

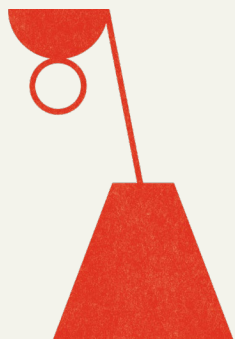
# Practitioner and Parent Practice



**Life Crafting:** Sharpen your sense of purpose by defining and committing to your goals.

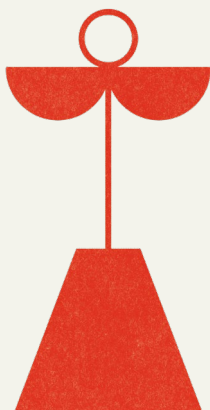
**Time Required:** 20 minutes

First, try this step-by-step activity for yourself and then guide the parents you support through the practice. During and after the activity, take a moment to pause and notice your thoughts, sensations, and feelings. Guide the parents you work with in doing the same.



## Why you should try it

Defining your sense of purpose in life can feel daunting or even overwhelming. This practice can help us break the process down into a series of more manageable steps. Encouraging us to reflect specifically on the values and activities that provide us with meaning and motivation can help us renew certain passions or see new possibilities that were previously invisible.



## Why it works

Researchers define purpose as something that is both personally meaningful and socially valuable. By reflecting on your present and future life, this practice can help you make sense of your priorities in life, better articulate the values and passions that are important to you personally, and also possibly contribute to the wider world. Moreover, a substantial body of research suggests that writing about thoughts, feelings, and goals can help support mental health and goal attainment.<sup>36</sup>

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## How to do it

Life crafting is a way to better define your goals and chart a path to achieving them. Reflect on and write about them in either a single session or break up the activity into multiple sessions.

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- 1 Identify your deepest values and passions—what’s most important to you.** Write a list of your greatest values and a separate list of what you most like to do in life. If you need help, write about the qualities you admire in others, skills you would like to build, or personal habits you both like and dislike.
- 2 Reflect on your ideal future.** Write a paragraph envisioning how you’d like your social life, family life, or career path to turn out if you had no constraints. What does your ideal life look like? What kinds of personal and professional relationships do you want? What do you want in an ideal job or volunteer experience?
- 3 Write down how you’ll attain those goals.** Prioritize your goals and, in another paragraph, identify obstacles, and your strategy for overcoming those obstacles. Detail how you will track your progress toward those goals.
- 4 Make a public commitment to your goals.** Communicate these goals to others in your community, including friends, family, and coworkers.