:30 – 1:00 pm EST

## Fueling your Journey: Maximizing Energy

**Jenny Lobb**

Extension Educator, Family and  
Consumer Sciences

Ohio State University Extension



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# Sources:

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# Questions?



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