



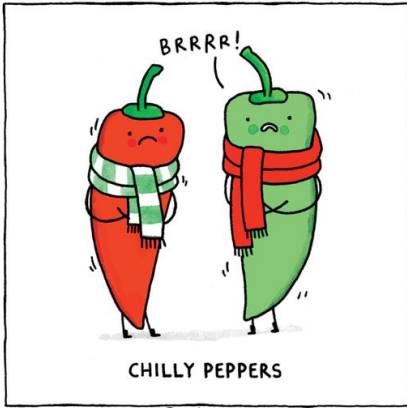
ARA News

November 2023



Discovering Your Purpose: A Focus for This Month

This month, we aim to help you find your purpose! But what exactly does that mean? A sense of purpose is having a reason, aim or goal that directs your actions and behaviors. Whether it's something small or big, specific or general, it should motivate you and give meaning to your life.



Creative ways to find your Purpose & Passion

Work out what you hate doing: List the jobs or tasks that you absolutely hate. Once you have eliminated these options, your true passion may become more clear

Make a creativity board: Start by taking a large poster board, put the words "My Passion" in the center and create a collage of images, sayings, articles, poems and other inspirations

Focus on the fun: Too often we just get wrapped up in the expectations we set for ourselves instead of what is most important. If you could do anything right now, what would it be?

Ask yourself these questions MADE WITH PURPOSE

What would you be doing if money wasn't an issue?

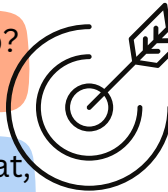
What have you always wanted to do?
What is stopping you?

List things you think you're terrible at,
but have never tried before

What makes you feel furious (mad)?
Why?

Which idea doesn't seem to leave
your mind ever?

What makes you feel engaged and
focused?



What is A Habit?

A habit is a repeated and rewarded action that becomes automatic

How to create a Habit?

Place the desired action after something you already do

Ex: You brush your teeth → Rinse the sink

How to make Habits stick!

Create a visual cue: Use a sticky note or set a daily reminder on your phone

Start simple: Tiny changes are easier to maintain, like taking a daily 10 minute walk vs. Running a marathon

Reward yourself: A reward, like the satisfaction of completing your goal or telling yourself that you're awesome helps you continue the behaviour

Repeat: Practice your habit at the same time or after the same prompt everyday

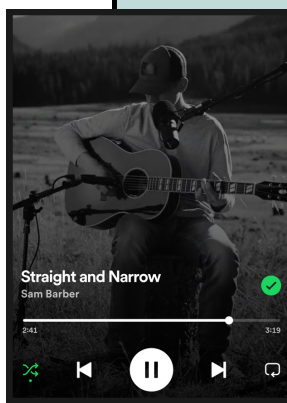
Signs you've found your Purpose

You start to feel inspired

You've stopped wondering what your purpose is

You feel connected and in tune with yourself

Opportunities are opening up for you



“ Let your addiction for growth be greater than your addiction for comfort”

Fun Fact Alert!

Did you know that the name for the fear of peanut butter sticking to the roof of your mouth is Acachibutyrophobia?