PURPOSE WELLBEING EXERCISE

100-WORD PHILOSOPHY

JD Roth, author of Get Rich Slowly, has some great exercises for finding purpose on this website. One is to create a 100-word philosophy (no more, no less!). Roth recommends starting by thinking about your core values and beliefs. What is truly important to you? This can take on any form you like, such as a list of instructions of how you want to live your life or a statement of values.

My Philosophy