



THE POWER OF PURPOSE: FINDING MEANING IN EVERYDAY LIFE



► NOTICE WHAT MATTERS

Purpose doesn't have to be big or dramatic to be meaningful. Take a moment to slow down and notice the people, activities, or small moments that give you energy, pride, or a sense of fulfillment in your day.

► CONNECT WITH OTHERS

Meaning often grows through genuine relationships. Make space to check in with others, listen without rushing, and share what's on your mind. Feeling seen and supported helps you stay grounded and connected.



► BUILD CONSISTENT HABITS

Purpose develops through everyday routines, not one-time efforts. Simple, steady habits — like a daily walk, a few minutes of reflection, or a brief gratitude practice — can help you feel more centered and intentional over time.



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► PRACTICE KINDNESS

Small acts of kindness can have a meaningful impact. A thoughtful message, a sincere compliment, or a helping hand not only supports others — it also strengthens your own sense of connection and purpose.

► ALIGN ACTIONS WITH VALUES

When your daily choices reflect what you care about, life feels more meaningful. Even small changes in how you spend your time, attention, and energy can help you feel more aligned with your values.



► REFLECT, DON'T RUSH

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HOW BREE HEALTH CAN HELP

Bree Health offers confidential support, coaching, and wellness resources to support your mental well-being. Log in through the Bree Health mobile app or visit us online anytime to connect with care that meets your needs.