



The Little Moments: Cultivating the Practice of Connecting to Your Purpose

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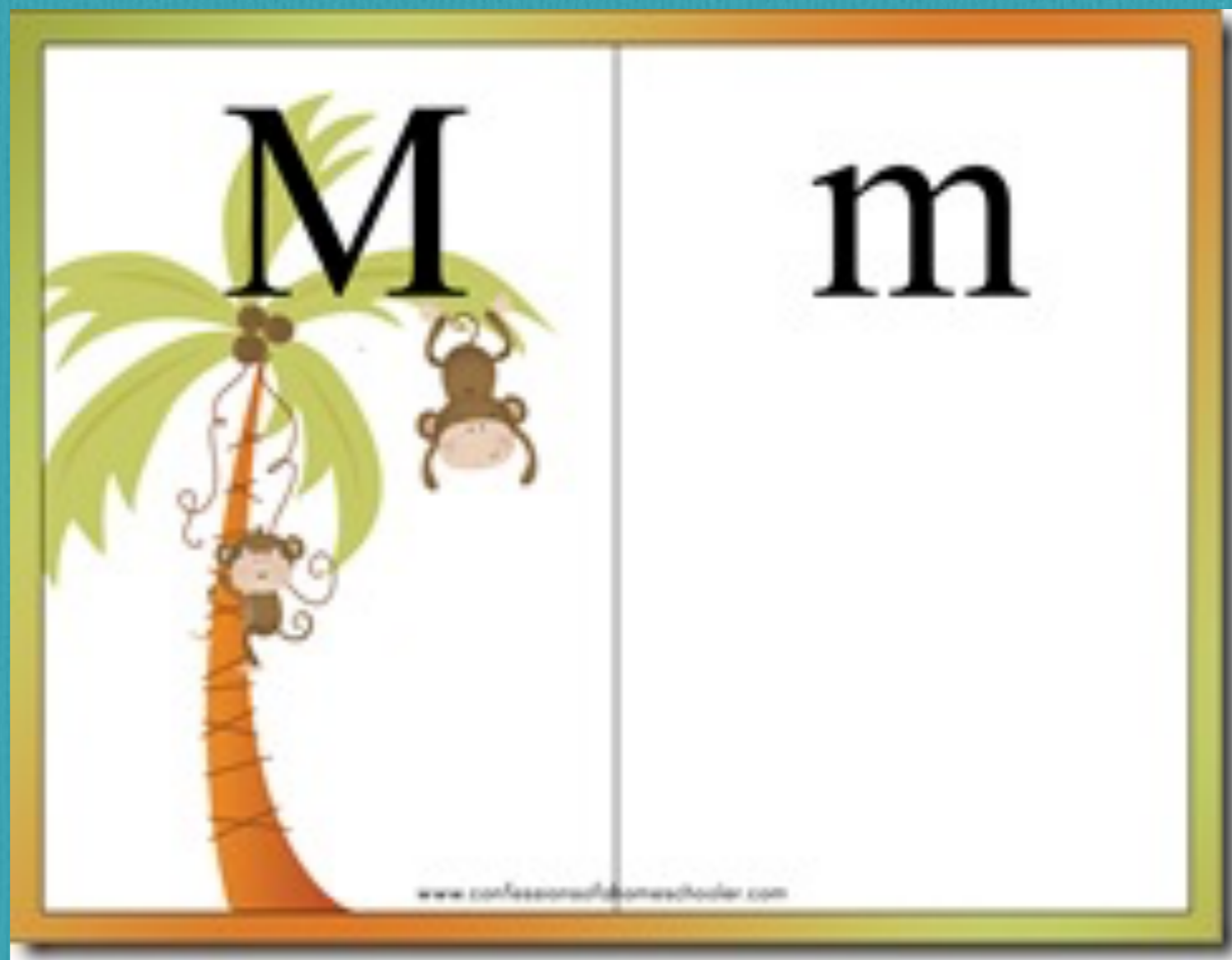
“The little things? The little moments? They aren’t little.”

–Jon Kabat Zinn

Definitions



- **Contemplative Practice** - Habits and practices that cultivate a critical, first-person focus, on direct experience, complex ideas or situations. Incorporated into daily life, they act as a reminder to connect to what we find most meaningful.
- **Everyday Mindfulness** - Small things throughout the day to connect you with your purpose and bring you in active connection with the present moment to optimize your response.



Mindfulness vs Everyday Mindfulness

**“Between stimulus and response
there is a space. In that space is
our power to choose our response.
In our response lies our growth
and our freedom.”**

– Viktor Frankl

But Why?

Logotherapy: Viktor Frankl

- Striving to find meaning in life is the primary, most powerful and motivating force in humans.**
- Life has meaning under all circumstances, even the most miserable ones.**
- Our main motivation for living is our will to find meaning in life.**
- We have freedom to find meaning and what we experience.**
- Positive life purpose and meaning is associated with strong religious beliefs, membership in groups, dedication to a cause, life values, and clear goals.**

“Man’s Search for Meaning” by Victor Frankl

**“Those who have a why to live,
can bear with almost any how.”**

– Viktor Frankl

Types of Happiness

- **Pleasant Life**, or the "life of enjoyment" (e.g. relationships, hobbies, interests, entertainment, etc.).
- **Good Life**, or the "life of engagement"
Flow is experienced when there is a positive match between a person's strength and their current task.
- **Meaningful Life**, or "life of affiliation"
Meaning, and purpose from being part of and contributing back to something larger and more permanent than themselves (e.g., nature, social groups, organizations, movements, traditions, belief systems).

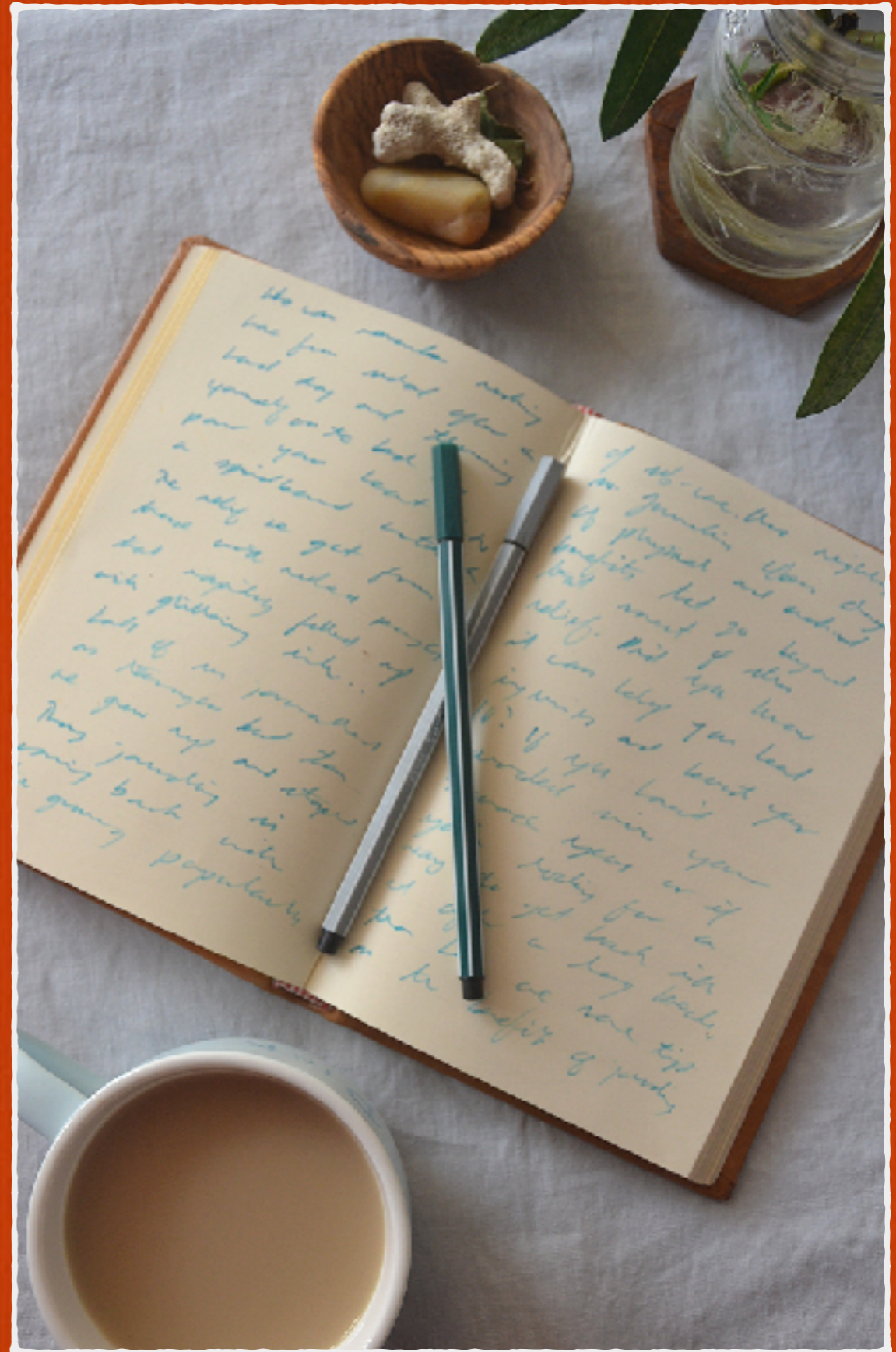


Breakout

How are you living a life of affiliation?

How does this affiliation connect you to meaning or a higher purpose?

Practices to Connect You to Your Purpose



Mindfulness Practices

Compassion Meditation

Gratitude Journaling

Mantra and Motto

Naming the Negativity and Doubt

**Everyday
Mindfulness Practices**

Catching People Doing Good

Practice Gratitude

Breakout
Yes, and...

Stay on Target



Create a Master Plan

Use Your Goals as a Tool

Thinking About Your Purpose

- <https://www.everythingabode.com/journal-prompts-reconnect-purpose/>
- <https://www.thehealthymaven.com/journal-prompts-for-finding-purpose/>
- <https://www.reikiinfinitehealer.com/7-journaling-prompts-to-clarify-your-life-purpose>

Protecting Your Purpose



**Zoom Your Allies - Email the
Rest**

Say “No”

Loosen Your Grip



@StevenFurtick

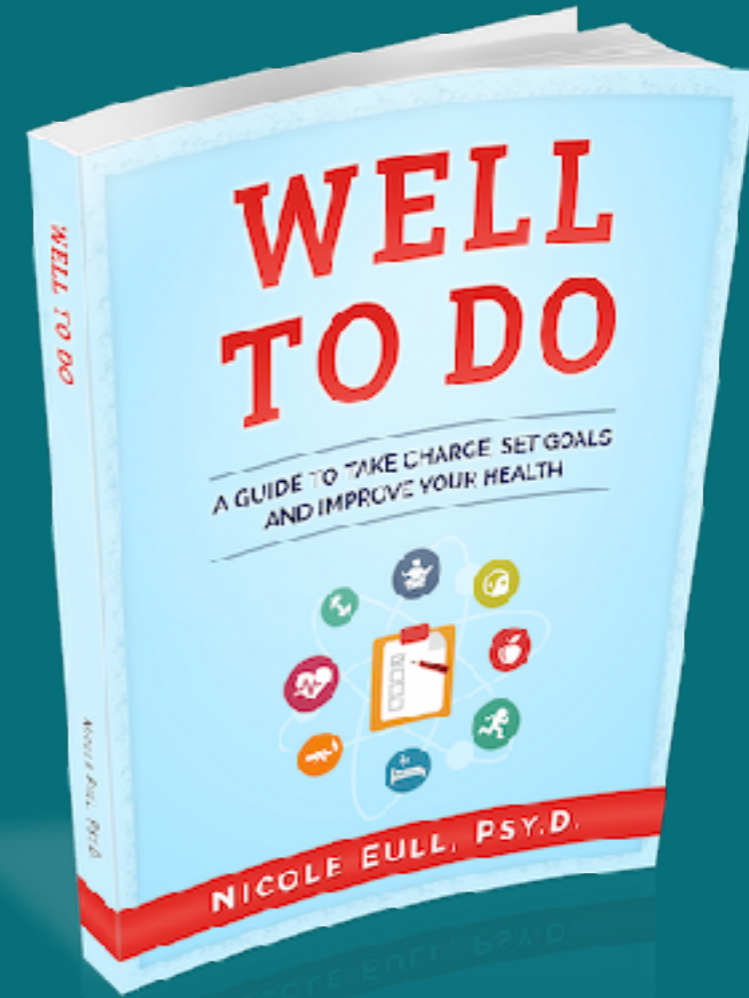
**“What we plant in the soil of
contemplation, we shall reap in
the harvest of action.”**

– Meister Eckhart

Catch Those Blessings



Questions?



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