

# Expert advice to help you to find your purpose in life

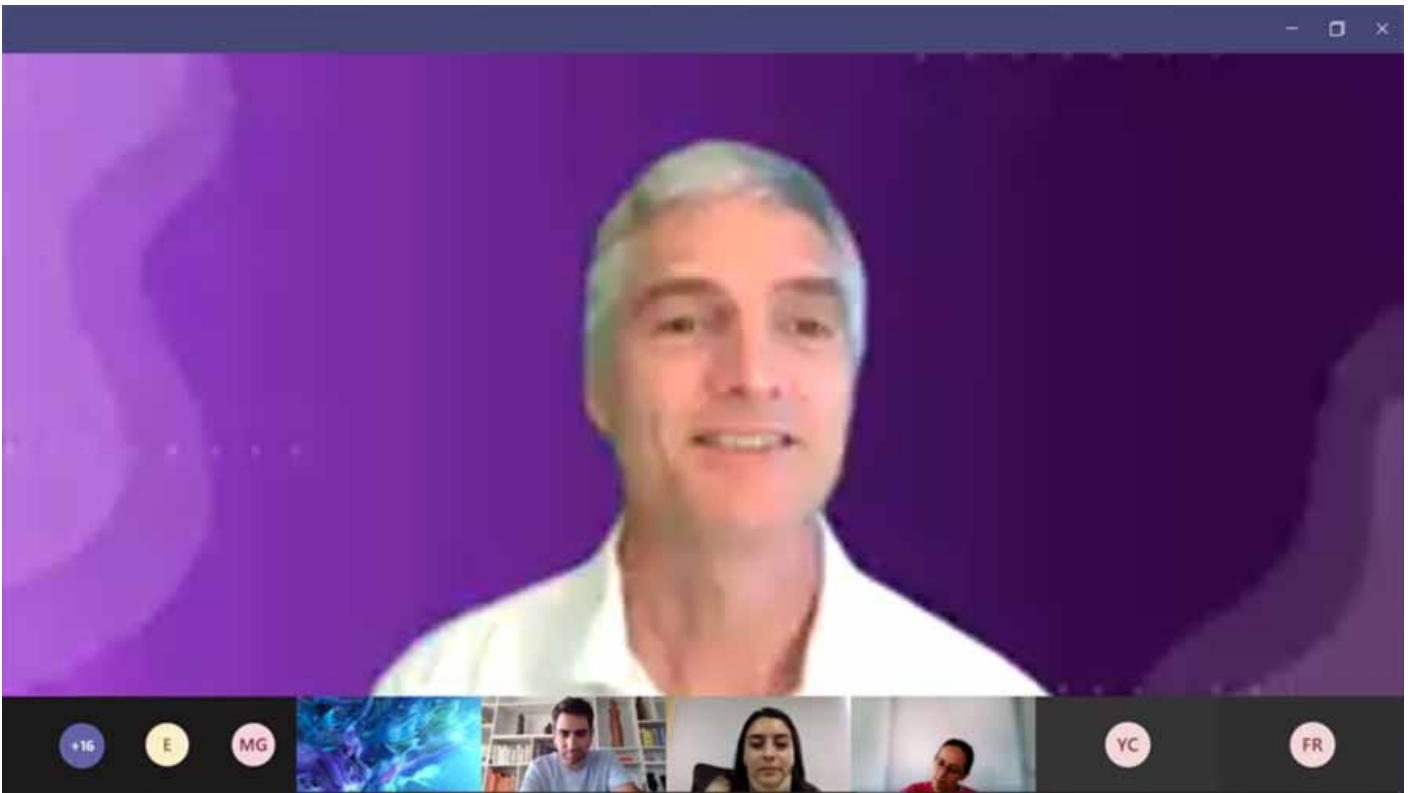


**Psychotherapy is not the only way** to find your **purpose**. Not according to **Michael Steger**, founding psychologist at the [Center for Meaning and Purpose](#) in Colorado, United States.

*“Finding your **purpose** is not easy and requires **commitment**. Many times we will need the help of a therapist, or a friend or the family,”* commented Steger at the [Wellbeing 360](#) conference organized by **Tecmilenio**.

However, not everyone has the **resources** to **access therapy**, and for some it is even difficult to do so, says the expert.

In this situation, Steger mentions that there are some **informal exercises** to be able to **seek a purpose** that are **simpler** than therapy and even **scalable**.



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*“You don’t have to find a psychotherapist or an expert coach. You can just do it directly.*

*“These exercises **are scalable**: they can start small, but you can adjust the structure and it is something that can be **enjoyable**,”* said Steger.

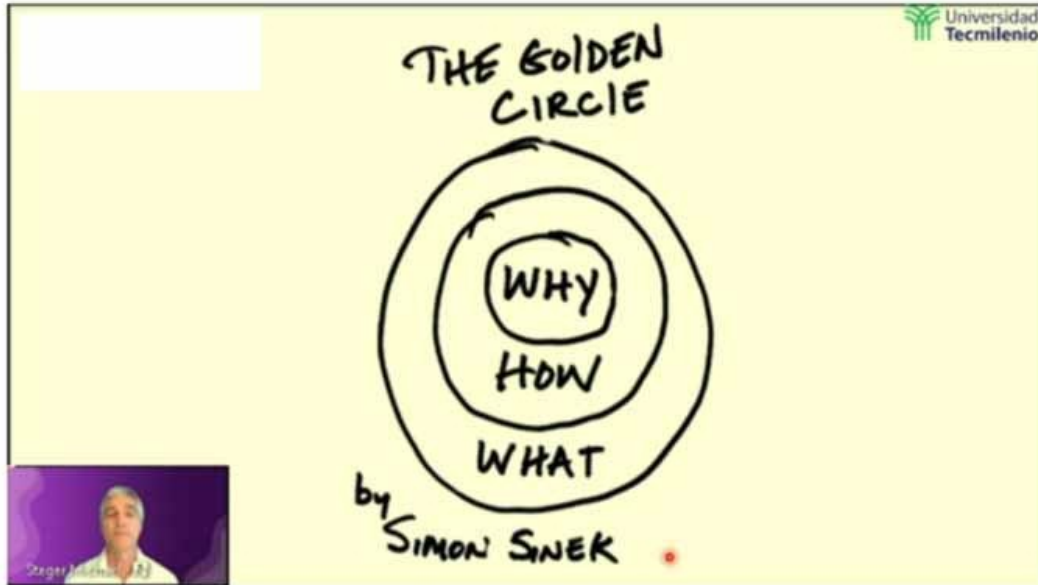
The expert was one of the guests at the annual event organized by the **Institute of Wellbeing and Happiness Sciences at Tecmilenio** and held **virtually from October 26 to 30**.

### **Strengths + Values + Tribe, is equal to Purpose.**

Steger mentions that there are **different ways** which people use to find their purpose.

Some people call it their **“why”** in life, and some others use **diagrams** like ***Ikigai*: a Japanese word** that means finding your purpose by mixing what you love, what the world needs, what you are good at, and what people can pay you for.

However, **Steger** affirms that these approaches are **not based on studies**, and even he doubts some of them.



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*“The **purpose** is to go on a **trip**. A trip which follows a path with deviations: you can go backwards, and even go back and start over,”* he indicated.

During his workshop, Steger shared what for him is the **formula** for **finding a purpose**:

**Strengths + Values + Tribe equals Purpose.**

*“**Strengths** are your **natural tools**. It can be the moments where you feel most free when doing something, and the role you take when there is freedom,”* Steger said.

**Values**, on the other hand, are the things that are **important** to people: what they seek to **protect**, **defend**, and **value**.

The **tribe** are the **people** with whom those **values** are **shared**, who can be asked for help, or the beneficiaries of each person’s purpose.

Steger commented that **listing** each of the 3 **aspects** and mixing them together can help define a purpose.

He also mentioned that a person can have **several purposes** in life: they can **add** others, **change** them, or sometimes some are no longer **valid** after a certain **period**.

*“You have your **whole life** to **work** on that. Talk to someone who knows you well and work over it again.*

*“An important thing is that you must be both **sincere** and **authentic**. This helps us to improve, and not to be conformist,”* Steger said.

## Make every moment something special

Another **tool** that the expert shared is that of being able to find **meaning** in **small things**.

*“How can we make each **moment special** and give ourselves the **strength** to continue in such a difficult world?”* asked Steger.

Under this premise, the expert mentions that to in order to find **meaning** it is not necessary to look for it, but rather that it is something which is found while living a **meaningful life**.

It is about focusing on the **experience** of **being alive**, on **developing** new **skills** and thinking of them as a **way** to **improve life**.

Also, another of the things that Steger mentioned was **introspection** and thinking deeply about how to understand life.

*“You also have to **transcend the physical moment**. Not just being motivated when we are hungry, cold, sleepy, or sad. We should not let that drive us, but rather let it **drive us to something better**,”* he added.

The examples he mentioned included spending a **moment** enjoying **nature** and beginning to think about **how you feel** or what would happen if it ceased to exist.

Through this, people can get to know **themselves** and make **sense** of some things they do or dream about doing.

*“It sounds like a complex task, but it's not something that is created magically; you can choose to find meaning in every moment,”* he said.

## Benefits of searching for a purpose

The expert commented that a **purpose** is a **set of general aspirations** above all things. Something to which you aspire and dream

In his talk, Steger mentioned that people who have a **purpose** tend to be **happier** and have a **better level of wellbeing**.

In the same way, he mentioned that people who **establish** one or more **purposes** for their lives can **guide their actions** by them and be consistent.

*“We can use our **purpose** to **organize** what we do: opening up **options**, defining **priorities**, and focusing our **efforts**.”*

*“Purpose defines where you advance in your life, and builds bridges to a better future,”* said Steger.

## What is Wellbeing 360?

**The Wellbeing 360 conference**, organized by **Tecmilenio** and previously called **Foro Felicidad 360** (Happiness 360 Conference), aims for virtual attendees to acquire **tools** with which to **improve their health** and maintain a **positive emotional state**.

*“At Wellbeing 360 we want to give people the tools they need to be able to flourish and grow during this time of so many challenges”*, says Rosalinda Ballesteros, Director of the **Institute of Wellbeing and Happiness Sciences** at **Tecmilenio**.

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