

In this activity, we reflected on the world and the kind of person we want to be in it.

The world is sometimes unjust. How could it be better?

Many students say they would like to see less violence, pollution or poverty.

How about you? How would you like the world to be a better place?

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When you're younger, everything gets decided for you.

But as you get older, you make more decisions on your own about what you think is important.

You start to take charge of your future and the role you want to play in the world. You realize that you're responsible for choosing the kind of person you want to be.

One decision students must make is what they're going to work hard on. Most everyone works hard at school sometimes, but why should students choose to work hard at what they learn?

When they are asked to think about what gets them through bad days, difficult assignments, and loads of homework, most students talk about having a deeper sense of purpose for their life that they may even have a hard time putting into words.

That core purpose gives their life a sense of meaning to push on, even when it gets hard. They find ways school can help them achieve their core purpose.

It's worth taking some time to reflect on your own core purpose. You may still be forming it. And it may change over time as you come to see it more clearly.

But you start to discover it by just asking a few questions and seeing where the answers lead.

First, how will learning in general at school help you become the person you want to be?

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How do you think what you are learning right now in your classes can help you become someone who has a positive impact on the people around you or the world in general?

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Let's dig a little deeper. Picture what specific differences you could make for yourself and others by fulfilling your core purpose?

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Finally, take a minute to imagine fulfilling your purpose: how would that make you feel?

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If you were mentoring Quinn, whom you can picture as a younger version of yourself, what would you say about your purpose in life and what it means to you?

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Challenge: Look for ways that you can live out your purpose this week. What can you do?

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Feedback: How helpful was this activity for you? Why?

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