

The ART of Resilience: Purpose and Intrinsic Motivation Reflection Activity Worksheet



Reflection Activity

Purpose discovery reflection questions:

- What/who matters most in my life? What impact do I want to have?
- What are the most important guiding principles or values in my life?
- How do I define success in my life? What are the gifts I have to offer others?
- What inspires me? What am I passionate about?
- How do I want to be described or remembered? How do I want to show up when life is challenging?
- Who am I at my core (not defined by my job, material items)?

Living purpose each day questions:

- What can I do today that will demonstrate my purpose?
- How can I use my purpose to guide my behaviors and choices today?
- How can I keep purpose front and center when under stress and duress?
- How can I leverage my purpose when I interact with others today?

How can you leverage principles of intrinsic motivation to enhance resilience?

Purpose - Curiosity - Mastery - Don't Compare - Autonomy - Choice - Fun - Accountability - Growth Mindset - Passion - Feedback