

PURPOSE Is Your Reason to Rise

Discover personalized, action-oriented tools that provide clear direction to help you live and work with a greater sense of meaning + fulfillment. Learn how to infuse JoyFuel™ into your daily life to improve resilience + well-being.

REFRESH YOUR PERSPECTIVE

The 'My Purpose Equation' program is a combination of fun conversations, uplifting surveys, failure-free activities and engaging life reviews that reveal your unique purpose in just six (6) one-hour, 1:1 virtual experiences with your certified Purpose Guide™.

You have a unique purpose inside. Stop looking beyond yourself for meaning, wondering who you are supposed to be, or trying to be who you think you 'should' be. Your purpose is within - it's natural, powerful and can help you move from surviving to thriving! Start to explore and affirm who you are now by defining and activating your personal reason to rise. Navigate life's journey with a deeper sense of self-assurance and joy.

PURPOSE IMPACTS HEALTH AND WELL-BEING:

- ✓ Embrace change
- ✓ Build confidence
- ✓ Enhance relationships
- ✓ Expand personal growth
- ✓ Support recovery from illness
- ✓ Navigate transitions
- ✓ Improve well-being
- ✓ Restore hope
- ✓ Spark joy
- ✓ Fortify resilience

"This is an eye opener—I was just living. Now I can zero in on something specific to improve my life. It feels good to have a direction I can expand on."

To schedule a discovery call, please email: Discover@ThePurposeEquation.com

EFFECTIVE AND EFFICIENT.


Our time-tested purpose discovery framework incorporates evidence-informed research on Positive Psychology, Flourishing, Subjective Well-Being, Personality, Motivation, Neuroscience, Theories of Aging, and Joy

DISCOVER YOUR PURPOSE:

- ✓ **Going through a life transition?** Purpose boosts confidence, inner strength and resilience.
- ✓ **Wanting to grow?** Purpose launches you forward with hope
- ✓ **Feeling disconnected?** Purpose is a springboard to connect with yourself and others.
- ✓ **Feeling good?** Purpose affirms and clarifies who you are today so you can feel even better tomorrow!

MY PURPOSE EQUATION

- ✓ 1 - JoyFuel™
- ✓ 2 - Essential Core Values
- ✓ 3 - Natural Character Strengths
- ✓ 4 - Strengths & Values Integration
- ✓ 5 - Essential Personality Traits
- ✓ 6 - Formulate Your Unique Purpose Equation



"I have a new feeling of lightness and being OK with myself."

"I was depleted. This was a positive and educational gift."

"I found immense value in deeply examining the things that make me, me."

"I was unsure but now I can throw myself at life and celebrate my own way of being."

"Nothing seems out of reach. I feel more confident."

"Rewarding and efficient use of time. I use everything we discussed daily."