



## Episode 94: How to Reconnect with Your Purpose in Life

*with Dr Richard Pile*

People can easily lose their purpose in all the hustle and bustle of every day life. Those who feel like they have already found theirs, may believe that purpose must lie within their career. However, your purpose can change over time, and we can have multiple purposes in life.

In this episode, Dr Richard Pile debunks misconceptions about an individual's purpose. He then gives us a clearer perspective on what it means to live a full and meaningful life.

Richard is a GP specialising in cardiovascular and lifestyle medicine. He is also the author of the book 'Fit for Purpose'. This workbook will help you to follow Richard's advice to reconnect with your purpose and figure out what a happy and meaningful life means to you!

### Podcast links

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## Guest links

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[Fit for Purpose](#) by Dr Richard Pile

[Drive](#) by Daniel H. Pink

[The Ruthless Elimination of Hurry](#) by John Mark Comer

[Ikigai Tribe](#)

## Quote to remember:

***‘Probably the majority of the time, it’s the deep, basic life stuff that really needs getting right. And if we don’t do that in our own lives or at least understand the importance of it, then how can we be credible and help other people to really understand what it means to be truly well?’***

## What You Will Learn

We often think of purpose as synonymous to many other things – meaning, goals, reason for being. But the truth is, none of these definitions can really pin down what purpose truly is because it’s not just one thing; it’s an accumulation of your experiences, your values, your beliefs, and so many other things.

To find your purpose, you must first turn inward. Once you have determined what really matters to you, you can balance your time between these aspects. Giving yourself time and space to think is equally important as burning the midnight oil.

After introspection, it’s time to turn your thoughts outwards. Part of your purpose is finding out what you can do for others. You’re part of a bigger picture. Ultimately, the process of finding your purpose starts with digging deep into yourself, then reaching out to the world.



Overall, the activity below can help you gain clarity on what you really want and need in life. By reflecting on these things on a regular basis, you can lead a meaningful life with purpose!

## Activity: A Meeting With Your Purpose

It's easy to get trapped in the idea that your job is your life's sole purpose. If you have this mindset, you might end up tolerating your job even if it's no longer bringing you joy or fulfilment.

**Which things about your job do give you a sense of purpose? Write these down**

**Now write down the things that excite you about your job and things that might you don't find particularly fun.**

What I Like About My Work	What I Dislike About My Work

**Is there anything that you enjoy in your job which also gives you a sense of purpose which you could do more of?**





**People often mistake their careers for purpose.** So, many individuals dedicate all their time to it. However, spending some days off is equally worthwhile.

**Create a bucket list.** Write things you want to try, hobbies you want to take up, places you want to go, the food you want to eat – just jot down anything you want to make time for.

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10. \_\_\_\_\_

**Then, create a to-do list for the entire week.** This will help you realise if you're putting too much time in your work and neglecting other aspects of your life. It will also help you put a little elbow room for a 5-minute reflection and relaxation every day.

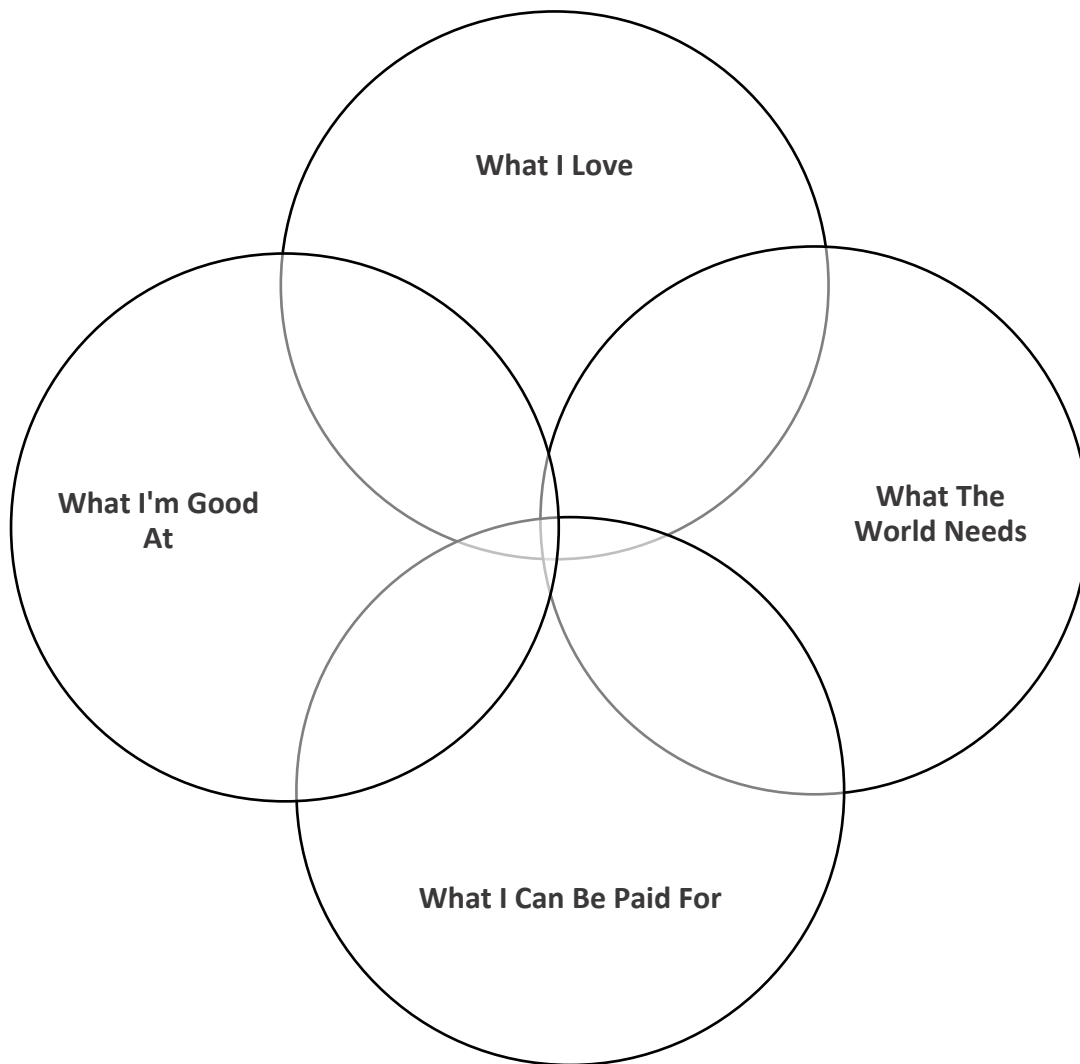
Time	Mon	Tue	Wed	Thurs	Fri	Sat	Sun



**Take 5 minutes to check in with yourself.** Write down what you're feeling, what makes you happy and unhappy, and what you need to change in your life.

Richard shares the concept of ikigai as a tool to figuring out your purpose. **Fill out the spaces to help find your ikigai:**





Now that you've determined these aspects, it's time to identify concrete steps to achieve a meaningful, purpose-driven life. Remember that your actions must be sustainable. If not, you might end up being overwhelmed and lose balance.

**What should you be doing more of?**

**What should you be doing less of?**



## What can you do to help other people?

After reflecting on the previous questions, **what do you think is your purpose in life right now?**

Remember that Richard said people have different purposes in different areas and at different times. **Perhaps from your reflections, you've realised that you have more than one purpose. List them below.**

Your answers to these questions will help to steer you in the right direction. By connecting with your purpose, you'll be able to create a life you love to live, filled with meaning and purpose.

### CPD time claimed:

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