

Module 6 Overview: Living With Purpose

Module Essential Question: “Why is a purpose-driven life important to me?”

Identifying a life’s purpose is essential for our health, motivation, happiness, and academic performance. Seldom in traditional schools do students have the chance to explore their big “Why” — Why am I here? Why am I going to school? What am I working so hard for? “Suffering ceases to be suffering at the moment it finds a meaning.” - Viktor Frankl. Students with a clear purpose have more grit and perseverance during the toughest setbacks, than their peers. They need the opportunity to explore their interests, what energizes them, how they can use it to serve others, and how they can live purposefully each day.

Course Description

- **L1: Why is living a purpose-driven life important to me?:** In **Lesson 1**, students will explore the benefits of having a purpose and the consequences of not having a purpose by exploring its power in helping many Holocaust victims survive and by analyzing research from various studies on purpose. Through these experiences, students will justify how having a purpose driven life is essential to their well being and success in life.
- **L2: What is a purpose?:** In **Lesson 2**, students will take a **purpose survey** and explore the research conducted from purpose studies such as the *Youth Purpose Project*, a major survey of 1,200 12-22 year olds that reveals that the majority of both young and older adults aren’t clear on their purpose. Students learn about the 4 classifications: the purposeful, the disengaged, the dabblers, and the dreamers and how it is common to be in one of the categories on the road to creating their purpose. Students then self-identify into a category and discuss with others through a four corner activity. It is OK not to have a well defined or even vague purpose. Many adults are not even sure what they’re purpose is, but because the research on having a purpose is so compelling, that the mere fact that students are beginning to explore “what’s my purpose” in life has many benefits in itself.
- **L3: What is my passion and how does it fuel me?:** In **Lesson 3**, students will showcase their passion in front of others and also get to see their peers and their teacher sharing the very thing that brings much joy to their lives. The goal of the lesson is to have students not only share their passion, but to see the joy it brings to themselves and to others. Students rarely get a chance to showcase their passions in school, if at all, and this opportunity allows students to have their moment to connect with a huge motivator and energy source in their lives.
- **L4: How do I find my purpose?:** In **Lesson 4**, students will create a *Purpose Mind Map*, a graphic tool that helps students clarify what their purpose might be. In the Purpose Mind Map students write out their passions, goals, fears, role models, and problems in the world they are concerned about in a visually appealing way that helps the brain see patterns and connections. Students analyze these maps individually and then in small trios through structured conversations aimed at helping each other identify their purpose!

- **L5: How can I clarify my purpose?:** In **Lesson 5**, students will continue to clarify their purpose by choosing one of 4 activities of their choice. Students can try: 1. A career survey to learn about the types of activities and professions that would make them happy, 2. A personality survey, 3. A list of exploratory questions to uncover their passions and causes they might want to make a difference in, and 4. A Purpose Research task where students with a clearer sense of purpose can begin exploring their purpose through a structured Google research task.
- **L6: How can I begin living my purpose?:** In **Lesson 6**, students will explore 3 components of pursuing one's purpose 1. Developing their craft (passion), 2. Volunteering, internships, or exploring their purpose in action, and 3. Identifying a mentor who can offer support and guidance. Students will analyze how Steven Spielberg engaged in these three elements to become one of the greatest movie directors of all time. Students will then begin creating a plan to engage in these three critical components.