

purposeful Living

Stay active to fuel your purpose and live a more fulfilling life



"A man of knowledge lives by acting, not by thinking about acting."
— *Carlos Castaneda*

We continue our series on SPACE factors this month with a deep dive into activity SPACE factors are the 5 levers we pull to replenish our spirit, providing us with energy and willpower to get the most out of our days and years. Purpose, it turns out, plays a crucial role in keeping those levers ready to pull.

Summer is in full swing and it's a good time to ask what moves you? Living in these times has made it harder to take part in our favorite activities even as uncertainty fuels stress, fatigue, and burnout. Maintaining movement, though, is a great way to revitalize both mind and body. Our focus for August is physical activity, which offers many immediate benefits such as increased energy, reduced stress and anxiety, and better mood regulation. Activity is also essential to a purposeful life — it's what allows you to pursue what matters most with energy and focus.

When it comes to the "why" of getting out there and breaking a sweat, your purpose can help in cultivating that supportive inner voice to sustain physical activity. Pull out your purpose statement and make the link as to how staying active feeds your short term goals, your long term goals, and ultimately your purpose. Doing yoga right now can immediately make you feel calm, and sustaining that activity can reduce your overall stress and contribute to overall health that allows you to make the impact you want. The most important thing is to find an activity that suits your current capabilities, your needs, and is something you truly enjoy. Soon enough, you'll find that physical activity goes by another name... "play".

Purposeful tips to weave more activity into your day.

Get Fit While You Sit

I do sitting workouts. I find chair exercise videos online, and sign up for chair yoga and tai chi classes at my local rec center. Sitting makes me strong!

This tip was submitted by a Purposeful user.

Bite-Size Your Exercise

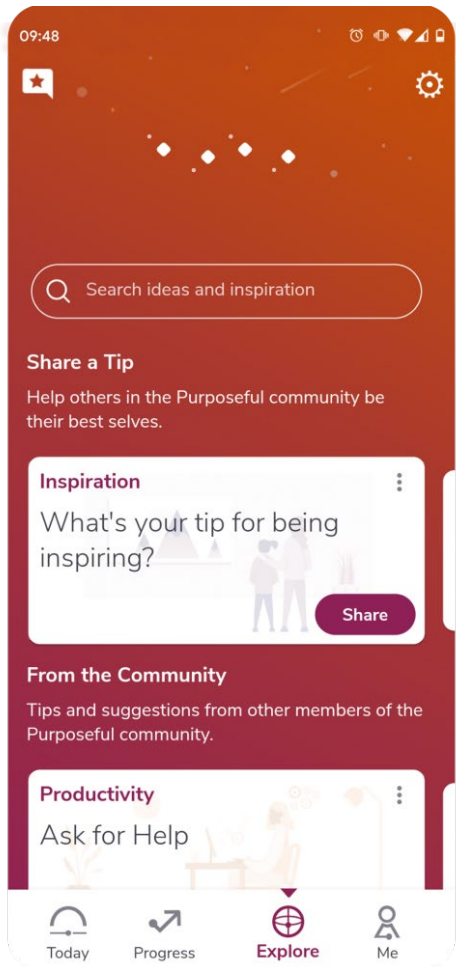
Just a minute or two of activity can bring about a burst of vitality. Squeeze in a few squats on your way to the kitchen for coffee. Or simply go for a quick walk. Starting small can make the habit easier to form.

Don't Wing It; Have a Plan.

Knowing when you're going to interject some motion and fun into your day can make it more likely to happen. Take out your calendar and schedule a "micro-workout" during some daily downtime.

Enjoy Your Exercise

Recall some of your most joyful physical experiences. Was it running around with abandon, dancing like no one's watching, exploring your city, or tossing a frisbee about? Our pasts are loaded with instances of exercise—we just didn't call it "exercise". We called it "play"



Join the Conversation

Our new tip-sharing functionality launched last month. Since then, we've been blown away by the tips and ideas shared by many of you. Learn what other users are doing to live more purposefully and be their best selves – simply go to **Explore** and find the "From the community" category. Feeling inspired? Submit a tip of your own!

As always, keep the feedback coming (email feedback@kumanu.com) — and watch your ideas become reality in Purposeful!

Purposeful is a simple yet **powerful** app designed to help you harness **brain science** to find and live your purpose while becoming the best version of you. Purposeful is a free resource provided to 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.

