

BLUE ZONES POWER 9

KNOW YOUR PURPOSE

FIND YOUR PURPOSE, AND LIVE A LONGER & HEALTHIER LIFE

What's your reason to get out of bed every morning? Studies show that people with a clear goal in life, or something to wake up for every morning, live longer and stay mentally sharper than those who don't. Your sense of purpose can come from something as simple as watching your children or grandchildren grow up, being engaged in a job or a hobby that gives you a sense of fulfillment, or learning something new. Residents living in the original Blue Zones areas share common principles called Power 9[®]—these are healthy lifestyle habits that help them live longer, healthier, happier lives. Living with a clear sense of life purpose is one of them.



WHY DO YOU GET OUT OF BED IN THE MORNING?

When we use our time—and our passions and talents—on things that are truly important to us, we have found purpose. Ready to start fulfilling your life purpose? Here are a few tips to help you:

- 1 Attend a Purpose Workshop!** Take advantage of the purpose workshops being held in your city. These workshops are designed to help you discover your unique talents and strengths. You won't want to miss this opportunity to find out more about yourself and what makes you truly happy! Visit www.bluezonesproject.com to find out when the next purpose workshop will be in your area.
- 2 G + P + E = C.** To understand what your purpose is, try this equation. "G" stands for gifts – what you love to do. "P" is for passion – what you care about. "E" is for environment – where you do what you do. And "C" stands for your calling or purpose. If you are using your gifts to do something that you feel passionate about in an environment that is healthy and a good fit for you, you are most likely living your calling (or purpose).
- 3 Create a personal mission statement.** If you're not sure what your purpose is, start by creating your own mission statement. Ask yourself, "Why do I get up in the morning?" Assess where you are and where you want to be. Figure out what in your life makes you truly happy. To help you, try keeping a journal to jot down your thoughts and feelings.
- 4 Focus on your strengths.** Using your talents and strengths will make you feel happy and help you feel valuable to yourself and others. Although professional athletes have to work to bring their weaknesses to a higher level, their greatest focus is on developing their strengths.
- 5 Listen to your heart.** If you hate something—stop doing it. Get educated, get creative and start doing what you love. Life is too short to be miserable. What do you love to do?
- 6 Learn something new.** A new activity can give you purpose too. Try something that will "exercise" your brain – like learning a musical instrument or a new language. It's like strength-training for the brain, and may even help improve your memory!

Test Your Purpose Potential

What type of activities can help you to realize your purpose?

- a. Talking with a friend
- b. Writing in a journal
- c. Doing something that doesn't require much thought or effort
- d. Learning something new

The correct answers are: a, b, and d. Talking with a friend is a good way to help you honestly assess your talents and figure out what you are passionate about. Writing in a journal is another great way to help you discover what is truly important to you. Learning something new will keep your mind sharp and give you a fresh sense of purpose.

Q & A: Ask the Expert

Q: With my hectic, constantly on-the-go lifestyle, I often feel like I don't have time to pursue the things that make me happy. What should I do?

A: Be in control of your time. One of the main characteristics of happy people is that they feel in control of their lives. Be aware of how you use your time each day. Make a list of the things you plan to do someday, and pick the ones that you would like to do most. Have a "to do list" every day, prioritizing what you must do. For a few days, keep a diary of ways you use your time to find out how you are using it and where you need to make changes. Do not allow interruptions when you are doing your 'must do' things.

TOP 5 WAYS TO MAXIMIZE YOUR HAPPINESS

According to Deepak Chopra, M.D., bestselling author and co-founder of the Chopra Center for Wellness, "Purpose gives you fulfillment and joy, and that can bring you the experience of happiness." Although there is no magic bullet to give you that "something more" in your life, there are promising paths you can take in your search.

- 1 **Have a sense of purpose at work.** Find a job where you feel you are using your talents and skills and providing a good service. Even if you don't love every aspect of your job, a feeling of accomplishment — and, most importantly, a paycheck — can give you an ongoing sense of purpose.
- 2 **Make a bliss list.** Make a list of things you really enjoy doing and start to work your way through it. Increase the positive, deliberate choices you make every day. For example, if you like to read, set aside just half an hour a day, four times a week to do so.
- 3 **Find your flow.** Identify and immerse yourself in rewarding activities that you enjoy doing. These types of activities give you a sense of freedom, excitement, fulfillment and skill.
- 4 **Focus on the good stuff.** There are plenty of frustrations that affect each of us every day. Enjoy the things in your life that bring you true bliss, like playing with your kids or your pets, savoring a cup of coffee, taking a sunset walk, or talking to a good friend.
- 5 **Nurture close, long-term friendships.** Having social connections is one of the most important factors to enjoying a long and happy life. The most beneficial relationships are those that you nurture with close, long-term friends. So, the next chance you get, call up your best friend, grab a beer or a glass of wine, and just talk.

Learn more about Power 9® Principle at
www.bluezonesproject.com