

## Module 1:

### Passions and Purpose:

This next module focuses on the concept of purpose.

A purpose is 'something that gets you out of bed in the morning'. A reason for being; a north star or a direction.

Just as our values change overtime, it's common that over the course of our lives, our purpose might shift too. This is because we gain new interests, passions, are influenced by new people, places, products and platforms etc...

In this next video you'll watch our star Industry experts share their thinking on how they discovered their purpose and aligned this to their passions.

### Video Transcript:

#### Passions and purpose

Purpose - I'd say it's something you can either find and and be connected to. Sometimes you can find someone else's purpose that they've been driving and you can just connect to it and build on top of it and make it just as yours as it is theirs, right? It's your purpose all of a sudden - it's not necessarily creating it. Passion is something you create.

So I know that I'm supposed to be doing something when it feels like flow and I use the analogy of a river for myself when I'm working on projects. If it feels like I'm in a canoe and I'm like madly paddling and I'm trying to go upstream and it just feels like a grind and I'm exhausted and burnt out and I'm not going anywhere. That's when I'm not doing the things that I should be doing. When it feels like i'm laying on a lie-low, I'm having fun, it's sunny I've got my feet in the water and I'm just cruising along and I seem to be going at you know rapid speed, that's when I know I'm supposed to be doing the right thing.

You know sometimes I've made decisions not to do projects because while it sounded exciting on the outside it could have been the wrong people or I could have had too much on my plate so I've said no to projects just based on in my mind what does that feel like in terms of being in the stream. Your purpose changes based on your environment, in your context all the time.

So for me it seemed like my purpose was I have to get into whatever I can at Melbourne Uni and do something but then it shifted when I went to India and I studied yoga and after that I went to Japan to teach in a like an expat driven studio for years and then I came back to Melbourne to pursue music. Like your purpose shifts based on where you are what inspires you and I think the people that you meet along the way are probably the ones that really shape your purpose and your passion. So

it's about finding those relationships that you feel really nurture who you are and celebrate who you are, that allows you to then shift and mould your passion.

I do think that we kind of have something that you know our inner voice, that truest part of us kind of knows that it is our purpose, you know, it's what we uh are here to do to create meaning and sometimes it's actually about chipping away all the other things that people put on top of us and told us we need to do. All the standards, all the things that we're meant to be focusing on. For me I think finding my purpose is kind of creating but but it's also taking away all of the layers that are separating us from what that true thing is.

For me that's where great psychological hygiene comes into play. It's that journaling, right? It's that understanding ourselves, it's stopping and paying attention, asking people questions, getting a whiteboard marker and mapping out what you love, what are the pros ,what are the cons etc. The more we get to know ourselves, the more we're going to sort out what is it that people are telling me I need to be, what are these false messages that i'm hearing and absorbing and what's that true stuff, what's the real purpose and passion and the stuff that lies deep within me and how can I bring that to the surface to make sure I'm living my most authentic life.

#### Quiz Questions based on module 1 - Passions and Purpose:

Here are some quiz questions based on the provided content:

##### ### Multiple Choice Questions

1. **\*\*What is one way the speaker suggests we can find our purpose?\*\***

- A) By creating it from scratch
- B) By connecting to someone else's purpose
- C) By ignoring external influences
- D) By focusing only on personal interests
- **\*\*Answer:\*\* B) By connecting to someone else's purpose**

2. **\*\*According to the speaker, what analogy is used to describe working on projects that align with one's purpose?\*\***

- A) Climbing a mountain
- B) Sailing a boat
- C) Paddling a canoe
- D) Driving a car
- **\*\*Answer:\*\* C) Paddling a canoe**

3. **What does the speaker suggest is a sign that you are not doing what you should be doing?**

- A) Feeling relaxed and carefree
- B) Experiencing a sense of flow
- C) Feeling exhausted and burnt out
- D) Moving at rapid speed
- **Answer:** C) Feeling exhausted and burnt out

4. **How does the speaker suggest one's purpose can change?**

- A) It remains constant throughout life
- B) Based on new interests and passions
- C) Only when starting a new job
- D) It doesn't change; it is fixed
- **Answer:** B) Based on new interests and passions

5. **What practice does the speaker recommend for understanding oneself and finding true purpose?**

- A) Engaging in constant social activities
- B) Focusing solely on career goals
- C) Maintaining great psychological hygiene, such as journaling
- D) Avoiding self-reflection
- **Answer:** C) Maintaining great psychological hygiene, such as journaling

### True/False Questions

1. **Purpose is something you create, while passion is something you connect to.**

- **Answer:** False

2. **The speaker believes that purpose can shift based on one's environment and context.**

- **Answer:** True

3. **The speaker indicates that external influences should always be ignored when finding your purpose.**

- \*\*Answer:\*\* False

4. \*\*Psychological hygiene, such as journaling, helps in peeling away layers that separate us from our true purpose.\*\*

- \*\*Answer:\*\* True

5. \*\*Feeling like you are madly paddling upstream is a sign that you are on the right path.\*\*

- \*\*Answer:\*\* False

### ### Short Answer Questions

1. \*\*Describe the analogy the speaker uses to explain when they know they are doing what they should be doing.\*\*

- \*\*Answer:\*\* The speaker uses the analogy of being on a river, where if they feel like they are madly paddling upstream and exhausted, they are not doing what they should be doing. Conversely, if it feels like they are on a lie-low, having fun, and moving quickly downstream with little effort, they are on the right path.

2. \*\*According to the speaker, what factors can influence and shape one's purpose over time?\*\*

- \*\*Answer:\*\* Factors that can influence and shape one's purpose over time include new interests, passions, the people they meet, the places they visit, and the various contexts they find themselves in.

3. \*\*What does the speaker mean by 'great psychological hygiene' and how does it help in finding one's purpose?\*

- \*\*Answer:\*\* 'Great psychological hygiene' refers to practices such as journaling, self-reflection, and understanding oneself. These practices help in identifying and removing false messages and external pressures, thereby revealing one's true purpose and passion.

4. \*\*Why does the speaker suggest that sometimes saying no to projects can be important?\*

- \*\*Answer:\*\* The speaker suggests that saying no to projects can be important because, despite their outward appeal, they may not align with one's true purpose or may involve the wrong people, or the person may already have too much on their plate. It's about staying true to what feels right in terms of purpose and passion.

5. \*\*How does the speaker suggest one can differentiate between their true purpose and external expectations?\*

- **Answer:** The speaker suggests differentiating between true purpose and external expectations through self-knowledge, paying attention to oneself, asking questions, and using tools like mapping out pros and cons. This helps in identifying and removing false layers imposed by external standards and focusing on what genuinely matters to oneself.

## Module 2:

### Purpose and Happiness:

The concept of having a purpose is very aligned to the concept of happiness.

According to the Theory of Happiness, there are two types of happiness.

#### Hedonic Happiness

Hedonic happiness is happiness associated with pleasure and pleasure seeking activities. This includes the happiness we feel from being social, from having a fun night out, from the purchases we make and brands we associate with, to indulging a little. Much of this happiness can be seen on the outside.

#### Eudaemonic happiness

Eudaemonic happiness on the other hand is a happiness that comes from the inside. It is a happiness fuelled by a sense of alignment with one's purpose. This might include giving back to the community, acting in a way that provides social good or generally having an impact on humanity.

At its core eudaemonia is focused on having meaning in one's life. As far back as Aristotle, the concept of eudaemonia was related to the creation of a story that helped define your identity. Not simply any story however, but a story of virtue, of struggle even and of deep, enriching meaning.

Having meaning in one's life can be broken down in simple terms as having:

A = Agency.

Effectively this is having a sense of autonomy, freedom and creativity. A belief that you can impact the world around you.

B = Belonging.

This includes relationship, friends, family, community and the people that surround you and support you.

C = Cause.

Ultimately this is a calling, a sense of purpose and commitment that you can work towards.

Expand!

The story of Viktor Frankl is often referred to when discussing meaning and what it means to live a fulfilling life that also includes great suffering.

Viktor Frankl was an Austrian psychiatrist and neurologist living in Austria in 1938 when the Nazis invaded. Frankl was Jewish, and in 1942, he and his pregnant wife Tilly were deported from Vienna to a Nazi-run "ghetto" in Czechoslovakia and then to concentration camps.

Separated from his wife and unborn child, and stripped of his identity and humanity, Frankl spent three years in concentration camps, including Auschwitz, where he suffered daily degradation, deprivation and violence. As a result, Frankl credited his own survival to a method of psychoanalysis that he had begun to develop before his ordeal. Frankl wrote:

"What man actually needs is not a tensionless state but rather the striving and struggling for some goal worthy of him."

- V. Frankl

So ask yourself:

What story is your happiness based on?

Are there any struggles in your life you need to overcome?

What is it that gives you meaning in life?

Quiz Questions based on module 2 - Purpose and Happiness:

### Multiple Choice Questions

1. \*\*What are the two types of happiness described in the Theory of Happiness?\*\*

- A) Hedonic and Utilitarian
- B) Hedonic and Eudaemonic

- C) Eudaemonic and Empathic
- D) Utilitarian and Empathic
- \*\*Answer:\*\* B) Hedonic and Eudaemonic

2. \*\*Which type of happiness is associated with pleasure-seeking activities?\*\*

- A) Eudaemonic happiness
- B) Utilitarian happiness
- C) Hedonic happiness
- D) Empathic happiness
- \*\*Answer:\*\* C) Hedonic happiness

3. \*\*What is a core focus of eudaemonia?\*\*

- A) Accumulating wealth
- B) Seeking pleasure
- C) Having meaning in one's life
- D) Avoiding struggles
- \*\*Answer:\*\* C) Having meaning in one's life

4. \*\*Which concept is associated with having a sense of autonomy, freedom, and creativity?\*\*

- A) Belonging
- B) Cause
- C) Agency
- D) Empathy
- \*\*Answer:\*\* C) Agency

5. \*\*Viktor Frankl believed that what man actually needs is:

- A) A tensionless state
- B) Endless pleasure
- C) Striving and struggling for a worthy goal
- D) Complete isolation
- \*\*Answer:\*\* C) Striving and struggling for a worthy goal

### ### True/False Questions

1. \*\*Hedonic happiness is focused on having meaning and purpose in life.\*\*  
- \*\*Answer:\*\* False
2. \*\*Eudaemonic happiness comes from a sense of alignment with one's purpose.\*\*  
- \*\*Answer:\*\* True
3. \*\*Agency, in the context of having meaning in life, refers to relationships and community.\*\*  
- \*\*Answer:\*\* False
4. \*\*Belonging involves relationships, friends, family, and community.\*\*  
- \*\*Answer:\*\* True
5. \*\*Viktor Frankl developed his method of psychoanalysis before his experiences in concentration camps.\*\*  
- \*\*Answer:\*\* True

### ### Short Answer Questions

1. \*\*Describe the difference between hedonic happiness and eudaemonic happiness.\*\*  
- \*\*Answer:\*\* Hedonic happiness is associated with pleasure-seeking activities such as socializing, fun outings, and indulgences, and is often visible externally. Eudaemonic happiness, on the other hand, comes from within and is fueled by a sense of alignment with one's purpose, including acts of social good and meaningful impact on humanity.
2. \*\*What are the three components of having meaning in one's life according to the text?\*\*  
- \*\*Answer:\*\* The three components are:
  - \*\*Agency:\*\* A sense of autonomy, freedom, and creativity, and the belief that one can impact the world.
  - \*\*Belonging:\*\* Relationships, friends, family, community, and the support of people around you.
  - \*\*Cause:\*\* A calling, sense of purpose, and commitment to work towards a goal.



3. **Why is Viktor Frankl's story often referred to when discussing meaning and fulfillment in life?**

- **Answer:** Viktor Frankl's story is referred to because he found meaning and a sense of purpose despite enduring great suffering and deprivation in Nazi concentration camps. His belief in striving for a worthy goal, even in the face of immense adversity, highlights the profound impact of having a meaningful life.

4. **According to Viktor Frankl, what does man actually need instead of a tensionless state?**

- **Answer:** According to Viktor Frankl, man actually needs the striving and struggling for some goal worthy of him, rather than a tensionless state.

5. **Reflect on your own life: What story is your happiness based on?**

- **Answer:** [This is a reflective question for personal introspection. There is no single correct answer as it varies from person to person.]

### Module 3:

#### One or Many?

Often times our purpose is closely aligned with our passions. These might be hedonic activities such as socialising, playing sports or could be eudaemonic, such as volunteering or trying to create change.

As we grow, it's likely that our passions grow and develop too. Does this mean our purpose changes?

In this next video, CEO of HEX, Jeanette Cheah, gives her thoughts about whether or not you have one purpose in life, or many.

Reflect!

What are your thoughts on the idea of whether or not we have one purpose in life, or many?

As Jeanette said, some clues to uncover your purpose might be to ask yourself the following:

What do you love doing?

What do people say 'thank you' to you for?

What do people seek you out for?

Jeanette also spoke about following her inner compass especially when times were challenging. Ask yourself:

How could I go about this differently?

What's blocking you from pursuing your purpose and how can you overcome it?

What has your journey towards finding your purpose been like so far?

Is there anything you could do differently?

Video transcription:

### 7.3 One or many?

Deciding on a purpose I actually think it's a little bit of a myth, because your purpose can change and evolve over time. I think thinking about having one purpose can be limiting, but what I do know is that when you think about what's important to you and the change that you want to see in the world and you start to uncover more and more ways that you can do that you're probably on the way to living your purpose. If you're doing things for fun rather than because you have to, I suspect you're kind of on your way to your purpose.

If people are coming to you for things then that's a clue that that's something that you're supposed to be doing. Just reflecting on what do you love doing, what do people say 'thank you' to you for, what do people seek you out for - those are the things that you're naturally great at and might be a clue to your purpose. Thinking about your purpose as kind of like an inner compass might help it gives you a sense of whether you're on the right track and if you're going in the right direction.

One of my personal purposes is to help people connect with each other. I like to bring people together. I always have - whether that's around a dinner table with food I've cooked or at an event about web3, I love bringing people together and seeing those interactions and so in challenging times when I couldn't bring people together I still was driven to do so and I found other ways to do it.

For example, I started running small group mentoring sessions online. I started just hosting random get togethers online and playing music and doing trivia. So if you have something that you love to do and it's important to you, if that compass is showing you a direction, you'll find a way to do it even if it's not exactly what you thought it would be in the first place.

### Quiz Questions based on module 3 - One or Many?:

#### ### Multiple Choice Questions

1. **What is the main idea discussed by Jeanette Cheah about having a purpose in life?**

- A) One's purpose is fixed and unchanging.
- B) One's purpose can change and evolve over time.
- C) Everyone has a single, unalterable purpose.
- D) Purpose is irrelevant to living a fulfilling life.
- **Answer:** B) One's purpose can change and evolve over time.

2. **According to Jeanette Cheah, what might indicate you are on your way to living your purpose?**

- A) Doing things out of obligation
- B) Doing things for fun rather than because you have to
- C) Avoiding challenges
- D) Sticking to one passion regardless of change
- **Answer:** B) Doing things for fun rather than because you have to

3. **What are some clues to uncovering your purpose according to Jeanette Cheah?**

- A) What you dislike doing
- B) What people criticize you for
- C) What people seek you out for
- D) What you find easy to ignore
- **Answer:** C) What people seek you out for

4. **What analogy does Jeanette Cheah use to describe the concept of purpose?**

- A) A mountain peak
- B) An inner compass
- C) A straight path
- D) A deep ocean
- **Answer:** B) An inner compass

5. **How did Jeanette Cheah adapt her purpose during challenging times?**

- A) She stopped pursuing her purpose
- B) She found new ways to bring people together, like online mentoring sessions
- C) She changed her purpose entirely
- D) She focused solely on her career
- **Answer:** B) She found new ways to bring people together, like online mentoring sessions

### True/False Questions

1. **Jeanette Cheah believes that thinking about having one purpose in life can be limiting.**

- **Answer:** True

2. **According to Jeanette Cheah, if people thank you for something, it might be a clue to your purpose.**

- **Answer:** True

3. **Jeanette Cheah suggests that you should only follow your purpose if it's easy to do so.**

- **Answer:** False

4. **During challenging times, Jeanette Cheah stopped trying to connect people because it was too difficult.**

- **Answer:** False

5. **Jeanette Cheah advises using an external compass to determine your purpose.**

- **Answer:** False

### ### Short Answer Questions

1. **What are some questions you can ask yourself to uncover your purpose, according to Jeanette Cheah?**

- **Answer:** Some questions include: What do you love doing? What do people say 'thank you' to you for? What do people seek you out for?

2. **How did Jeanette Cheah describe the role of an 'inner compass' in finding one's purpose?**

- **Answer:** She described it as a sense that helps you determine if you're on the right track and going in the right direction toward your purpose.

3. **Give an example of how Jeanette Cheah adapted her purpose when she couldn't bring people together physically.**

- **Answer:** She adapted by running small group mentoring sessions online and hosting random online get-togethers with music and trivia.

4. **Why does Jeanette Cheah think that having multiple purposes might be more realistic than having just one?**

- **Answer:** She believes that purposes can change and evolve over time as we grow and develop new passions and interests.

5. **Reflect on your own life: What do people thank you for and seek you out for?**

- **Answer:** [This is a reflective question for personal introspection. There is no single correct answer as it varies from person to person.]