



Purpose beyond Grades and Goals

As our teens look beyond school, our conversations can guide them in reflecting on their life goals and how they can contribute to family and society.

Here's how you can support them in developing a sense of purpose.



What is Purpose?

Purpose is a long-term aim to accomplish something that is personally meaningful and contributes to the wider world.

It isn't a single destination.

It evolves as our teens grow, helping them look beyond grades and milestones to pursue what truly matters.

And the family has a vital role to play in supporting this journey.



Why does purpose matter?

A stronger sense of purpose can help our teens:



Feel more hopeful and satisfied



Support better mental well-being



Enjoy better physical health



Engage more meaningfully in school



Purpose helps our teens look beyond the next milestone

There is no single "right" purpose

Every young person's journey towards purpose is unique and unfolds at a different pace

Purpose may be expressed through:

Personal growth:
Growing one's strengths and talents

Family and relationships:
Caring for loved ones and building strong connections

Spirituality and meaning:
Faith-based or spiritual beliefs and values

Community and service:
Making a positive difference to others

Career and calling:
Contributing through meaningful work

Here are **3 ways** to help our teens explore their "purpose"



Listen for the spark

Be curious about what excites your teen.
Instead of jumping in with advice,
ask, listen and explore together.

Try asking:

- ♥ "What are you interested in these days?"
- ♥ "What's been exciting you lately?"
- ♥ "Why do you care about those things?"
- ♥ "Is there something you would like to work towards? Why does it matter?"

**STAY
CURIOUS!**



Share what gives **YOUR** life meaning

Our teens learn about purpose partly by
seeing what matters to us.

Share a story about your work, relationships,
volunteering, passions and values.

Try saying:

- ♥ "Something that gives my life meaning is... because..."
- ♥ "One experience that shaped what matters to me was..."
- ♥ "A cause I really care deeply about is... because..."

Let them see what
purpose looks like in
real life



Model contribution and **create** opportunities to contribute

Purpose grows when our teens experience how their
strengths can make a difference. Let your teen see
your values in action - through how you love, care,
show kindness and contribute.



Start with their interests

What do they already care about?



Explore together

School, community or volunteering projects



Support without taking over

Offer encouragement and practical help
(e.g. transport) while allowing your teen to
take ownership.



Connect with others

Mentors, organisations,
people they admire

Give them opportunities
to take ownership



“

Listen closely for the spark,
then fan the flames.

- William Damon

Sometimes, the spark starts with
something small: a conversation,
an interest or a cause they care about.

**Stay curious.
Keep talking.
Give the spark
room to grow.**



Save this for your next
conversation with your teen