

The Resiliency Project

July 10 Homework



Foster a Sense of Purpose

As part of today's program, we recommended you use one or more of the following proven techniques for discovering your sense of purpose:

- Engage in self-reflection
- Set meaningful goals
- Seek new experiences
- Leverage your strengths
- Cultivate relationships
- Practice mindfulness
- Contribute to something greater than yourself

Your assignment between now and our next meeting on Wednesday, August 14th, will be to:

- Pick one of these techniques that you would be willing to commit to making a habit by practicing it at least once every day between now and our next session.
- Record the impact it had on you. Did the new habit improve your life and, if so, how?

Please be prepared to share your results at our next session.

