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The Gift of Presence

Topic #2 Purpose - Discussion Guide

Welcome Presence Groups, Book Groups, Workshops, Spirituality-based Groups, and all others!

PURPOSE starts with Presence. Only with an open and clear mind can we find and live aligned with our life's Purpose. Our Purpose is a central aim which organizes us. Purpose arises out of what is personally significant to us, that is, our valued goals. It provides direction and a sense of meaning in our lives. Like Presence, it's a natural resource available to each one of us 24/7 and essential for enhancing our well-being. Purpose can keep us going even during our most discouraging days.

1. Consider one or two roles you play right now in your life, whether personal or professional, and share your Purpose in fulfilling that role.
2. What gets you up in the morning?
3. Have you found that reminding yourself of your Purpose helps you feel more calm when you feel stressed or discouraged?
4. What do you value? Perhaps it's independence, giving back to society, security, tradition, helping others, the environment, or ?
5. Who do you look up to? Why?
6. Is it time for you to update or change your Purpose? If so, what is your new Purpose?
7. At the end of your life, what would you most want to be remembered for by your loved ones?
8. Share any steps, however seemingly small, you have taken in the past month which are aligned with your life's Purpose.
9. Recall an especially stressful day when it was helpful to you to become aware of your life's Purpose.
10. How can you best remind yourself to keep your Purpose close by, especially during challenging times?