

THE PURPOSE OF LIFE

WHAT'S IN IT FOR ME WHY SHOULD I TAKE THIS PROGRAM

- Improve your life satisfaction and motivation
- Do things with a purpose
- Stop wasting time and procrastinating
- Identify what your purpose in life is

LEARNING OUTCOMES Purpose of Life

Competency 1 Define personal purpose in life

Competency 2 Identify what the advantages of having a known purpose in life

Competency 3 Describe how to identify your purpose in life

Competency 4 Using Maslow's hierarchy of needs describe where you are in life journey and how your purpose in life might change over time

Competency 5 Remove barriers to achieving your purpose in life

Competency 6 Describe how to maintain motivation in pursuing your purpose in life