

Your Compelling Why

A guiding statement that brings focus to your life

How a Compelling Why Enhances Resilience

- Helps us invest our energy and time into what matters most
- Clarifies how we can make decisions that align with our values
- Helps us find meaning in the things that happen to us
- Offers a psychological buffer against obstacles
- Appears to increase life span in adults
- Positively influences physical health
- Energizes us to be more engaged with their families, colleagues and neighbors

There doesn't have to be this one big purpose in life. There can be multiple. When we think of it as one, it can sometimes feel intimidating, like we have to search all over to find this grand purpose.