

# 10 Ways to Celebrate The International Day of Purpose



1. Hit the gym and dedicate your workout to a specific person, memory or cause. Honor your purpose by taking care of your body! #FitOnPurpose
2. Reflect on your purpose and career alignment. If you know you're in a lackluster job that's not purpose-driven, celebrate the #dayofpurpose by taking actions that shift that narrative. Update resume and send it out. Research positions more aligned with your WHY. #WorkOnPurpose
3. Visit a sick friend, return that overdo phone call or send a note just because. Spend the day being intentional about how you show up for your friends. Celebrate the #dayofpurpose by honoring the important relationships in your life. #LoveOnPurpose
4. Join a 2019 #dayofpurpose Ambassador for an [event!](#)
5. Take a new route home. Book a new trip. Be intentional about exploring new parts of the world. #LoveOnPurpose
6. Host your own #dayofpurpose gathering. Be intentional about gathering others in conversation and community to solve a problem, discuss a new idea or celebrate a milestone! #LoveOnPurpose
7. Why put off that doctor's appointment any longer? Show up for your body and with intention, head to the doctor or visit another wellness practitioner #FitOnPurpose
8. Reflect on how you're living with intention and purpose by using our [purpose packet](#) #LoveOnPurpose
9. Meet with your mentee (or mentor). #LoveOnPurpose
10. Give yourself the time and mental space to explore new and creative ideas. #WorkOnPurpose