



Teen Purpose Essential Facts



Having a sense of purpose is about the intention of accomplishing something personally meaningful that also benefits the world

- Common sources for purpose come from love for family and friends, the desire to help the world, or to engage in meaningful work.
- Finding purpose is not a single event in life, it is a process of discovery. People can have more than one purpose. It can be developed and change throughout one's life alongside priorities and passions.
- During adolescence, young people explore the world around them, mapping out the terrain so they can find their path to adulthood.



People with a strong sense of purpose show increased resilience and better health later in life

- Purpose is important in adolescence because it helps young people look towards their future, stay motivated, and develop resilience.
- People with a strong sense of purpose tend to be happier, less stressed, and perform better in school. They are also less likely to be diagnosed with cognitive impairments later in life.
- Teens can begin identifying purpose by embracing talents and interests, recognizing strengths, and crucially: taking positive risks, learning from them and those around them.