**Living a Purposeful Life After Trauma**

**Purpose:**  
This worksheet is designed to help you rediscover meaning and purpose in your life after trauma. By reflecting on your values, passions, and strengths, you can create a vision for a future filled with intention, hope, and fulfillment.

**1. What Does Purpose Mean to You?**  
Purpose is the sense of meaning that guides your life and fuels your actions. After trauma, finding purpose can feel daunting, but it is also an opportunity to reconnect with what truly matters to you. Purpose can evolve from your values, interests, and the ways you wish to impact the world.

* How do you currently define “living a purposeful life”?
* What areas of your life feel meaningful or fulfilling right now?

**2. Reflecting on Your Values**  
Your values are the principles that shape your decisions and priorities. Trauma may cloud your connection to these values, but rediscovering them helps guide you toward a purposeful life.

* Write down three values that are most important to you (e.g., kindness, creativity, faith, community):
* How do your current actions align with these values? Are there areas where you feel disconnected?

**3. Recognizing Your Strengths and Passions**  
Trauma can make it hard to see your own strengths, but reflecting on your talents and interests can help you rebuild confidence and find direction.

* What are three strengths or skills you bring to the world?
* What activities or passions make you feel energized or fulfilled?

**4. Reimagining Your Life’s Vision**  
Living with purpose involves envisioning what you want your life to look like and setting goals that align with your values and passions.

* Imagine your life five years from now. What would you like to be doing, and how would you feel?

What is one small step you can take today to move closer to this vision?

**5. Finding Purpose Through Service**  
For many people, contributing to others or their community provides a sense of purpose. Service can be as simple as offering kindness to a neighbor or volunteering for a cause you care about.

* What is one way you could give back or connect with others that aligns with your values?
* How might contributing to others deepen your sense of purpose?

**6. Navigating Obstacles to Purpose**  
Trauma can create barriers to feeling purposeful, such as fear, self-doubt, or a lack of clarity. Identifying and addressing these obstacles allows you to move forward with intention.

* What fears or doubts come up when you think about living a purposeful life?
* How can you challenge these barriers with compassion and courage?

**7. Reflection: Celebrating Progress**  
Living with purpose is a journey, not a destination. Each step you take toward aligning with your values and passions is worth celebrating.

* What is one meaningful action you’ve taken recently that reflects your values or vision for the future?
* What brings you hope as you continue to explore your purpose?

**Conclusion:**  
Your purpose is not something you must discover all at once—it is something you create, one step at a time. By reconnecting with your values, exploring your passions, and taking intentional actions, you are shaping a life of meaning and fulfillment. Trust in your ability to build a future that reflects your unique strengths and aspirations.