



WELLBEING "HEALTHY HABITS"

PURPOSE



Unilever®

In today's world, we are experiencing a period of change and growth, at a speed in which we may not have experienced before. Technology, transport and world affairs are driving this quickening period. It is sometimes referred to as a VUCA (Volatile, Uncertain, Changing, Ambiguous) environment. Some of us enjoy and thrive during this period, for others it is a little more uncomfortable.

In this context, purpose means pursuing and connecting to your sense of meaning, finding congruence and enjoyment in your job and performing to your best.

It also means feeling that what you are doing is the right thing for you and those you impact - that you are making a difference, albeit in your own small but unique way.

When we are emotionally connected to what we feel is personally important, we often find that we have more personal energy to drive us forward.

When the pressure is on, it is useful to be able to lift your head and reconnect with what is really important to you. This helps keep perspective and bring meaning but also helps you to tap into a vital, potentially limitless source of personal energy - tapping into your discretionary effort and increasing your capacity to do what's important, both inside and outside of work.

When what we are doing is not congruent with our values and goals, then we may feel a sense of internal conflict and frustration because we are fulfilling others' needs at the expense of our own. This saps energy and undermines performance, because we are constantly trying to 'square the conflict' with ourselves, which can be physically, emotionally and mentally draining.

When we are truly congruent (our values are in alignment with our behaviours) and we have a clear sense of meaning and purpose, our day-to-day demands will not shake us. Our purposeful energy is like the roots of a tree, running deep, yet often unseen, creating stability, yet enabling us to flex and adapt when we need to. With purposeful energy, we are more likely to 'rise to the challenge' in the face of adversity. Without these roots, we become vulnerable when dealing with day to day pressures and demands and are more likely to 'knee jerk' react when things go wrong.

When was the last time you intentionally put effort into thinking about the 'big' things in life, such as: who you are, what sort of person you want to be and what you want from life? These are the sorts of questions that will help you develop and connect to your purposeful energy.

<<< Ask yourself each Big Question now and write down your answers - this will help you stay connected to the bigger picture when the pressure is on.



The Big Question #1: What's really important to you - at work and home?

The Big Question #2: What legacy would you like to leave?

The Big Question #3: What do you want from your life?