IDENTITY AND PURPOSE

WHAT DOES IDENTITY AND PURPOSE MEAN?

Identity refers to our understanding of who we are.

Purpose is our understanding of our role in contributing meaningfully to our families, communities and society.

Identity and purpose are intertwined because we need to have a solid sense of self, or identity, to ultimately find our life’s purpose.

WHAT DOES IDENTITY AND PURPOSE LOOK LIKE?

Children who have a strong sense of identity and purpose will:

- Know who they are individually and in relation to their families and communities.
- Be able to talk freely about their emotions, values and beliefs.
- Be aware of their strengths and weaknesses.
- Have pride in their culture and their life story.
- Understand how they contribute to their families, communities and society.

HOW CAN PARENTS FOSTER IDENTITY AND PURPOSE?

Parents can...

- Encourage children to express their feelings in healthy ways.
- Support children in exploring their passions and interests.
- Share family customs, languages, cultural norms and stories with honor and pride.
- Help children discover ways to contribute to family and community, such as:
  - Completing family responsibilities/chores.
  - Working or volunteering for a family business.
  - Performing community service projects in their local community.