

Values & Purpose:

A MindSculpt Class for
Guahan Academy

Friday, December 20th - 7:15 AM ChST

Life can be aimless, or, it can be directed & purposeful.
In order to do that, we need to have a closer relationship
with the things we value & care about in our lives.

This class aims to set your first steps on that path,
towards one of understanding, intention & of course, action.

In this therapist-led class, you'll learn:

- How values are different for each of us & how a framework is needed for identifying our purpose,
- Why purpose directs actions & improves mental health,
- Therapist-guided steps for a path towards purpose,
- Skill-building exercises for identifying values, creating mission statements, along with learning more about ourselves & forming future plans via guided questions

Join this live, 60-minute event, with opportunities to
anonymously ask questions & chat with others.

No Registration Required
RSVP To Team Calendar Invite



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