

MEANING, PURPOSE & DIRECTION

Living Well



- ☐ Carve out time to think about how you are living your life and consider changes you want to make. Think about the compromises and sacrifices you have made – are you still willing to accommodate these?
- ☐ Retreat for a day by yourself, it's important; and keep your reflections somewhere easy to track and evolve in future years. In 10 years, you will have written your career autobiography / life memoirs. Take a day away from the office, be by yourself 'away from it all' somewhere that feels peaceful and uplifting for you. Sit quietly with no distractions, including no technology. Make a list of what matters most to you at this stage in your life. What do you care most about? What are you fierce and passionate about? What is upsetting or distressing for you? These reflections hold the key to your values.
- ☐ Challenge yourself to find 3 ways in which you could change your behaviour to more closely align with your values.
- ☐ Take yourself out into nature, to the forest, bush or mountains; take a step back or away from the relentless city pressure you usually experience, and see your struggles and challenges shrink within the context of the environment. Exposure to natural beauty makes us more amenable to perspective and more forward thinking in our decision-making.
- ☐ Identify a new skill, hobby or volunteering opportunity that holds some appeal; and take this on as a new outside-of-work focus area for you to learn, develop and master. Anything from juggling to judo, ceramics to cooking, school committees to Sudoku.
- ☐ Keep a gratitude journal. Every night (or as frequently as works for you) write down 3-5 things you are grateful for. These can be large or small; from watching your child play sport, to finishing your emails in record speed, to getting a good night's sleep. Think about what each thing means to you as you write it down and try to re-live the feelings associated with it. In addition to highlighting the meaning and purpose in your life, research has shown that this exercise can itself lead to significant increases in wellbeing, so it is well worth making part of your bedtime ritual.

"TAKE A STEP BACK OR AWAY FROM THE RELENTLESS CITY PRESSURE YOU USUALLY EXPERIENCE ..."

- ☐ Browse for books or TED talks by inspirational people and task yourself to learn something new about life and how others think or write about meaning and spirituality – doesn't mean you have to adopt their way of thinking, but see it as expanding your mind and understanding. Tell your loved ones about this.
- ☐ Book in time with your loved one to talk about future plans, hopes and dreams. Be ready to listen as well as talk.
- ☐ Write your eulogy – what you would want said about you when you have passed away many, many years from now. Write whatever comes to mind and don't over-think this activity. Do not edit, censor, analyse or critique your thoughts. You can re-visit this again in the future, so do not try to perfect your answer now. Ask yourself:
 - What character traits and values did you consistently demonstrate over your life? At your core, who were you?
 - Who did you care for? How did you impact or change this person/these people?
 - What were major accomplishments in your life? At the ages of 40, 50, 60, 70?
 - What did you show interest in? What were you passionate or enthusiastic about?
 - What is your legacy?
 - And finally, what does your eulogy tell you about how to live life now?