

purpose ON purpose

Spring term brings the opportunity to write the next chapter in the story of your time at Dartmouth. A purposeful approach to this term can help you create opportunities to live the experiences you desire most. Consider what you want this term to be like and how your choices connect with what matters most to you.

Why Purpose?

A strong sense of purpose has been linked with many benefits for wellbeing, including better physical health, mental health, and academic achievement. Purpose is made up of **life aims** and **values**.

Life aims provide an overarching narrative that can help you make sense of life. They help you stay aligned with your “why” over time.

Reflect: When you look back on this term, what is the story you will most want to tell about this time in your life?

Values guide behavior and help you persevere through challenges by orienting you toward what is personally meaningful and important. They inform “how” you go through life each day.

Reflect: How do you want to show up in life this term, both for yourself and for others? What qualities do you most want others to see in you?

Purpose as a daily practice

We often start each day on autopilot - getting out of bed and responding to “whatever needs to be done” without much thought or meaning behind it.

Try something new to bring a sense of purpose more fully to your daily life.

- 1 Before getting out of bed, **take a moment to reflect** on what your day might bring: *Where will you go, who might you see, and what challenges could you face today?*
- 2 Now, think about **who and how you want to be** for whatever your day may bring: *How do you want to carry yourself, treat others, and view yourself and the world?*
- 3 **Form a clear intention** for your day. A demanding day may create an intention to be calm and focused. Time with friends could mean choosing to be present and relaxed. Remind yourself of this intention throughout the day a deeper sense of purpose.

Explore what gives you purpose here:



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