

When You Feel Your Life Has No Meaning Or Purpose

Workbook

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Introduction

The dictionary defines purpose as...

Noun • the reason for which something is done or created or for which something exists.

Verb • *have as one's intention or objective.*

Synonyms include motivation, grounds, reason, intention, objective, ambition, and function.

Purpose is a highly personalized decision. Each one of us has to decide what our purpose is, but we can agree on the purpose of purpose and what it gives you.

A purpose gives you direction.

Having a purpose is important, it's important to your mental health and wellness and when you lack a purpose it feels as though life is unfulfilling.

The challenge with a lack of purpose is the feeling it leaves you with. It feels as though you can't plan your future, build relationships, or even choose a career. How can you make big decisions when you have no idea where you're going? For some people, that feeling can lead to anxiety and depression. The sense of uncertainty can be overwhelming.

Signs You May Lack Purpose

- ✓ You don't know what matters to you and you don't feel like trying new things.
- ✓ You feel as though you've tried everything so, nothing else matters or seems important.
- ✓ You feel anxious when thinking about the future.
- ✓ You struggle with decisiveness.
- ✓ You feel alone.
- ✓ You spend a lot of time wondering about the meaning of life.
- ✓ You feel bored or discontented with your life.

Identify negative thoughts that are holding you back

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What makes you feel fulfilled?

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Begin the process of introspection so you can gain self-awareness and find your real self.

Introspection and self-reflection offer you a wealth of insight. This is a lifelong process but begins to reap rewards right away, where by as you self-reflect and learn who you are, your purpose and life meaning can become much clearer.

A key element of introspection in regard to finding your purpose is identifying your values and beliefs, which are always at the core of our purpose and general meaning in life.

Exercise 2: Acceptance

By accepting what you cannot change you are not throwing in the towel. You are shifting focus and putting your energy into the things you *can control*.

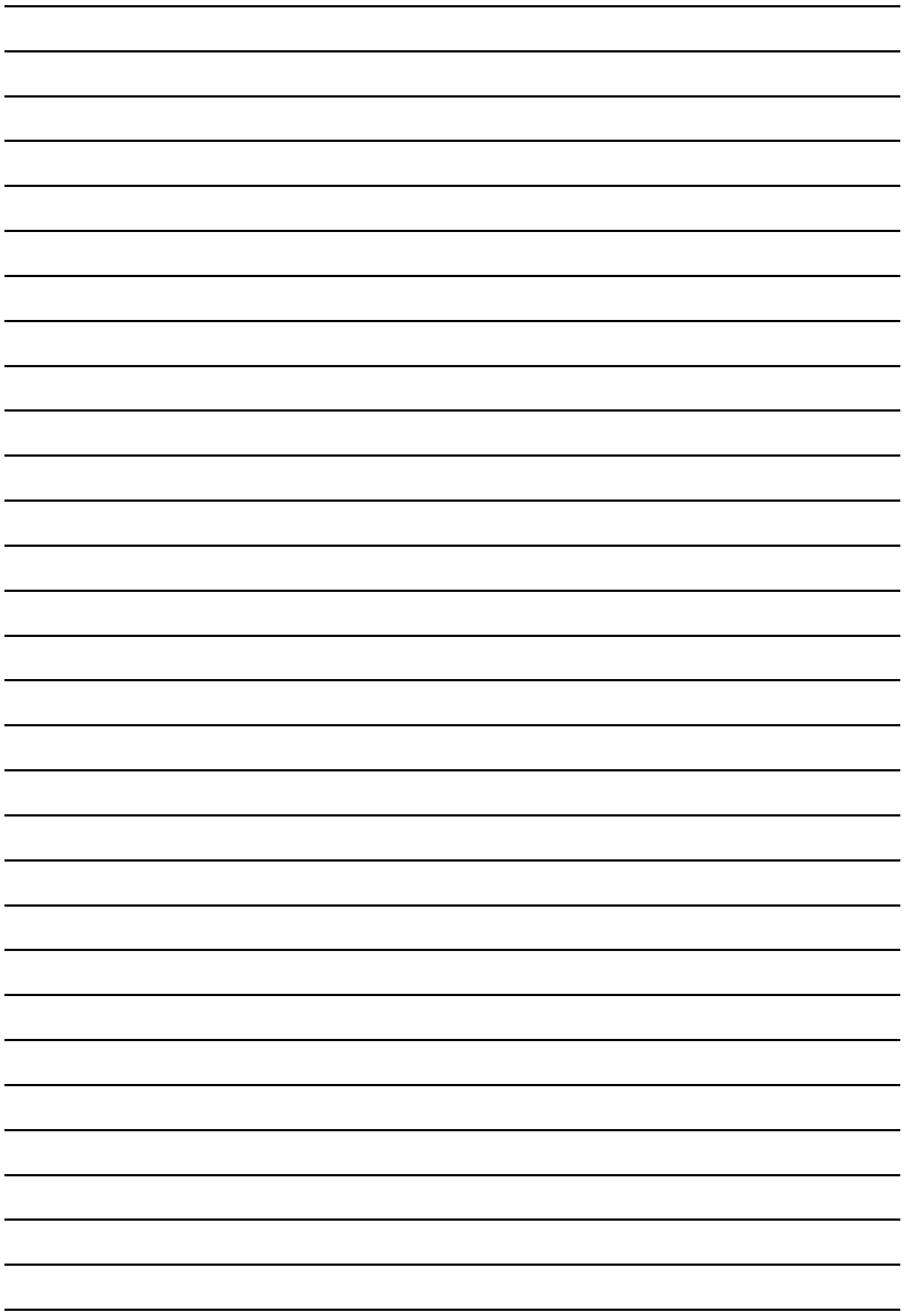
What things in your life are beyond your control?

Why do they feel as though they are out of control?

Is it because you can't control them or is it because you have let everything go?

A series of 30 horizontal lines for writing.

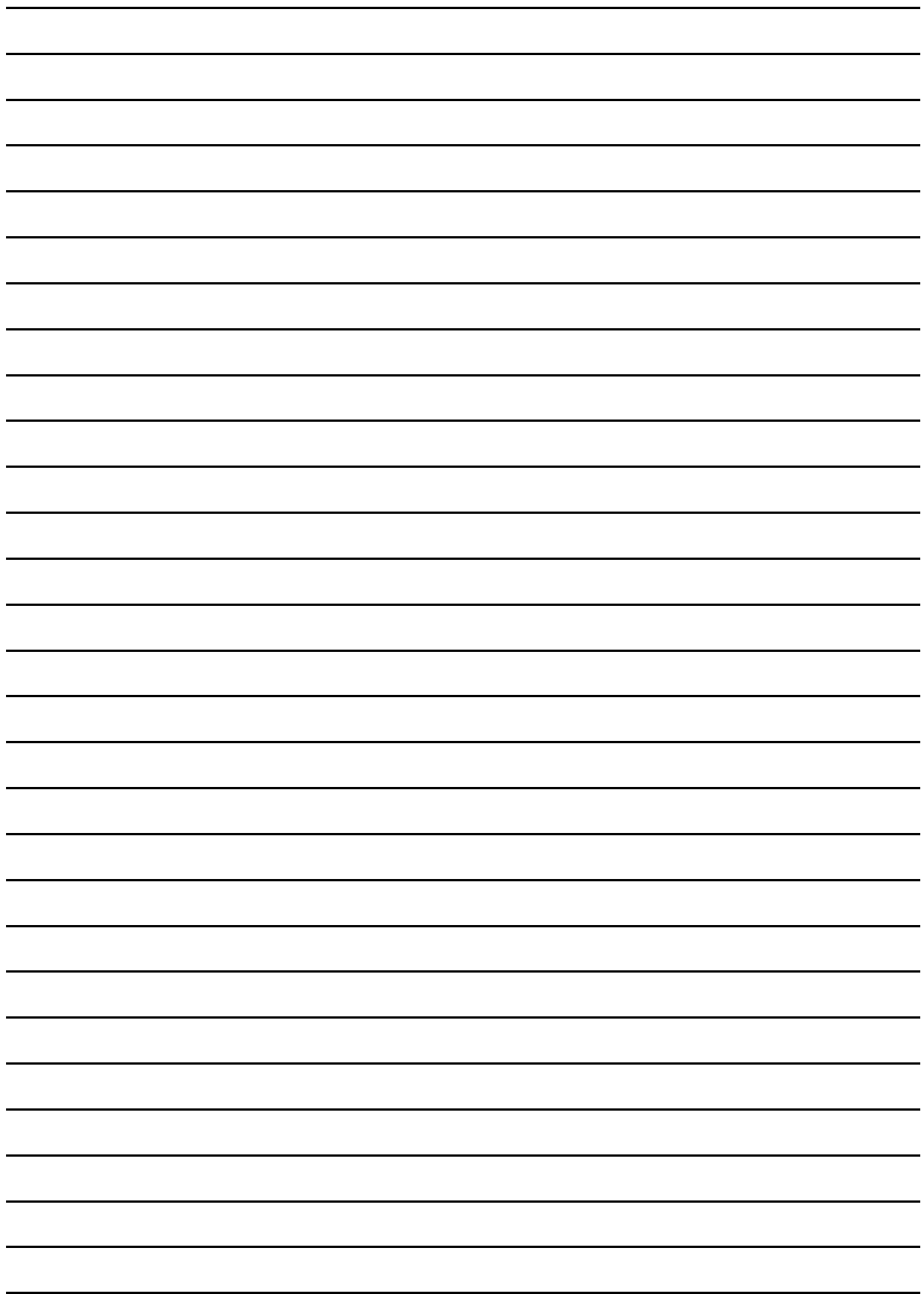
What will you do about what you can control?



Ruled lines for writing on a page.

With whom do you feel valued?

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List your best qualities

List 4 boundaries you need to set to protect yourself and your wellbeing

List 5 things you will do just for yourself each week

Exercise 7: Routine And Schedule

Create a routine for yourself.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Exercise 8: Adjust Expectations

Finally, you have to learn to adjust your expectations. With every event or circumstance comes a variety of outcomes. Any situation where you have to make active decisions means that you choose a path and there was another outcome down another path (or perhaps multiple paths). Sometimes in life, the ability to expect the unexpected is key to managing stress and dealing with change.

Once you're on track and feel as though your life has meaning or purpose, you want to stay on that track which means adjusting your expectations. Just because something looks different than you expected it to doesn't mean you made the wrong decision. All you can do is use the information available to you to make decisions that you believe align with your values and are guiding you on the path to find or live your purpose.

How have expectations disappointed you in the past?

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Action Exercise 1: Engage Your Spirituality

Feeling a spiritual connection or closeness is a valuable way to find purpose or meaning in life. Understand, that while religion can play a part in spirituality it goes far beyond the idea of religion (organized or otherwise).

First of all, when we talk about spirituality what does it mean if it's not related to religion? It can mean a lot of things. Broadly, it means you feel as though every living thing in this world is connected.

It may also mean that you recognize that it's an idea, belief, or feeling that there is something greater than you in this universe. There's more to the human condition than a mere sensory experience, you are part of something bigger, whether it's nature or cosmic.

In all cases, spirituality is an individual journey. What you believe is personal to you. You do not have to be a religious person to engage your spirituality.

There is a multitude of ways in which you can nurture a spiritual connection, such as yoga, meditation, deep breathing, communing with nature, etc.

Action Exercise 2: Avoid Unhealthy Strategies

This is not a workbook exercises but an action exercise.

When you feel helpless and hopeless as though you're a plastic bag floating through the wind, then there is a good chance you find it easy to pour another drink, smoke another cigarette, or pop another pill. Those substances will provide you with relief. The problem is the relief is only temporary. Crutches create new problems.

Action Exercise 3: Engage In Stress Management

All of those things you let go of because you can't control... they can still cause you stress. In fact, that's often the biggest problem with them. They stress you out because you have no control over them. So, letting go is great in theory, but it's not as simple as that in practice.

The positive changes you made in the first point (diet, exercise, sleep) are going to be a massive help in managing stress, but there's more. Self-care takes many

forms and any act of self-care should help alleviate stress. If anxiety accompanies your stress, then breathing exercises are a great place to start. Time management is another.

Methods of stress control include:

- Exercise
- Meditation
- Yoga
- Aromatherapy
- Listening To Music
- Relaxation
- Aromatherapy
- Progressive Muscle Relaxation

What stress management activities will you engage in, make a plan

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Free Writing/Journaling

Lined writing area consisting of multiple horizontal lines for text entry.

A series of 25 horizontal black lines, evenly spaced, extending across the width of the page, providing a template for writing.

Lined writing area consisting of 30 horizontal lines.

Lined writing area with 35 horizontal lines.

Blank writing area with 24 horizontal lines.

Lined writing area with 25 horizontal lines.

Lined writing area consisting of 30 horizontal lines for text entry.

