Black Cockatoo
MEN'S COUNSELLING

THE POWER OF PURPOSE

Finding meaning, direction and a reason to keep moving through life's difficulties

FIND WHAT MATTERS. TAKE THE NEXT STEP.

Purpose gives us a sense of direction. It can come from caring for people, doing useful work, learning, creating, serving others or living by our values. Our purpose can change as life changes. When hardship, loss or disappointment gets in the way, reconnecting with what matters can help us find a reason to keep going. It doesn't make pain disappear, but it can give us a way forward.

ASK WHAT MATTERS TO YOU

Look beyond what you own, earn or achieve. What kind of man do you want to be? What values do you want to live by ? honesty, care, courage, fairness, curiosity or contribution?

HOLD ON TO WHAT YOU CAN STILL CHOOSE

Some circumstances are outside your control. You may not be able to change what has happened, but you can consider the attitude you take, the support you seek and the next action available to you.

EXPECT YOUR PURPOSE TO CHANGE

The purpose that guided you at 25 may not fit at 50 or 70. Work, relationships, health and family life can change. Give yourself permission to review what matters now.

LET PEOPLE BE PART OF YOUR PURPOSE

Purpose does not have to be a solo journey. Relationships, friendship and shared goals can give life meaning. Let others know what matters to you, and make room for their hopes and struggles too.

FIND MEANING IN CONTRIBUTION

Purpose isn't always a grand mission. It may be being there for your children, supporting a mate, doing your work well, helping your community or passing on what you've learnt.

TURN MEANING INTO ONE SMALL ACTION

A purpose becomes more real when it shapes what you do. Choose one practical step this week: make the call, show up, learn something, repair a relationship or give time to something you believe in.

WHEN LIFE DOESN'T GO TO PLAN

Viktor Frankl's writing reminds us that meaning can matter deeply when life is difficult. This doesn't mean hardship is good, or that we should accept harm. It means we can look for what remains important and decide how we want to respond, one step at a time.

MAKE IT REAL THIS WEEK

Write down three things that give your life meaning today. Choose one small action that reflects one of them. If your old sense of purpose no longer fits, ask: What matters to me in this stage of life?

A THOUGHT TO TAKE WITH YOU

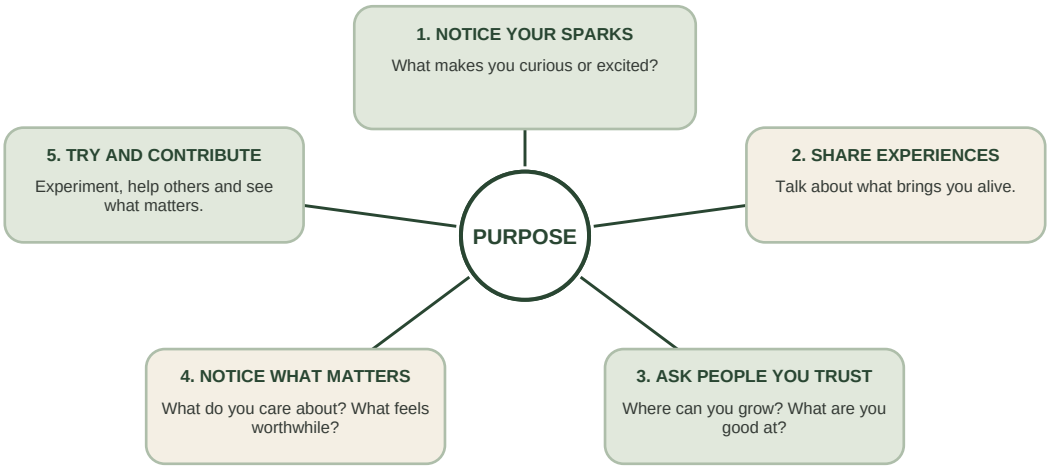
Meaning can help us find a way forward, even when we cannot choose the circumstances.

Inspired by Viktor Frankl, Man's Search for Meaning

A LIGHTER THOUGHT

You don't need to have your whole life figured out by Tuesday.

FIVE WAYS TO EXPLORE YOUR PURPOSE



These five influences can work together. There is no fixed order — start wherever you can.