

## 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.

## 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?

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.