

January 2016



The **On Purpose** app is a simple, tool for crafting a personally meaningful purpose and then keeping track of how aligned you are to that purpose.

The app tracks S.P.A.C.E. — sleep, presence, activity, creativity, and eating - all factors that can impact your ability to achieve your life goals.

Live Well. Do Good!

The Volunteer Center of East Central Wisconsin is your local connection to volunteer opportunities throughout the Fox Valley Region. We connect volunteers with non-profit agencies and other community organizations in a variety of ways.

www.volunteercenter.net

Live a Life That's Worth Living

You were waiting for information on how to stick to your New Year's resolution, right? Well, this year we want to take you on a different journey. What is your purpose for living well? Why do you want to Live Well? Your 'why' is your motivator to encourage the action that leads to healthy choices and change. Do you want to take care of your parents? Do you want to see your kids grow up? Do you want to retire and travel? Your 'why' for living may be different from others'—but it is important that you identify this key component. From there, you can determine what steps to take to support the values that you want for yourself. Purpose is where we find meaning. Pur-



pose goes to the heart of what we value. We're happiest when we have a strong purpose and the energy to pursue it.

How Can You Begin Living Well?

Work with your Health Coach. Your Health Coach has tools and resources to help you get started.

Download the On Purpose App — like the dung beetle app on the left.

Explore & Journal. Start exploring with some questions and journal around them.

- How do you want

to be remembered?

- What do you love?
- Do my actions align with my purpose?

Live a true and purposeful life.

Take actions toward your dream.

Share your success and enthusiasm.

Make your life worth remembering.

Source: dungbeetle.com