

Module 24 Resources

From Goal to Purpose

- Remember, having purpose isn't a short term goal and it doesn't ever end. It just continues to develop with you as you grow and change. Try not to get bogged down with the "achieving" purpose and see if you can enjoy its discovery over time.

Understanding and identifying values:

- If you're feeling brave, ask 3 friends or family members how they see you. You might ask them what they think your values, skills and purpose are. Sometimes getting feedback from the people who know us helps us see ourselves in a new light.

Leading with your strengths:

- The VIA Survey of Character Strengths is a free self-assessment that takes less than 15 minutes and provides a wealth of information to help you understand your best qualities.
- <https://www.viacharacter.org/>