

# REGAIN YOUR SENSE OF PURPOSE

Connect to others, including pets

Help others

Do something for you


Set and achieve goals

Accept and love yourself

Be a part of something

Know what matters to you

Everyone has a gift find yours

The background of the image features several stylized, flat-colored human figures in shades of blue and teal. They are arranged in a circular pattern, holding hands, which suggests a sense of community and unity. The figures are simple in design, with no facial features or clothing details. The overall aesthetic is clean and modern, with a soft, pastel color palette.

Being kind to  
others is good  
for you too

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Try something new  
each day even  
if it's only a new  
type of fruit!



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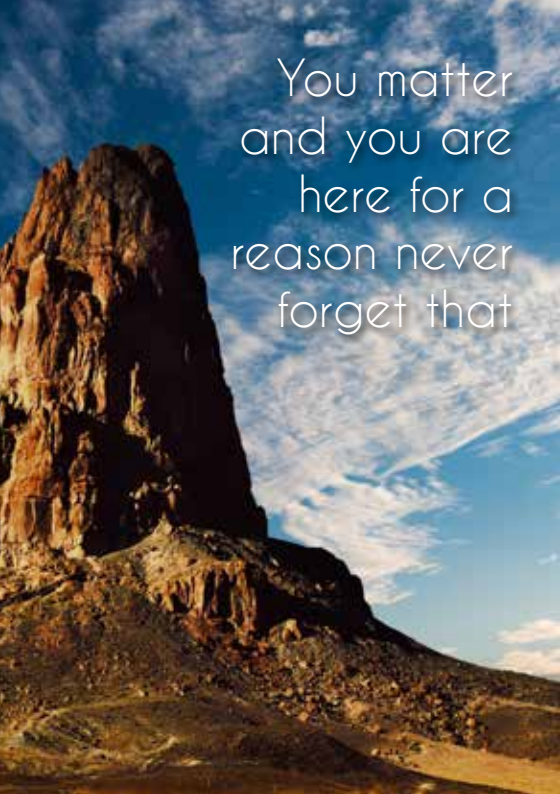
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A tall, jagged rock formation, possibly a butte or mesa, stands prominently on the left side of the frame. The rock is a mix of brown and tan hues, showing signs of weathering and erosion. The sky is a vibrant blue, filled with soft, white, wispy clouds. The overall scene is a landscape photograph with a motivational quote overlaid on the right side.

You matter  
and you are  
here for a  
reason never  
forget that

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Become aware of how  
you spend your time



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A close-up, artistic photograph of a person's eye. The eye is looking slightly to the right. A vibrant blue contact lens is visible, covering the iris. The surrounding skin and eyelashes are in soft focus, creating a dreamy, ethereal atmosphere. The lighting is soft, highlighting the texture of the eyelashes and the smooth surface of the contact lens.

Vision what  
matters to  
you and  
go for it

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A sense of  
purpose can  
help give us  
confidence



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If one sense  
of purpose  
ends find a  
new one



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Others are important,  
but don't forget,  
so are you





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Have a think, what  
are you really  
passionate about?

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What excites you?

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Making a difference  
makes meaning of  
our lives



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Today is  
gonna be a  
good day



When things don't  
go as planned find  
the upside, it is there



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A photograph of a forest scene with sunlight filtering through dense green foliage. The light rays are visible as bright, hazy beams against the darker green leaves and branches. The overall mood is peaceful and natural.

Caring for the  
environment is  
a worthy sense  
of purpose

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Believe in  
yourself  
and your  
self-worth



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A person who  
never made a  
mistake, never  
tried anything new  
- Albert Einstein



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Keep it simple, have  
patience, the journey  
is as important as the  
destination





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A sense of  
purpose is good  
for wellbeing, what  
is yours or is it  
time to find it?



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What do  
you admire  
in other  
people  
you would  
like to do  
yourself?



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If you have  
grandchildren  
what do you want  
them to remember  
you for



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What would  
you like to be  
remembered  
for?





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Put your  
energy into what  
matters to you

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When life is a challenge  
your sense of purpose  
can help you through



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Just do it, you'll  
soon know if its  
not right for you,  
then you can try  
something else

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Your life, your choice,  
your purpose, it's in  
your control





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Know what matters to you

Everyone has a gift find yours

Your home is  
important care for it



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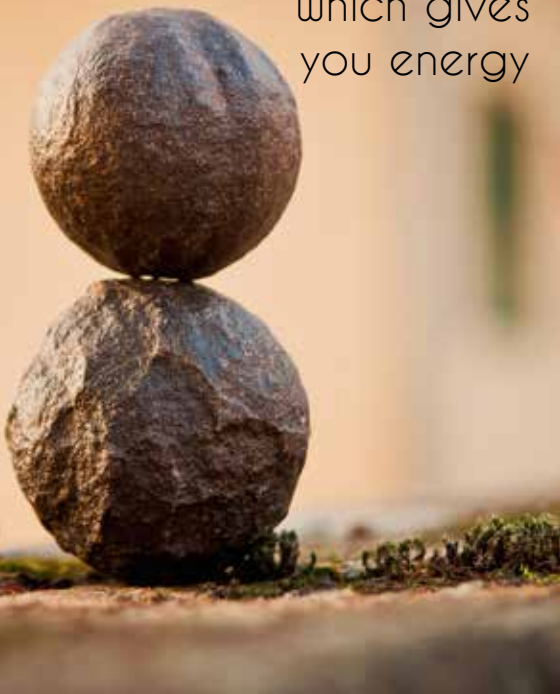
Accept and love yourself

Be a part of something

Know what matters to you

Everyone has a gift find yours

Do something  
which gives  
you energy



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Set and achieve goals

Accept and love yourself

Be a part of something

Know what matters to you

Everyone has a gift find yours

Do something which  
helps you relax



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Do something for you


Set and achieve goals

Accept and love yourself

Be a part of something

Know what matters to you

Everyone has a gift find yours



Do something  
which inspires you



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Do something for you

Set and achieve goals

Accept and love yourself

Be a part of something

Know what matters to you

Everyone has a gift find yours

Realise time is  
precious and finite  
don't waste it



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Do something for you

Set and achieve goals

Accept and love yourself

Be a part of something

Know what matters to you

Everyone has a gift find yours

Do something that  
has meaning for you



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Do something for you

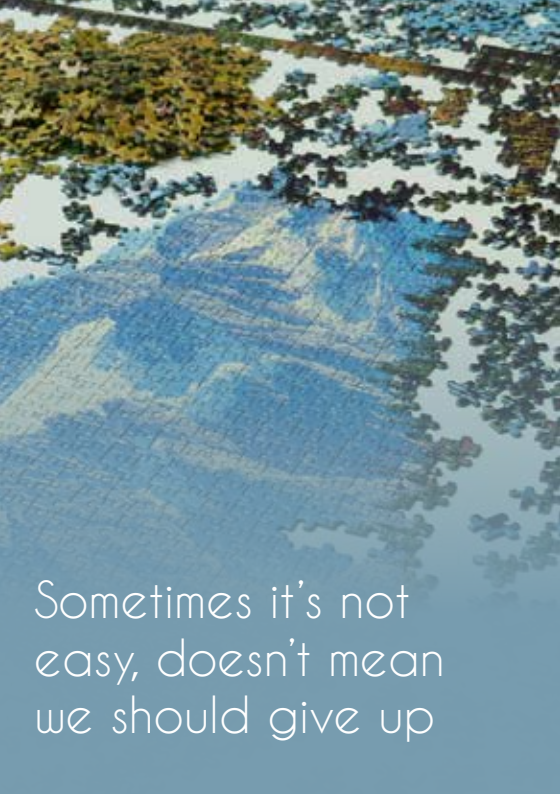
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Accept and love yourself

Be a part of something

Know what matters to you

Everyone has a gift find yours



Sometimes it's not  
easy, doesn't mean  
we should give up

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Accept and love yourself

Be a part of something

Know what matters to you

Everyone has a gift find yours

A person is shown from the waist down, standing with their legs apart in a dark, possibly underground, setting. They are wearing a light-colored, long-sleeved shirt and dark, tight-fitting jeans. The lighting is dramatic, highlighting the person's legs and the texture of their clothing against the dark background. The overall mood is gritty and determined.

Nothing beats that  
sense of achievement  
and knowing you  
didn't give up



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Every one of us has  
value and every one of  
us has something to give

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Know what matters to you

Everyone has a gift find yours

Take a minute to think about  
the vision you have for your  
future and find something in it  
to make you have hope



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Every day is  
another chance  
to start again

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Know what matters to you

Everyone has a gift find yours

The past is a different  
country we don't live  
there anymore, don't let  
regrets stop you being  
who you want to be





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Everyone has a gift find yours

Family can offer us  
purpose but sometimes  
we need to make our  
own new informal families



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Be a part of something

Know what matters to you

Everyone has a gift find yours

Finding people with  
common interest  
and aspirations  
helps you achieve



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Not all work  
is paid for,  
but it is all  
priceless,  
value what  
you do and  
who you are



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Know what matters to you

Everyone has a gift find yours

A top-down photograph of a group of people sitting in a circle on a lush green lawn. The image captures the lower halves of their bodies, showing their feet and hands resting on the grass. Several individuals have their hands placed flat on the ground, while others have their feet visible. Some people are wearing colorful beaded bracelets on their wrists. The central area of the image is slightly blurred, creating a soft focus effect that draws attention to the text overlaid in the middle.

Be for others who  
you would hope they  
would be for you



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Know what matters to you

Everyone has a gift find yours

Don't miss what is  
happening now  
waiting until later to  
be happy



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Be a part of something

Know what matters to you

Everyone has a gift find yours

Make any goal  
you have your own



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Be a part of something

Know what matters to you

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Find people who  
believe in you but  
most importantly  
believe in yourself

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Know what matters to you

Everyone has a gift find yours

A close-up photograph of a dark blue chalkboard. In the upper left corner, there is a crocheted flower made of light blue and yellow yarn. Along the top edge of the chalkboard, a wooden strip is placed, featuring the lowercase letters 'c', 'd', 'e', 'f', 'g', 'h', 'i', and 'j' in a cursive script. Another wooden strip at the bottom shows the letters 'Q', 'u', 'R', 'P', 'T', 'U', 'V', and 'W' in a similar cursive font. The background is a textured, dark blue surface.

Every day is a  
school day, what  
new thing can you  
learn today



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Know what matters to you

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You are interesting,  
why not get to  
know yourself better



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Know what matters to you

Everyone has a gift find yours

Think about what  
matters to you



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Sometimes seeing where  
you fit into the bigger  
picture helps make sense  
when confusion reigns

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Challenge yourself, dare  
to try something new



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A close-up photograph of two male lions resting their heads against each other. The lion on the left is looking down, while the lion on the right has its eyes closed. They are both covered in thick, golden-brown manes. The background is a soft, out-of-focus landscape.

Our prime purpose  
in this life is to help  
others. And if you can't  
help them, at least  
don't hurt them.

- Dalai Lama

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There are only two days in  
the year when nothing can  
be done, they are called  
yesterday and tomorrow,  
today is the right day to  
love, believe and mostly live,  
so live with purpose.

- Dalai Lama



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A close-up photograph of a bright orange flower, possibly a gerbera, with several petals visible. A small, dark mosquito is perched on one of the petals, its legs and wings clearly visible. The background is dark, making the orange petals stand out.

If you think you  
are too small  
to make a  
difference, try  
sleeping with a  
mosquito.

- Dalai Lama

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Ask yourself, why do you  
listen to people who limit  
your self-belief ?

