UNCOVER YOUR PURPOSE
HRCOREACADEMY - 2020
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WHAT ARE YOU GRATEFUL FOR?
LOVE
LGBTQ
We will still be heard
WE ARE THE ONES WE'VE BEEN WAITING FOR.
Everyone will be alright
YOU ARE ENOUGH
LOVE!
Extreme vetting for Republicans.
Do all the good you can for all the people you can for as long as you can.
Inspire
Love is LOVE is LOVE
UBUNTU ALWAYS. One Love
Be APART of the SOLUTION "THAT MEANS YOU TOO!!"
Live to love
Stay Strong. Love each other!
Now that it's done - Lets move forward as
I am grateful for you
LOVE WINS IN THE END
Don't lose heart. We
Where there is ♥ There is life.
Separation of
BIG HUGS FROM FRANCE
Aquí estamos y no nos vamos, y si nos hechan nos regresamos.
#undocumented unafraid
BEAUTIFUL. UNITY
I will change the things I cannot accept
2018 TURN THE TIDE
LOVE + LIGHT
Trump's hate
RIGHT, temporarily defeated, is stronger than evil triumphant. MLK, Jr
We are One people
Be Active
We will Be ok
Love Trumps Hate
Freedom and Love
HATE! STOP THE VIOLENCE! TRUMP
We are Still here!
PLEASE
el amor gana siempre
TRUMP HATE!
Go Calexico
I Love you!
LAND
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# YOU ARE GOING TO DIE

# THAT'S WHY YOU NEED TO LIVE

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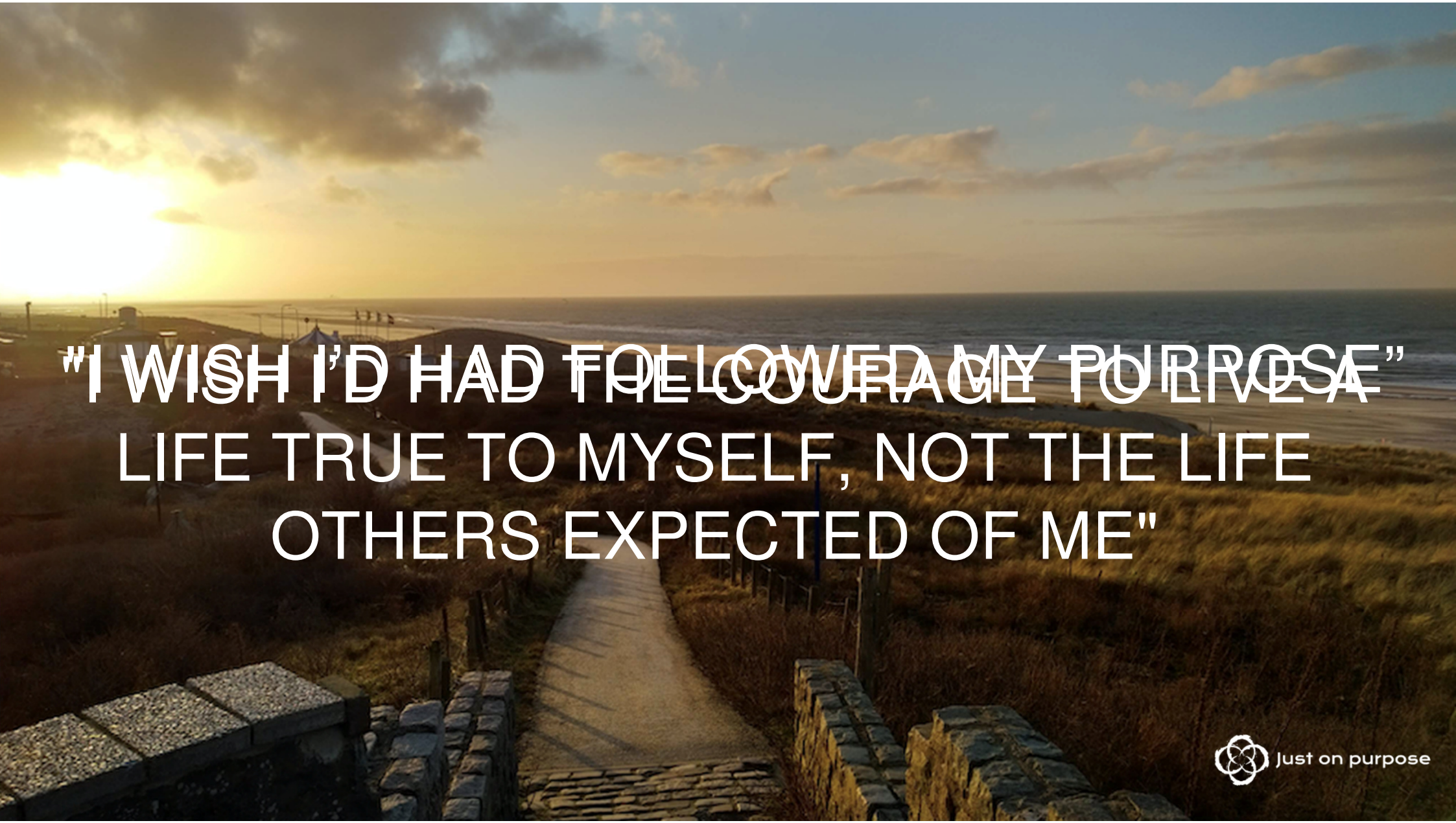
# TOP FIVE REGRETS

- I wish I'd had the courage to live a life true to myself, not the life others expected of me.
- I wish I hadn't work so hard.
- I wish I had the courage to express my feelings
- I wish I had stayed in touch with my friends.
- I wish that I had let myself be happier.


"I WISH I'D HAD THE COURAGE TO LIVE A LIFE TRUE TO MYSELF, NOT THE LIFE OTHERS EXPECTED OF ME"
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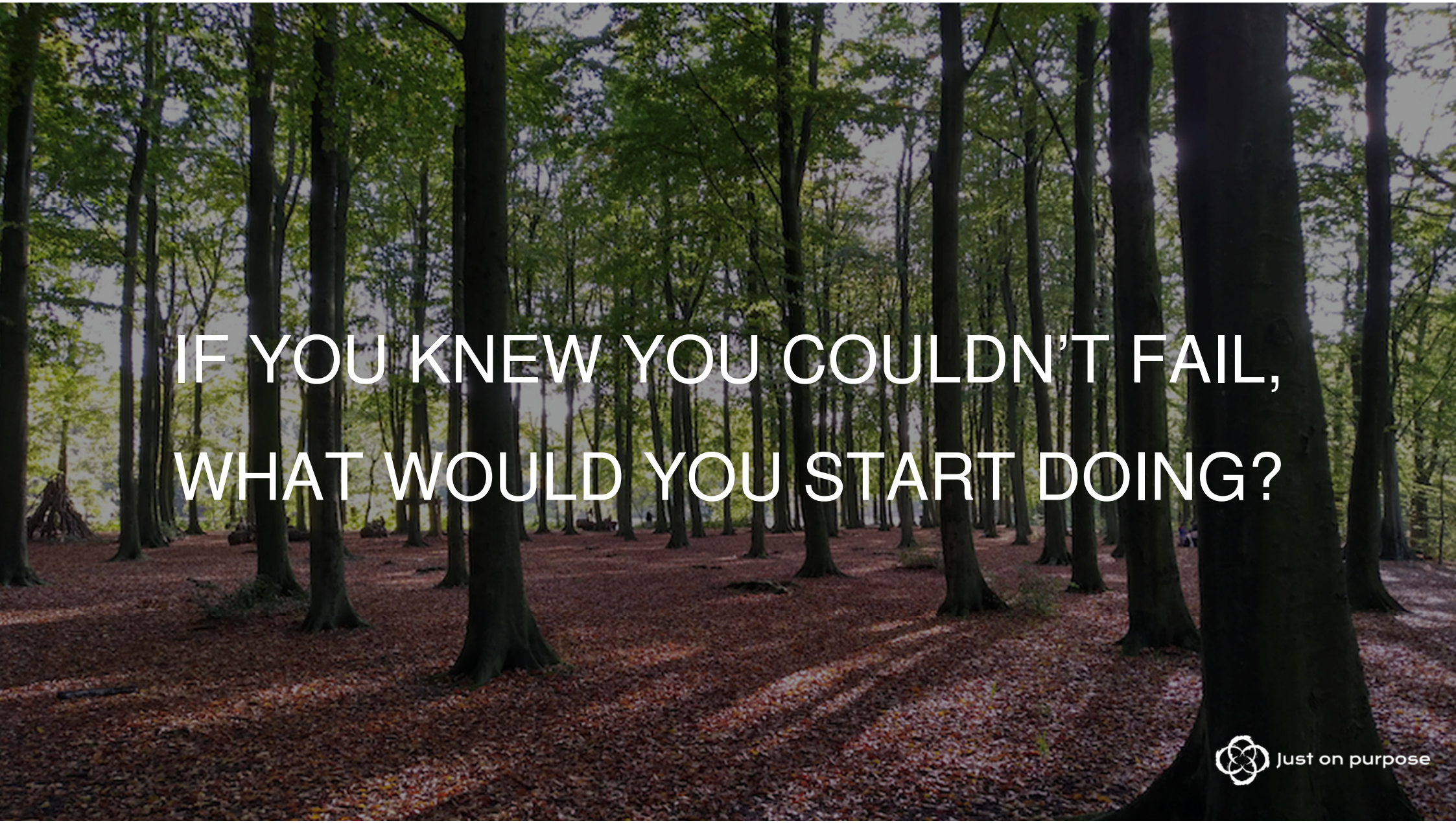
IF YOU KNEW YOU COULDN'T FAIL,
WHAT WOULD YOU START DOING?
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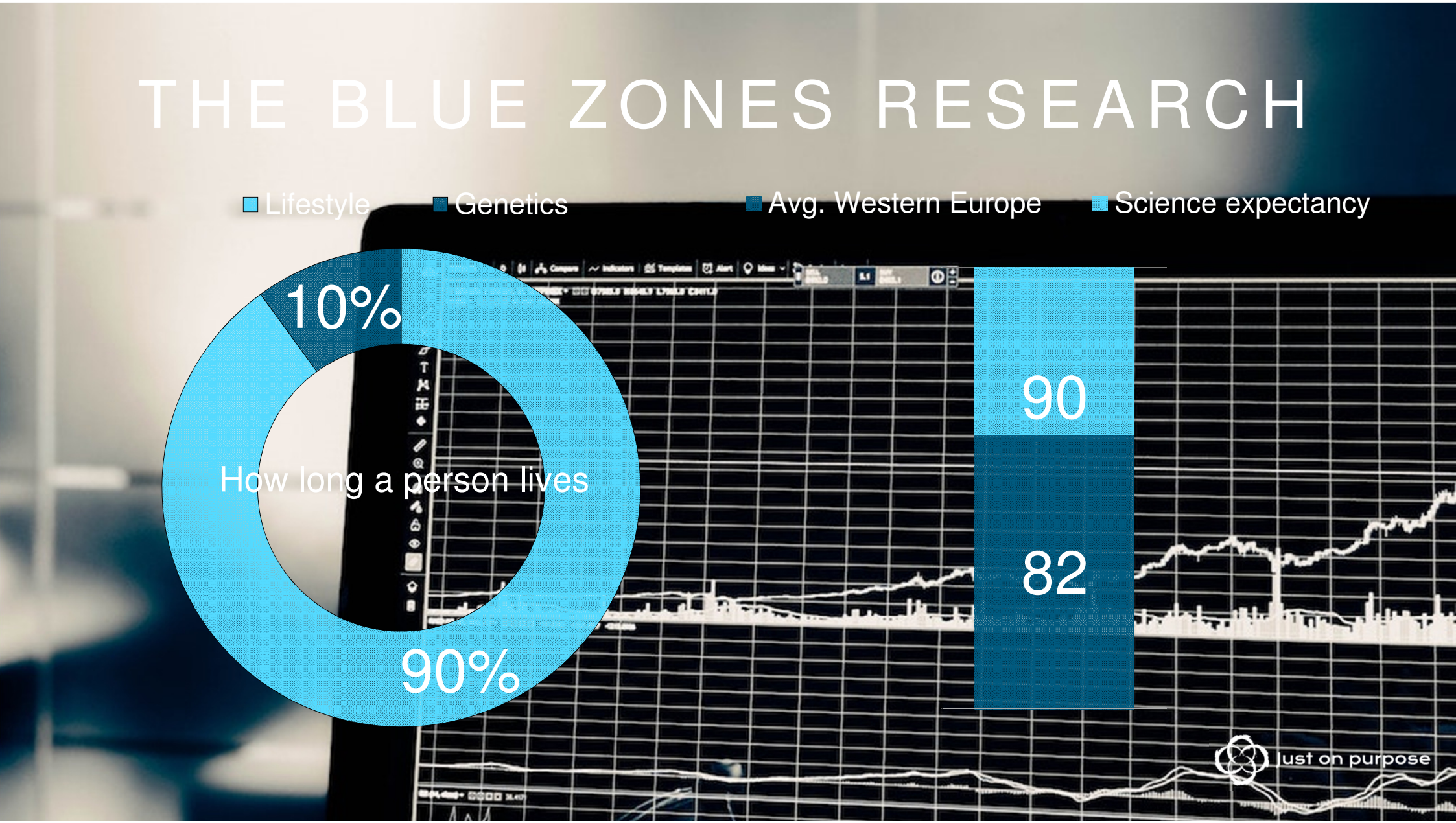
# THE BLUE ZONES RESEARCH



THE B

CH

Loma Linda, CA

Okinawa

# POWER 9®

Nine healthy lifestyle habits shared by people who've lived the longest.

BLUE ZONES

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IKIGAI
The reason why you wake up in the morning
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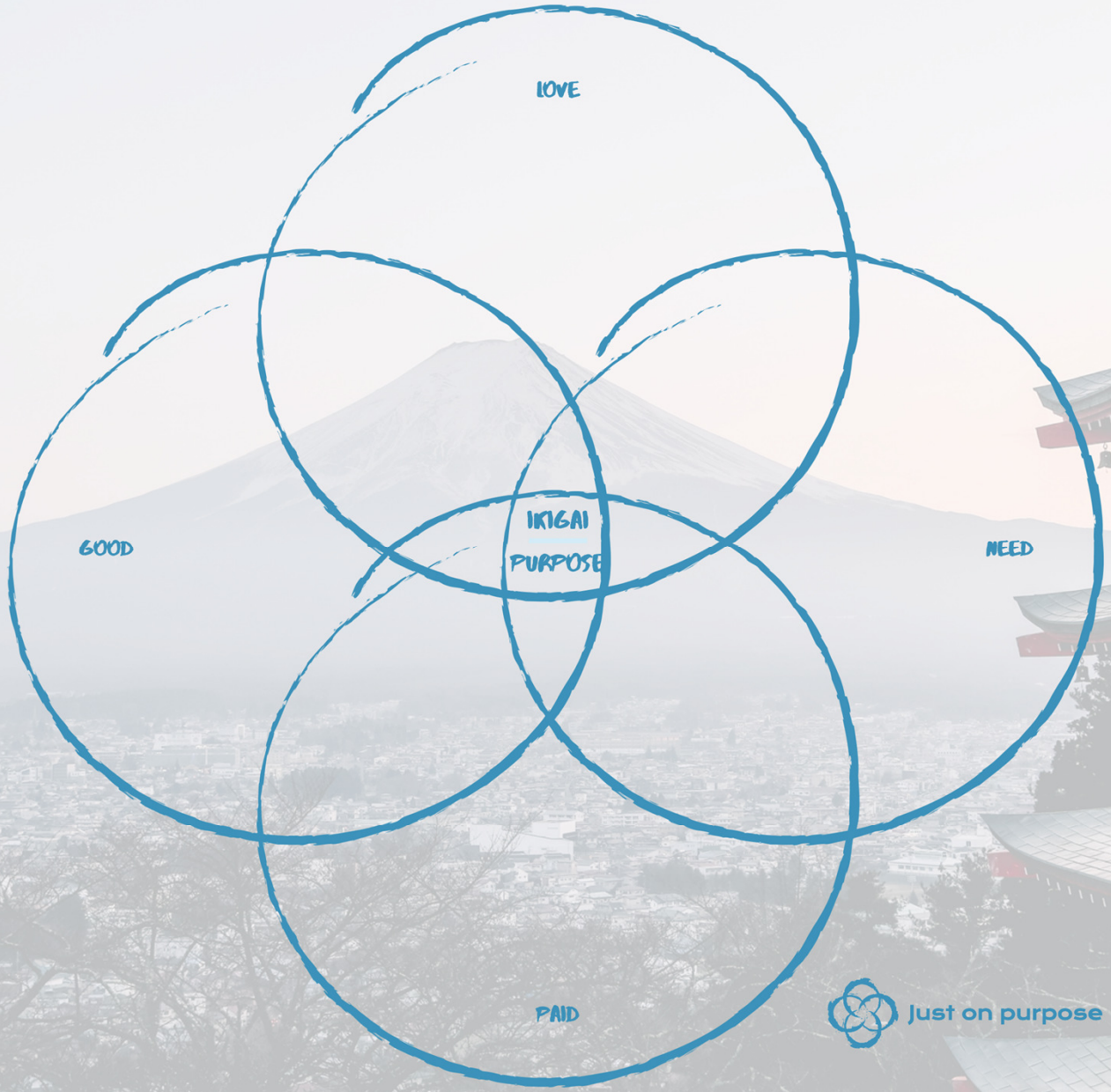
# PEOPLE WITH A SENSE OF PURPOSE LIVE LONGER, HEALTHIER AND HAPPIER

# IKIGAI OR PURPOSE? BOTH...

WHAT AM I GRATEFUL FOR?

IF I COULDN'T FAIL, I WOULD...




WHAT MAKES ME HAPPY?

WHAT DRIVES ME TO FLOW?

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HOW CAN YOU ALIGN PURPOSE?
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ASK THEM ABOUT THEIR DREAM
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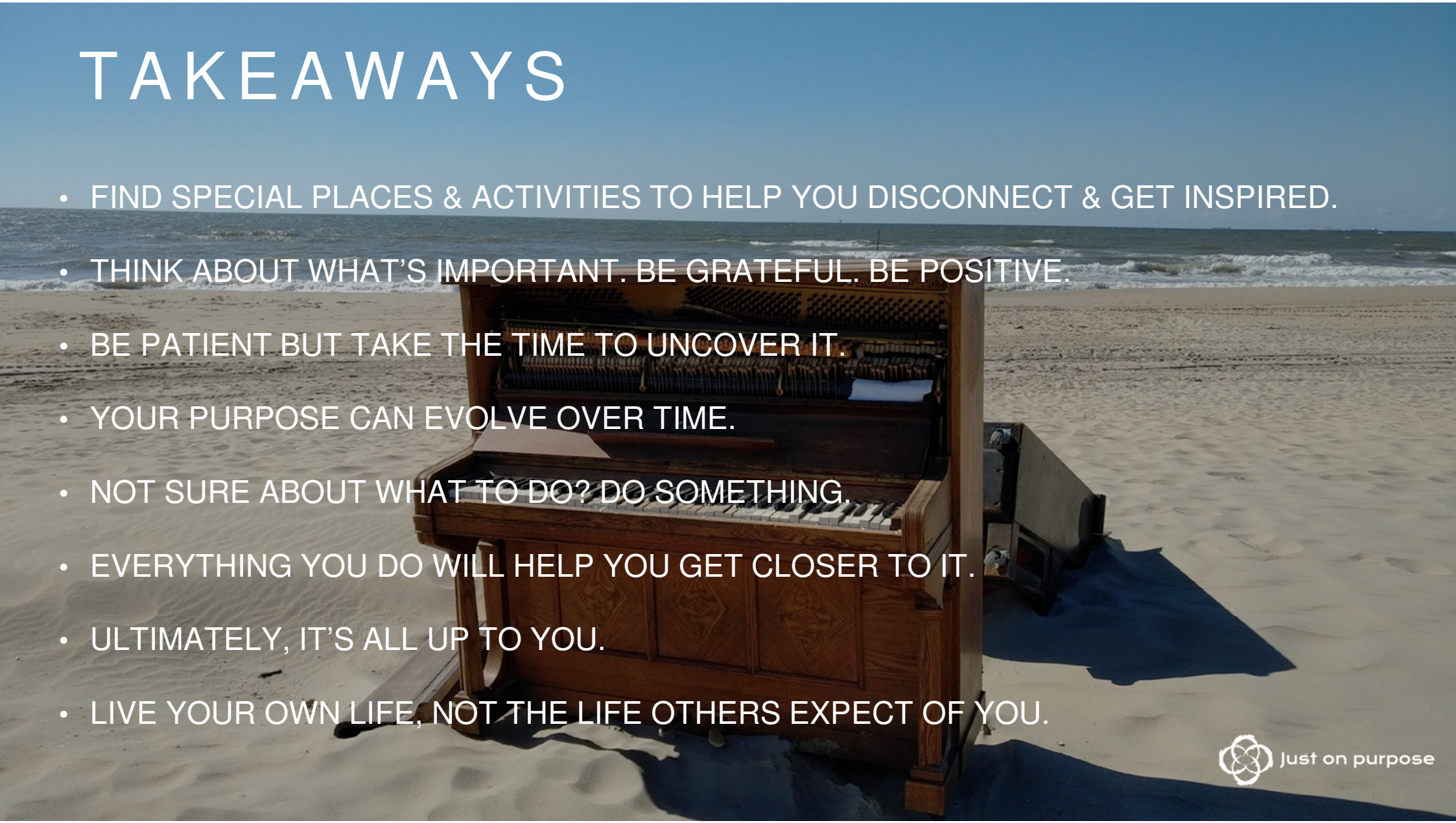
# TAKEAWAYS



- FIND SPECIAL PLACES & ACTIVITIES TO HELP YOU DISCONNECT & GET INSPIRED.
- THINK ABOUT WHAT'S IMPORTANT. BE GRATEFUL. BE POSITIVE.
- BE PATIENT BUT TAKE THE TIME TO UNCOVER IT.
- YOUR PURPOSE CAN EVOLVE OVER TIME.
- NOT SURE ABOUT WHAT TO DO? DO SOMETHING.
- EVERYTHING YOU DO WILL HELP YOU GET CLOSER TO IT.
- ULTIMATELY, IT'S ALL UP TO YOU.
- LIVE YOUR OWN LIFE, NOT THE LIFE OTHERS EXPECT OF YOU.

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# THANK YOU!

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