

Human Leadership

Purpose Driven Leadership

Purpose can be defined as a life aim that stimulates goals and influences behavior. Much like a compass, purpose offers direction in life 1.

1McKnight, P.E. and Kashdan, T.B., 2009. Purpose in life as a system that creates and sustains health and well-being: An integrative, testable theory. *Review of General Psychology*, 13(3), pp.242-251.

Purpose Statement:

I am the _____
(metaphor)

that _____
(impact statement)

enabled by _____
(my gift(s))

Inspiration:
I am the *lighthouse* that *guides people to live their full potential*
enabled by *my abilities to listen deeply and encourage others*.

Finding your Values & Purpose

Think about a time at work when you felt a sense of accomplishment and pride, then answer the questions below and highlight words or phrases that resonate with your values and purpose.

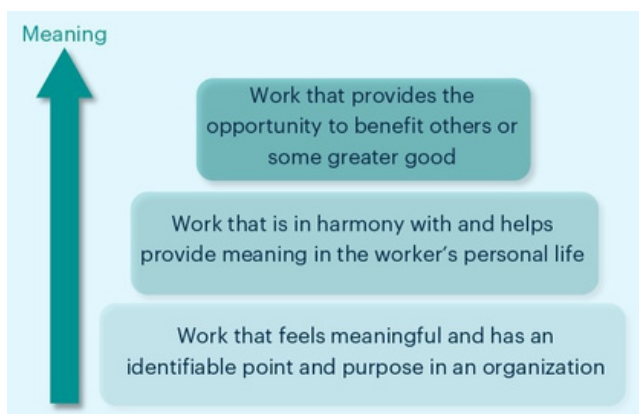
1. Who were you working with/for
2. What were you working on?
3. What strengths did you bring?
4. What energized you the most?
5. What was the outcome or result?
6. Who benefited from your work?

PURPOSEFUL WORK

To activate purpose, you need to discover your own purpose, connect it to your expression of purpose at Capgemini and nourish its activation through micro-practices

Discovering your own purpose will require you to explore your multi-faceted identity and uncover the innate essence of 'who you are', and 'your contribution to the world'

Employees living their purpose at work are 6.5x more likely to report higher resilience and 50% more focus. Hence connecting individual purpose to daily work, and to the organisational purpose can make a profound difference in one's life.



My 60 Days Habit Tracker

Use one row for each habit act you want to engage in, including mindfulness practice. Mark X for each day you intended to do your habit act and actually did it.

Tip: If you miss a planned day, don't worry – it happens. But to create a new habit, never skip twice.

Habit-Act	Day														
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45
	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60

NOTES :



1. My New Habit: Why do I do it?
Tip : Make it personally motivating
2. Cue
Tip : Use one(or more) cue types to trigger the new habit
3. Act
Tip: Be specific and start small so you cant say no.
4. Reward
Tip: Use immediate gratification until the long-term effects kick in

My New Habit _____

Action _____

Cue _____

Reward _____