

3 exercises on purpose

FREE RESOURCE:  
**3 Exercises  
On Purpose**

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# About The Authors

# About The Authors



**Sandy ElChaar:**

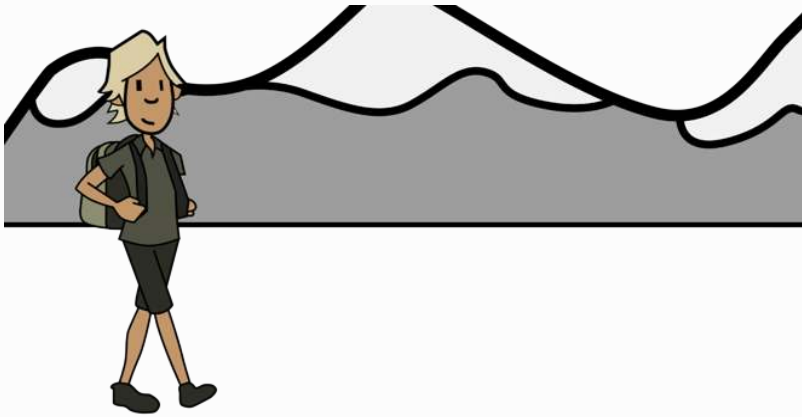
Clinical Psychologist | Existential Analysis  
and Logotherapy | Tension and Trauma  
Releasing Exercises Certified Provider |  
Researcher | Organization Development



**David Chorlton:**

Founder of Meaningful Paths Ltd, a resource platform and app providing a wide range of engaging tools to help people navigate life's challenges and to thrive in life. David has vast experience working in the heart of the mental health sector in the U.K. He has a lot of experience working across NHS hospital settings as a mental health support aid for individuals who have attempted suicide, self-harmed, have been on a section 136 or supporting those who have come into hospital voluntarily with a crisis. He also has well-rounded experience working in a drop-in centre and supported living settings working with individuals all the way from schizophrenia, psychosis, addictions, to anxiety and depression.

# Exercise 1



# Values

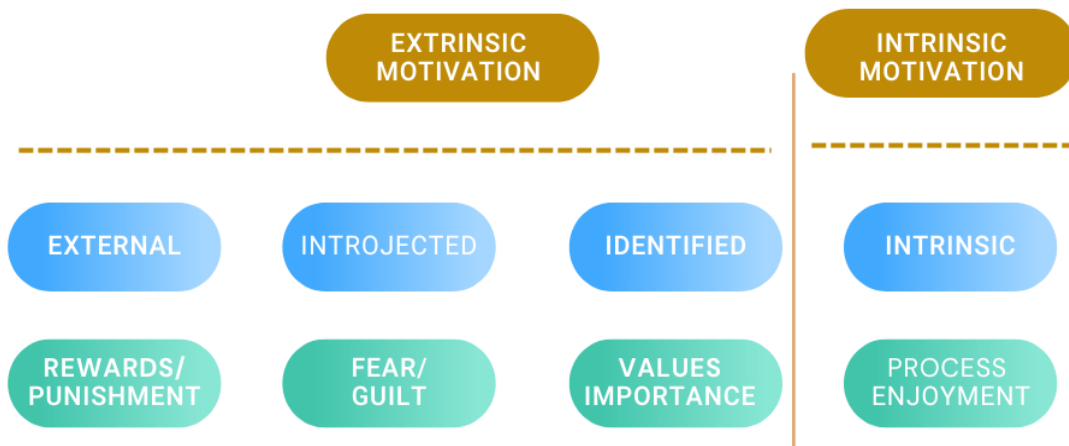
*In this section we will explore our starting point. Why do we act in a certain way? What motivates our behaviours? Why can we chase happiness and at times achieve things and then feel unfulfilled? How do we live a purposeful and fulfilling life? All of this and more will be explore here.*

## Self-Concordance Model Of Goal Setting

“If you take anything away from this eBook, then this model if followed will ensure you predominately live a purposeful life.”

– Author Note: David Chorlton

### SELF-CONCORDANCE MODEL OF GOAL SETTING





Many of us predominately follow the left side of the diagram by chasing happiness and taking action based on fear. This way of living can bring moments of happiness, but it can also result in feeling very dissatisfied and also not help us have a clear path when we face a crisis in life. To live a purposeful life and a life that is more energising, lays the foundations for more positive emotions to flourish, enables us a clearer path to navigating life's challenges, then we can follow the right hand side more consistently. A healthy balance of the entire diagram is also necessary as a modest amount of 'fear' in life around money can be healthy to ensure we are sensible with our finances. At times a little retail therapy can be a nice thing too.

Hedonic adaptation is where our subjective levels of happiness return back to a base line after a certain amount of time. For example if we get a bonus at work we will be happy for X amount of time before our levels of happiness drop again. We may chase after material possessions and work hard all year to purchase a shiny new toy. We may have a glass of wine after a stressful day and so on. Does this mean that we are forever chasing rainbows?

Hedonic pleasures can be healthy and a normal part of our life as well, however a balance must be struck. We can enjoy the taste of chocolate without it needing to be an outlet or a cover up for our deeply rooted needs and values not being met. We can enjoy short term pleasures by accepting them as they are and not chasing after happiness and assuming that these pleasures will lead to our end goal of happiness and conquer all of our struggles.

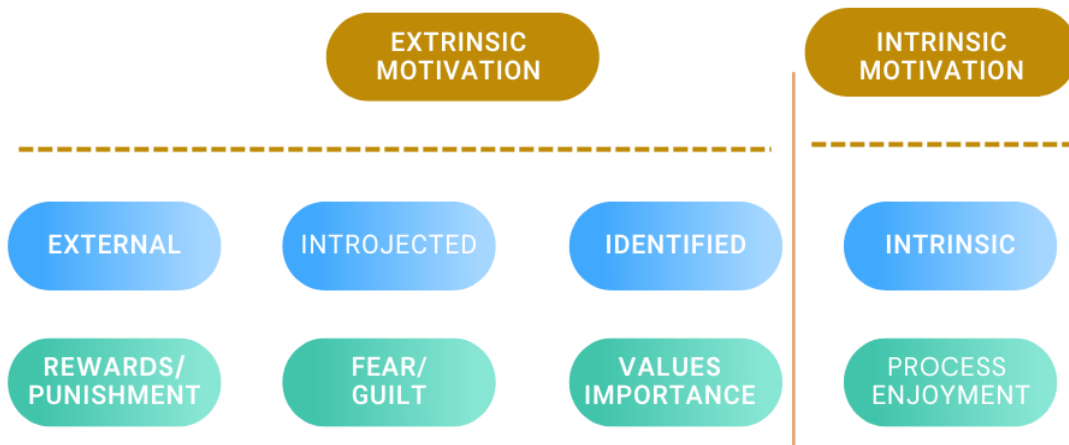
## Quick Exercise:

**Part One:** Write down three material items that you bought in the last year. Next to each item write down how long roughly the 'buzz' or 'positive emotion' of having that item lasted for. **Part Two:** Write down the specifics of that material item that brought you periodical positive emotions. New Car Was the new car a 'fun toy?' Did the new car give you fun with friends? Therefore the specifics of positive emotions could be the 'moments' and friendship that the car enabled. Big House Did the big house make you feel empowered in some way? Did the big house provide lots of memories with your loved ones? **Part Three:** Please take your time to assess what brings you happiness and why? Please note that Hedonic pleasures can also be things outside of material items including chocolate, alcohol, physical pleasures and more. They are part of a healthy life; however, if we can 'get off the Hedonic Treadmill' and stop chasing short term pleasures which we may believe bring us 'complete happiness,' we can then understand what things bring us deeper meaning, why we experiences positive and negative emotions, and also in addition understand why a such pleasures are not the complete answer. Being Rich or having a big house can add value to our lives, but understanding our emotions and living life with deeper connections and meaning will bring us more harmony, a healthy understanding of negative emotions and also bring us positive emotions more often.

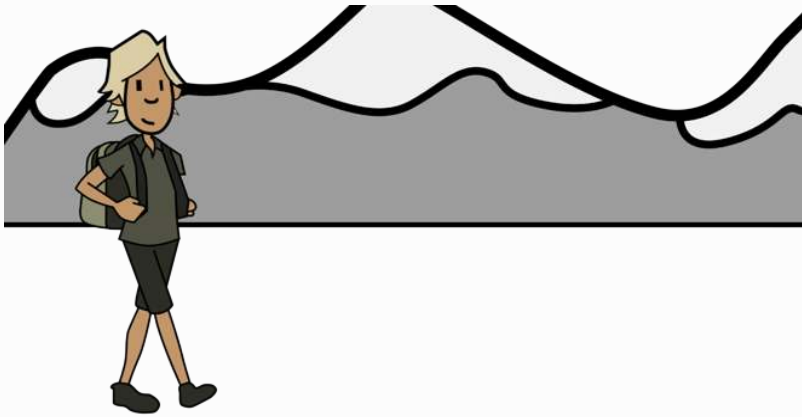
“Do you aim to reach your destination based on pressure from others, or do you choose this destination because you enjoy the journey towards it?”

– Author Note: David Chorlton

## SELF-CONCORDANCE MODEL OF GOAL SETTING



## Exercise 2



# Existential Analysis

*In this section we will explore our motivation for getting up in the morning and for saying; 'yes.. I CAN.'*

## TEACHING SECTION: "EA" ON WHY WE GET UP IN THE MORNING

A simple definition of Existential Analysis: an approach to psychotherapy that focuses on helping a person find a way of living in which he or she can give inner consent to his/her actions and therefore live with an authentic affirmation for life. *EA emphasizes dialogue with the world.*

From an EA perspective, "getting up in the morning" is an acknowledgement that it is a fact of human existence is to be questioned by life and that we have an inborn desire and responsibility to answer for ourselves.

o The 1st fundamental question of life is: "I am, but can I be?" o Getting up in the morning says: "I am here". o "To Be" (here) is the first "I Can".

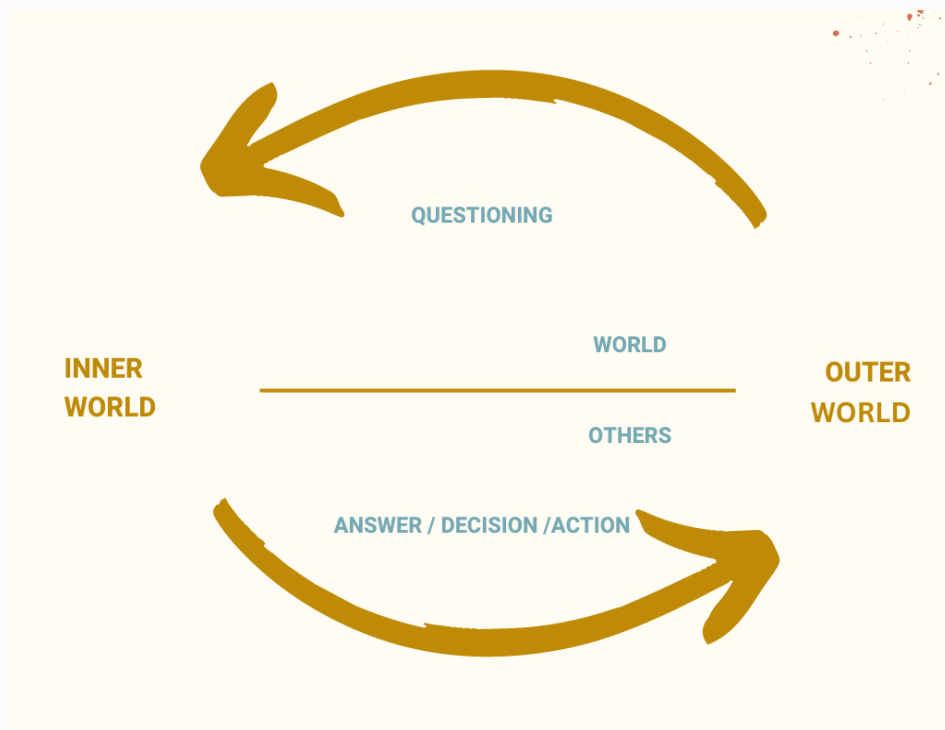
"I CAN": o Gives a basic sense of ability which also helps one to bear reality o Requires acceptance of conditions (possibilities & limitations) o Is bridged to and grounded in reality which makes me free o Gives consent to my place in world

**COPERNIKAN TURN** - The Existential Situation (Copernicus Turn - a paradigm shift in medieval cosmology whereby it is not the sun that is revolving around the earth, but the earth which revolves around the sun).

*“Being human means being questioned and life means giving answers.”*

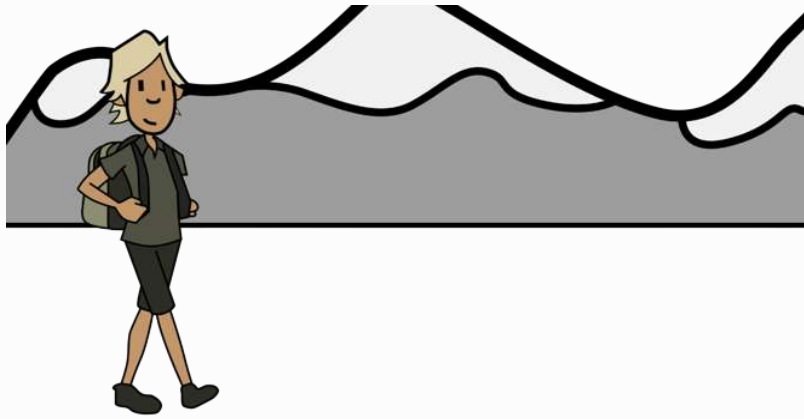
*“The meaning of a question is the finding of an answer leading to decision and action.”*

Take your time and think about what questions your ask your outer world on a daily basis? Think about what the outer world asks you?



## Exercise 3





# Dialogical Relationship

*A basic theory of EA focuses around the idea that life is dialogical.  
Humans/persons are always relating to the world/others (“Being in the World”  
- Heidegger).*

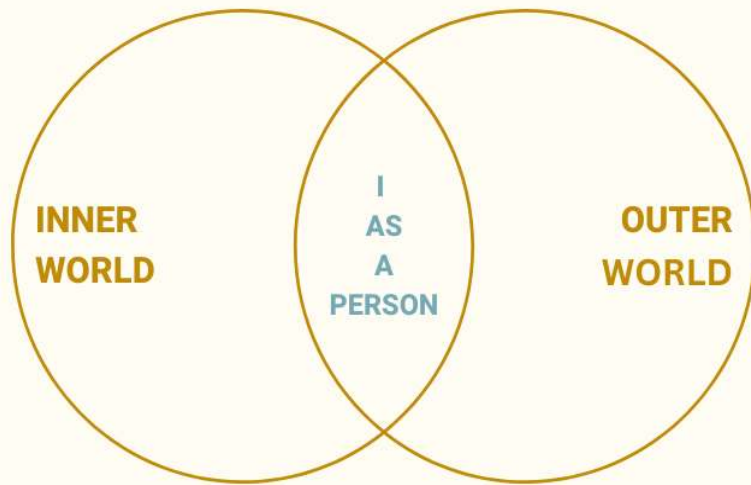
**Dialogue:** A basic theory of EA focuses around the idea that life is dialogical. Humans/persons are always relating to the world/others (“Being in the World” - Heidegger).

**Double Openness** - There is the constant question of: “What I am going to do with whatever is there?”.

Dialogue is understood to mean that life questions us and that we must answer for ourselves. Even refusing to answer is an answer! Life is constant decision making as life is constantly changing. All behaviour has “action” (which is free) or “reaction” (which is not free). The balance is to look at both the inner and the outer (self and other).

### **QUESTIONS FOR DISCUSSION**

a) What are the motivations that I am familiar with in myself and my life experience? b) What are the motivations that are most moving me right now? Are there motivations that currently seem blocked or hindered? c) Am I pushed by my drives or pulled by my values? Do I think about what I do and why I do it



"Double Openness"

## Concluding Thoughts

## Use Our Free App Alongside This EBook

Meaningful Paths has a free app download which can support your learnings and much more from this eBook. There is a section called Guides which has dozens of free videos by experts who will help you with life's obstacles to help you with purposeful living. There are also dozens of articles and audios for you to bookmark. Enjoy our eBook library on our website for further learnings.

Explore Meaningful Paths on IOS and Google Play Stores.

<https://www.meaningfulpaths.com>

Enjoy our free guides videos within the Meaningful Paths app to help you with life's challenges and for further personal growth.



## References

## References

All references within this eBook have been used with the upmost kindness, compassion and praise for the authors and experts who have created their work to help others. If for any reason anyone referenced in this eBook wishes to have their references removed or to discuss their references, then please connect with us on [hello@meaningfulpaths.com](mailto:hello@meaningfulpaths.com) and we will work together to find a solution. Warmest wishes.

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# Purposeful Living

According to leading neuroscientists, emotions enhance our memory of experiences. They enable us to remember what we have found in life to be beneficial to our survival, things we may wish to repeat, and things that might cause us harm, to be avoided. However, not all positive emotions are beneficial (e.g., the brief pleasure gained from illicit drug taking) and not all negative emotions are unhealthy (e.g., the anxiety and fear when in a threatening situation). Therefore, it is important to remember that, regardless of the valence (positive or negative value) of our emotional experiences, the reason that such experiences remain in our lives, is to teach us to survive better, to adapt to our circumstances. By referring to one's own feelings can the value of life be integrated into one's own life; and from this meaningful experiences are born.