

# Transcript

## Template 2 – [P]EACE – Purpose

The element “**Purpose**” could also represent goals or aims. So, it's basically overarching goals that you may have in your life.

So, it may be defining what you may want to be, want to do or want to achieve. So, you may already know what your goals are or your purpose in life is or you might want to use the sentences to complete as suggested in a text.

For example, you may use the sentence that starts with: “I am here to be a...” and you complete the sentence. It could be: “...to be a good person” or “I am here to be a good parent”, “I am here to make a difference.”

Or “What is important in life is...” ...to serve or ...to create, and that would define what your purpose or goals in life are.

So, once you would have done that, then you would have completed the template that helps you define what happiness is for you in your life according to:

- your attributes;
- what you care and whom you care about;
- your enjoyment;
- your ethic;
- and your purpose.

And then you would be ready to start to reflect on it and answer some of the questions

that are suggested for you to reflect and define more and more as you go: “What happiness may be for you very specifically.”