



## **EPISODE #8: PURPOSE MATTERS**

Hi, it's Sandra Schrock again. Have you asked yourself “why” you’re interested in a mindfulness practice? Could it be that you are curious about what everybody is talking about? Or, are you looking to “jump start” your previous practice? Or, maybe even, you have a specific goal in mind such as reducing stress.

Hopefully, you’ve had an opportunity to view our short video on “purpose” or have completed our exercises in Track 2 on finding purpose at work. Because of that, you may have wondered why we emphasize this concept so much.

We do this because *purpose* is a fundamental need of human beings. It is purpose that gives meaning and direction for our actions. Research has even shown that having a sense of purpose helps us live a longer and healthier life.

I think the difficulty people have with this concept is that purpose is subjective and personal. It’s like beauty, elegance, and grace. It’s unique to each of us. And, even though it can’t be measured, it permeates all areas of our life.

However, there is also a practical aspect of this somewhat elusive concept. Research indicates that having a purpose helps people make changes in behavior. Whether you want to exercise more or eat differently, having a purpose will help sustain that much needed behavioral change.

And so, it’s not surprising that linking your purpose to your mindfulness practice will help you sustain your commitment. If you haven’t already...consider your “why” or “purpose” for your mindfulness journey. It might provide you just the motivation you need to find a few minutes each day to practice.

