

Taking Time to B.R.E.A.T.H.E. R = Reflect on Purpose



My Accomplishments!



Exploring Your Sparks -- Grab your journal or your laptop and take a few moments to reflect on the following questions. Answer the questions in as much detail as possible.

- What makes you laugh out loud?
- When do you feel most creative?
- What gives you energy?
- What gets you up out of bed and excited for the day?
- What is a dream you have for your life?
- What is your day like when you get to do the thing you love most?
- What is something you really want to get good at?



Exploring Your Strengths -- Grab your journal or your laptop and take a few moments to reflect on the following questions. Answer the questions in as much detail as possible.

- What do you think you are really good at?
- What compliments do you get from others?
- What things do other people ask you to help them with?
- What things seem easy for you to do that other people often struggle with?



Exploring Your Heartbreak -- Grab your journal or your laptop and take a few moments to reflect on the following questions. Answer the questions in as much detail as possible.

- What causes a break in your heart? It could be animal cruelty, child abuse, global warming, poverty, social injustice, racism, lonely senior citizens? List of all of the things that break your heart when you hear about them.

- For each of these items, go back and ask yourself -- who needs my help? Is there an agency that helps this cause already that I can be a part of? Do I need to create a group?
- For each of those items, go back and ask yourself -- what help do they need? What help could I give? (Ex: Volunteering at the agency, participating in a fundraiser, doing a report, video, or research project on the topic to help build awareness, etc.)
- Start exploring! Learn more about your heartbreak issue. Look through Thrively, do some internet searches, have conversations with people affected by the heartbreak, interview someone who is already working for change -- your goal is to find out as much as you can about this heartbreak issue.



Reflect On Your Purpose -- Now that you know your sparks (what you love to do), your strengths (what you are good at), and what the world needs (your heartbreak), you can begin to really put those things together to reflect on and start building on your purpose. You can even start thinking about how you might do what you love and what you're good at and what the world needs as a career someday! This process is called Ikigai, a Japanese word that means "reason for being" and is used by people all over the world to help them reflect on their purpose. Use the pdf here to download the Ikigai Toolkit and fill it out. Report out what you discover about yourself and your purpose.

I know what SPARKS my interest!