

LIVE PURPOSEFULLY

9 Steps to a Meaningful & Valued Life



LET'S TALK



IDENTIFY stressful and anxious thoughts.

Try this: Let your thoughts float away like clouds in the sky.



OBSERVE your thoughts.

Try this: Without trying to change your thoughts, observe them with curiosity.



CONNECT with your physical body.

Try this: Do some gentle stretching or sit quietly and observe your breath.



MAKE SPACE for unpleasant thoughts or feelings when you experience them.

Try this: Say to yourself, "I don't like this feeling, but I have room for it."



REFLECT on what is meaningful in your life.

Try this: Are your actions moving you in the direction you wish to go?



SET A GOAL you want to achieve.

Try this: Consider how your goal aligns with your values



CHECK IN with yourself.

Try this: Make room for difficult feelings that show up and take action to do what matters.



GET COMFORTABLE being uncomfortable.

Try this: Remind yourself that you are safe and your feelings are natural.



ASK FOR HELP when you need it.

Try this: Reach out to family, friends, or a mental health professional if you need support.



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