



HIVE & THRIVE

CREATING BELONGING IN YOUR ORGANIZATION



Centering Time



Objectives

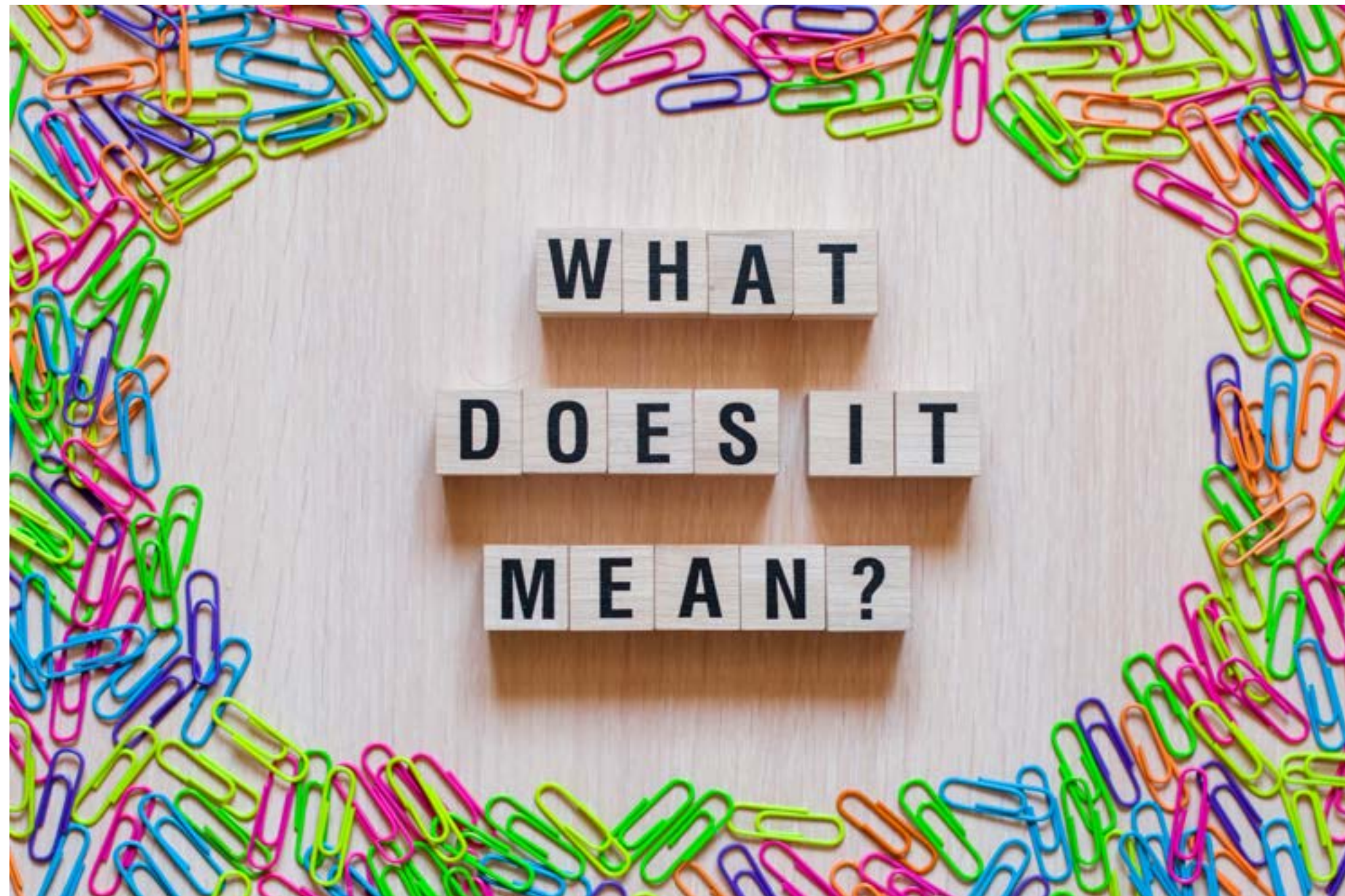
- What is positive psychology?
- What is the difference between meaning and purpose?
- How do we find meaning?
- How do we uncover purpose?



The pillars of positive psychology



Meaning vs Purpose



Meaning vs. Purpose

Are meaning and purpose different?

Yes:



- Meaning: subjective experience of feeling that **life fits** into a larger context and has significance; it connotes a **sense of comprehension** and life as a whole **makes sense**.
- Purpose: an overall **sense of goals** and **direction** in life.

- However, they are strongly correlated.
- And they are both important!

George, L. S., & Park, C. L. (2013). Are meaning and purpose distinct? An examination of correlates and predictors. *The Journal of Positive Psychology*, 8(5), 365–375. Retrieved from <http://www.tandfonline.com/doi/abs/10.1080/17439760.2013.805801>

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Reflection Time: Journaling

Think of a very difficult or challenging experience that you had at some point in your life, whether personally or professionally. Jot down the emotions you felt, how you still think about/consider it, any lasting residue it has for you.

(we are not going to share this, so you can be completely honest!)





Our meaning-making brain



POST TRAUMATIC GROWTH

PTSD vs. PTSG



5 Elements of PTG

- Greater appreciation of life and changed sense of priorities
- Warmer, more intimate relationships with others
- A greater sense of personal strength
- Recognition of new possibilities or paths for one's life
- Spiritual development

Tedeschi, R. G., & Calhoun, L. G. (1995). Trauma and transformation: Growing in the aftermath of suffering. Thousand Oaks, CA: Sage



The 24 VIA Strengths



<https://www.viacharacter.org/>

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Journaling, Part 2:

If you were to reframe the narrative from the difficult story you jot down earlier, how can you retell the story with a different narrative: what you learned, how you're different, stronger, what strengths you used to get there, etc?



Reminder about meditation!



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purpose



Questions for Peeling Back the Layers:

Journal the answers to as many or as few of the questions below as you feel called to.

- What are your superpowers?
- What can you not not do?
- What are you willing to struggle for?
- What did your 8 year old self love doing?
- What makes you forget to eat?
- What are times you felt most juiced and alive?
- What causes break your heart?
- How will you impact the world?
- Looking forward on your life 20 or 30 years from now, what do you want to say you've accomplished? Contributed?
- If you knew you were going to die one year from today, what would you do and how do you want to be remembered?





Fill in the blanks:

I am inspired by...

I am proud of...

I am excited to...

I am happiest when...

I am grateful for...

I am amused by...

I am interested in...

I take great pride in...

I am in awe of...

I am hopeful when...

I love me when...



Life Purpose Statement

My purpose is to use my _____ and my _____
(personal quality) (personal quality)

to _____ and _____
(expression of quality) (expression of quality)

So that _____.
(impact on the world or other people)

Example:

"My purpose is to use my curiosity and intuition to stimulate thoughts and actions in others so that they experience inner peace and authentic, joyful lives."



Meditation



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What are you taking away?





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