

# My Purpose Statement

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## STEP 1

Understanding the purpose of why you work, will be a critical part in your career path. Throughout history, the purpose for work has shifted and grown to reflect growth in the world. This lesson will help you to understand how the purpose for work has evolved overtime and assist you in discovering your own purpose for work, and on the contrary, pursuing work that gives you purpose.

**Work:** Activity involving mental or physical effort done in order to achieve a purpose or result.

**Purpose (definition #1):** The intention, aim or function of something.

**Purpose (definition #2):** Meaning that is important and valuable to you.

**Purpose (definition #3):** the Ability to plan something and work successfully to achieve it.

*\*\*Definitions sourced from: Oxford Dictionary*

## Why do we work?

*In the box below, brainstorm as many ideas as possible for the provided prompt. Think of “we” as society/people in general. (Consider: lifestyle, motivation, finances, goals, etc.)*

## Work Through the Ages

Click the link below to research HOW and WHY people work(ed) throughout history. Fill out the subsequent chart for any two decades of your choice, and for 2020. Use the example (1950s) to help you!

[Visit the Recent History of Work](#)

*Example Decade: 1950s*

**How do people work in this decade?**

- Desks placed close together (in view of the exec)
- Women and African American men were starting to have a large impact
- Technology was implemented

### What is the purpose of their work?

- Productivity
- Vehicles, technology, opportunity
- Finances
- Work less, get paid more

### Selected Decade #1

I chose the decade of...	How do people work in this decade?	What is the purpose of their work?
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### Selected Decade #2

I chose the decade of...	How do people work in this decade?	What is the purpose of their work?
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### The Decade Happening Right Now

I chose the decade of...	How do people work in this decade?	What is the purpose of their work?
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2020s

### Reflect

1) How did the purpose for work change over time?

2) In what ways is the purpose for work today similar to those from the past?

### 3) Did you notice any other interesting adaptation, similarities, or changes?

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#### STEP 2

#### Flip the Script

Purpose works both ways. Society (and individuals) should have purpose for showing up and working every day. Additionally, each individual has a purpose in life that they aim to fulfill. Once both of these things have been identified, they can work harmoniously, and give people a great sense of self.

Click the link below to watch a video and begin to consider what your purpose could be. Don't worry, this CAN and likely WILL change throughout your lifetime.

[Watch the Purpose Challenge Video](#)

Use the messages from this video to construct a **PURPOSE STATEMENT**.

In life, what I value most is...

My greatest passion in life is...

I believe my purpose in life is to...

My highest goal in life is to...

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