

# Understand the Science of Purpose Across Cultures: Growing Purpose Workshops in Manilla, Philippines

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## Growing Purpose Workshops

The “Growing Purpose” Workshop consists of six models that each include scientific research, activities, opportunities for open discussion and recaps in order to engage and inspire further discussion about purpose.

**Module 1:** A window into your reason: Why do I do what I do?

**Module 2:** Understanding the science of purpose: (Pt.1) What is purpose?

**Module 3:** Understanding the science of purpose (Pt.2) Why does it matter?

**Module 4:** Development of purpose: How do I develop it?

**Module 5:** Purpose in the microsystem: Salience of purpose in everyday life

**Module 6:** Purpose in the macrosystem: Collective purpose/contexts

### Module 2

Breaking down the difference of goals, purpose, and meaning

GOALS	PURPOSE	MEANING

Activity:

### Brief Reflection

- Think about how you initially gained your sense of purpose.
- Which of the 3 pathways do you believe this insight came from?

*Note: If none, feel free to list other avenues!*

#### Common Pathways to Purpose

<b>Proactive:</b>	Sustained, gradual effort over time
<b>Reactive:</b>	Transformation in response to events
<b>Social Learning:</b>	Observing others engage in meaningful ways

## Understanding the Science of Purpose

Purpose is a central, self-organizing life aim that:

- (1) organizes and stimulates goals,
- (2) manages behaviors, and
- (3) provides a sense of meaning

Benefits of Purpose:

- increased self esteem
- resilience to psychological stress
- increased life satisfaction
- increased agency
- increased positive mood
- decreased-self esteem reactivity
- decreased negative mood
- decreased impulsivity

### Common Pathways to Purpose

**Proactive:** Sustained, gradual effort over time

**Reactive:** Transformation in response to events

**Social Learning:** Observing others engage in meaningful ways

