When was the last time you felt truly inspired to do something? In that moment, nothing could divert your focus from achieving what you set out to do. You didn’t have to be told or persuaded to do it. You just knew that it was something that would give you a deep sense of fulfillment and leave a lasting, positive legacy.

Some might call it purpose, others, vision. It can also be called your “why.” This is what supplies the energy and excitement to do things above and beyond what is required. It’s more than skill or intellect. It is a passion that makes work not seem like work. It may be what gets you up in the morning, ready to go to work. Or perhaps it is what keeps you up at night, searching for solutions to problems that resonate with your interests. Only when you discover your “why” will you be drawn to reach for your highest potential.

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-Brent Larson, Health and Wellness Coach

Though more research is needed, there is some evidence that people with a sense of purpose tend to deal better with stress and even outlive their peers. As a start, consider doing the following:

- Take 10 minutes to write about your life’s direction.
- Review what you have written again in six months to determine if anything has shifted.
- Think about opportunities at work where your “why” is currently aligned with what you do, or could be tapped to improve your own performance and make your work more meaningful to you.