

FREE your FEELS™

PURPOSE

Have you ever felt excited about working toward a goal, helping others, expressing your creativity, or being part of something bigger than yourself? Those experiences can be connected to your sense of purpose.

Purpose is having a sense of direction and meaning in your life. It's about knowing what matters to you, what motivates you, and how you want to spend your time and energy. Your purpose can come from your values, interests, relationships, culture, community, passions, or dreams for the future.

Having a sense of purpose can support your mental health and well-being by helping you stay motivated, build confidence, navigate challenges, and feel more connected to the people and communities around you.

Your purpose doesn't have to be one thing forever. It can grow and change as you learn more about yourself and the world around you.

WHAT IS YOUR PURPOSE?

Brainstorm ideas of what your purpose is or could be...



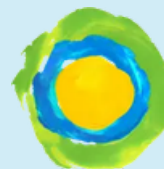
RESOURCES



GUIDE'S Georgia Teen Institute:
Leadership development, service opportunities, and youth-driven community action.



GCAPP: Programs that help young people build leadership skills, positive futures, and confidence.



VolunteerMatch for Teens:
Find volunteer opportunities based on causes you care about.

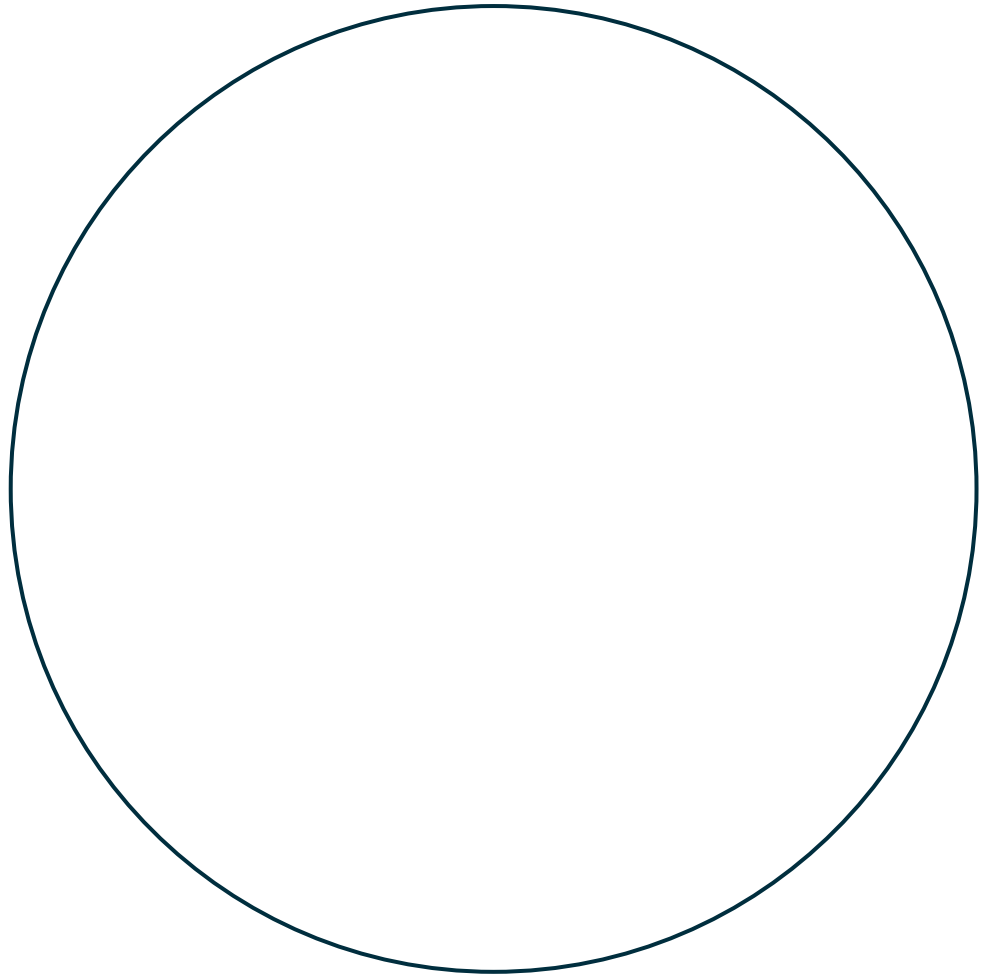


988 is the Suicide & Crisis Lifeline, offering free 24/7 support for mental health emergencies.

ACTIVITY:

Divide the circle into sections showing what's most important in your life right now (like a pie chart):

- ☐ Family
- ☐ Friends
- ☐ Faith/Spirituality
- ☐ Sports/Activities
- ☐ School
- ☐ Helping Others
- ☐ Future Goals
- ☐ _____
- ☐ _____
- ☐ _____



Reflection:

What does your pie chart tell you about what is most important in your life right now? Are there any areas you'd like to prioritize more?

Follow for more resources!
@freeyourfeelsga



"Free Your Feels" is a mental health awareness campaign encouraging Georgia's young people to explore their real **feelings** and **free** them fearlessly.

**ACCESS MORE
RESOURCES AT
[FREEYOURFEELS.ORG](https://freeyourfeels.org)**