



Teen Purpose Tips for Parents

#1

Having a sense of purpose has many health and psychological benefits, like more happiness and less stress.

- People need meaning or purpose to become their **best selves** because it can motivate them to reach their goals and help others.
- People with a sense of purpose in their career tend to be better workers and have **greater job satisfaction**.
- Purpose can pay off even in later life. The **physical effects** include decreased risks for high cholesterol or developing Alzheimer's Disease.
- Purposeful people tend to **be happier**, more energetic, and have less health concerns.

#2

Finding one's purpose is a process. Young people need to test out new ideas and experiences to point them in a meaningful direction.

- Having a purpose allows people to experience a **meaningful life**.
- Purpose **can change** in different stages of life and as priorities change.
- People's sense of purpose may go through phases where it feels clear or vague. This **is normal**.
- People often develop **multiple purposes**. Purposes can be found in one's job, religion, or serving family and community.
- Parents can help most by **creating opportunities** for young people to explore different relationships, roles, and behaviors to better understand who they are and where they fit in.



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#3

Parents can guide teens towards finding their purpose.

- Parents should **praise their teens** for effort and displays of character strengths.
- Teens need to understand **they matter**. Knowing this, they can better uncover their purpose.
- Parents should encourage their teens to **try new things**, and be okay with mistakes. This will help uncover passions and interests.
- Parents should allow their children to see people in a variety of fields living lives of purpose. Through this they can find both **inspiration and mentorship**.
- Parents should **model a life of purpose**, fulfillment, and joy by pursuing their passions.
- Parents can provide **new opportunities** for exploration outside of teens' comfort zones, particularly through discovery-based learning.
- It can be difficult for teens to find strength and passions. Be your teen's **biggest supporter** by telling them it's a process that takes time and not knowing is normal.
- Parents can **provide perspective** to help their teens see their own strengths as they figure out their purpose.