How to Live a Life with Meaning Article (SEBB)

# How to use

1. Share the article below in a newsletter or blog to promote the *How to Live a Life with Meaning* activity, which runs from January 4 to April 2, 2021.
2. The article is ready to use as is or you can edit to make it work for your organization.
3. If needed, finish by adding your contact information, logo, and more.

**ARTICLE BELOW**

**Title:** What gives your life meaning?

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You have a purpose – the reason you get up in the morning. You also have unique gifts to share. And finding out how to do that is achievable and worth achieving. Knowing your purpose can give you a sense of direction and create meaning in your life. It motivates you to do and be your best.

## Adapt to change

Your purpose can shift in response to the changes you experience throughout life. If you find yourself saying “I didn’t expect this,” you’re not alone. It’s natural to hit challenges and times of confusion along the way. Many people find themselves on a path in life that isn’t quite what they expected. Where did you assume your life would be at this stage in your story? How is it different from reality? How would you like the story to evolve from here?

## Find your purpose

Purpose is fundamental. You work to discover it and after you discover it, you work to live it.

We continue to grow and be engaged late into life. It’s your story that truly matters. We all have a natural desire and capacity to contribute to this life. We each want to leave footprints and we each have a unique purpose.

Join the [How to Live a Life with Meaning](https://smarthealth.hca.wa.gov/Home/?cid=444207) activity in [SmartHealth](https://smarthealth.hca.wa.gov) to explore your purpose more.

## What is SmartHealth?

[SmartHealth](https://hca.wa.gov/sebb-smarthealth) is included in your benefits and is a voluntary wellness program that supports your whole person well-being. It helps you manage stress, build resiliency, and adapt to change. As you progress on your wellness journey, you can qualify for the SmartHealth wellness incentives.

Be well,

The SmartHealth Team

*Supporting you on your journey toward living well*

**ARTICLE END**