

# purposeful Living

Being of service to others paves the path to a greater sense of purpose and fulfillment in life.



"The best way to find yourself is to lose yourself in the service of others."

— *Mahatma Gandhi*

What's your unique gift and how can you be of service to others? Contributing beyond yourself leads to a greater sense of meaning, purpose, and fulfillment in life. Consider the warm feelings, you experience when you do something good for someone else. Or, think about the uplift in your mood when you donate your time to your favorite cause. These feelings are generated whenever we seek out ways, big or small, to be of service to others and give our most valuable gifts, our time, energy, and talent. Our brains reward us with endorphins, feel-good chemicals, that produce what researchers call a "helper's high".

Studies show that helping others improves our mental health and wellbeing, reduces stress, improves our mood, and increases our happiness. Additionally, regularly finding opportunities to help those in your life is a great way to strengthen existing relationships and forge new ones thereby increasing our sense of connection, belonging, and community.

These connections can help us stay well especially during difficult times and beyond.

When seeking out ways to be of service, the most important thing to remember is that small acts can have a big impact. Your service need not be a dramatic display, it can look like checking in on a friend you haven't heard from in a while, or being a good listener, or giving whatever spare change you have away. Whatever you do, you'll make a difference.

---

## **Purposeful tips to redirect your energy, cultivate a spirit of generosity, and to be of service to others.**

### **Pay It Forward**

At some point in your life, somebody has helped you. Recall how you felt about being on the receiving end of generosity. How could you use your gifts to spread that feeling to someone else?

### **Do a Random Act of Kindness**

Find ways to perform a small act of kindness today. Slowing down to let another driver change lanes or holding a door open for a loaded-down shopper makes the world a tiny bit more pleasant.

### **Step Up**

Helping out when someone asks is a meaningful gesture, but taking the initiative conveys an even deeper level of care, concern, and dependability. Keep your eyes open to see who among your circle of family and friends may be struggling a bit. Then offer, kindly and gently, to take something off their plate.

### **Give Gifts Other than Money**

Take 5 minutes and create a list of non-financial ways to give back to others. Then look for opportunities to put them into practice. Be totally present with friends or family members. Give praise to someone who looks up to you. Choose to do an unpleasant task you've been putting off, especially if it helps others.

---

# We've been working on something new just for you!

## Introducing PurposeCast

purposeCast

**Pouring the Water: Seeking Ways to Be In Service of Others**

THURSDAY, DECEMBER 17 • 1:00 PM ET

Save my seat



**VIC STRECHER**  
CEO, CHIEF PURPOSE OFFICER  
KUMANU



**ARI WEINZWEIG**  
CEO, CO-FOUNDER  
ZINGERMAN'S

We're excited to bring you **PurposeCast**, a series of conversations highlighting purpose-driven thought leaders, experts, and innovators. Through their stories, you will get a glimpse into their journeys and gain insight and actionable tips for yourself. Learn how they harnessed their purpose to live bigger lives and how you can too!

On **Thursday, December 17 at 1:00 pm ET** meet **Ari Weinzweig**, CEO and Co-founder of Zingerman's. Ari is an entrepreneur, author, sought-after keynote speaker, and receiver of Bon Appetit's Lifetime Achievement Award. Ari and Vic Strecher, CEO of Kumanu, will continue to explore what it means to be "In Service of Others".

Save my seat

Find more ideas and ways you can be of service to others within the **Purposeful** app. Go to **Explore** and search for "giving back".

Purposeful is a free resource provided to you by your employer! Your team members are using Purposeful. Are you in?

Here's how to get started:

Text **UDEL** to **734-436-3939**

Already have an account? Jump back in whenever you need support, guidance, or motivation to be your best.

