Finding our ‘why’
Clarifying your life’s purpose and finding value in whatever you do

Some people go through life struggling to discover their “why” — that is, without understanding their life’s purpose. Other people seem to find their “why” without difficulty. Those having a deep sense of purpose are often seen as being unstoppable. They seem capable of shaping their lives in ways they truly want.

When people identify their “why,” it becomes easier for them to focus on what truly matters to them. If you can rediscover your purpose, you can let go of most anything that goes wrong in your life. People with a deep sense of purpose are better at finding meaning in any setbacks they may face. It means bouncing back quickly from adversity and learning from life’s hardships. This character trait is often called resilience. It’s something to aspire to.

What gives your life meaning?

Here are some questions that can help you uncover your “why.”

- What makes you come alive?
- What are your innate strengths?
- Where do you think you add the greatest value?
- How will you measure your life?

What’s most meaningful to you?

- Identify your most meaningful roles, activities, relationships and goals.
- Would you describe any of these as being stressful?
- If so, although they might be stressful, why is this role, activity, relationship, or goal important to you?

Try to think about a time when you did any of the following:
- Rose to a meet a personal challenge
- Accomplished something important or reached a goal
- Successfully faced a difficult or painful situation

People who know their purpose in life understand who they are (and more importantly, who they are not). They are more satisfied with life, since they’re living true to their core values.

Advocate Aurora EAP: 800-236-3231
The EAP can help clarify your purpose

In response to the pandemic, many employees came to the realization they were burnt out and unhappy. They decided to look inward and reevaluate their job situation (and perhaps their entire life). Many disgruntled employees searched for their purpose or their “why.” The result? It’s been termed the Great Resignation.

If you feel burnt out or overwhelmed, it’s easy to lose focus of why you are doing what you do. Advocate Aurora EAP counselors can help clarify your situation and your purpose. We can help you rediscover the ‘why’ of your own life — and hopefully allow you to feel less stressed or overwhelmed.

Once you understand your “why” (your purpose) you’re more likely to pursue things that give you a feeling of fulfillment. It could be almost anything that gives you a deep sense of purpose and makes your life feel worthwhile. When you understand your life’s purpose, you’ll become more focused and committed to pursuing your goals. Your own “why” can serve as a point of reference for future actions and decisions, allowing you to measure progress along the way.

Almost overnight, the pandemic quickly accelerated the future of work into the present day. When COVID-19 emerged, employers quickly adapted to meet workers’ changing needs. Employers expanded remote work opportunities and made other accommodations. The rapid shift to remote work and flexible job opportunities would not have happened as fast without the COVID-19 crisis. Many employers took proactive steps to better address employee wellness — including mental and financial health — important lifestyle issues that Advocate Aurora EAP is well versed in.

Charting a new course

During the pandemic many people questioned their “why.” They struggled to make sense of the changes in their routines and began to reevaluate their priorities. For some, this led to a desire to find a better work/life balance. For others, it led to a quest to discover what truly brings meaning to their life. If you are trying to bring more balance to your life, or you need help defining what gives your life purpose, please contact Advocate Aurora EAP. We can assist you by providing:

- Free, one-on-one confidential counseling
- Child care and elder care referral services
- Legal and/or financial consultations
- Adoption information services
- K-12 and higher education resources

You, too, can chart a new course. As a first step, Advocate Aurora EAP is here to help you understand your own “why.”

For assistance, please contact Advocate Aurora Employee Assistance Program: 800-236-3231