

purposeful Living

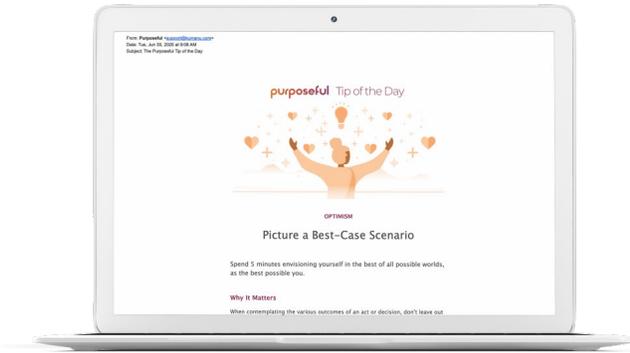
Purpose gives you the **SPACE** you need to stay present and live a more fulfilling life



“If you want to conquer the anxiety of life, live in the moment, live in the breath.”
— Amit Ray

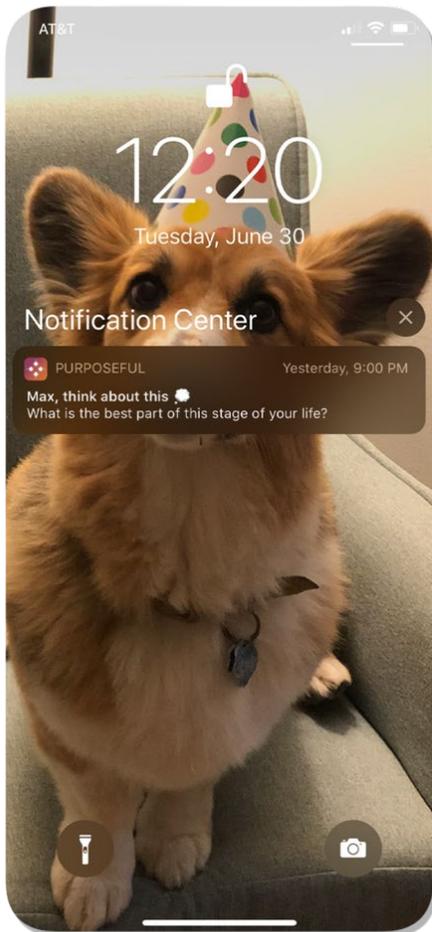
We continue our series on SPACE factors this month with a deep dive into presence. SPACE factors are the 5 levers we pull to replenish our spirit, providing us with energy and willpower to get the most out of our days and years. Purpose, it turns out, plays a crucial role in keeping those levers ready to pull.

Our focus for July is **presence**. Today, with so many reasons to reflect on the actions of our **past** and grow anxious about the **future**, our minds can get stuck bouncing between the two like a game of Pong. When we're stuck in this mode, we lose the ability to be present in the moment and honestly observe — to tune-out chaos, and experience life for all its joy, sorrow, pain, weirdness, mystery, and bliss. The big question we face is: how do we rise above the chaos of the day and be truly focused on the present moment? Try revisiting your purpose or core values throughout the day whenever you feel yourself drifting. Are you staying true to your north star? (**Pro tip for Purposeful users: tap and open your “Me” page in Purposeful – it’s where you can revisit and update your best self values and your purpose statement**). By living in alignment with your purpose each day—whether it’s your overarching life’s purpose or your purpose for that particular day—you’ll find all the focus you need to evaluate your emotions honestly and respond to life’s twists and turns with clarity and energy.



Build your presence with new features and content in Purposeful!

Now, the Purposeful App is just **one** way to stay engaged with your purpose. Our **Purposeful Tip of the Day** is a daily dose of purpose, helpful tips, and suggestions delivered right to your inbox. Prefer a weekly tip instead? No problem! Select the cadence that works best for you. Sign-up here!



You may have also noticed a fleet of new notifications designed to get you thinking deeply about yourself and what you want from life. And coming soon, we're creating new content to help create a more inclusive and equitable culture, as well as a new feature that will allow you to share your **own** tips with the Purposeful community – and get tips from other users like you. More to come in the future!

As always, keep the feedback coming (email feedback@kumanu.com) — and watch your ideas become reality in Purposeful!

Having a difficult time living in the moment? Here are a few ways to harness your purpose and practice being present.

Tune in to You

3 times during the day, check in and ask yourself: What am I feeling now? When you step away from the chaos of the day to look inward, you become more present, engaged, and authentically you.

Wipe the Slate Clean

Empty your mind for 5 minutes today and see what happens. Even when we think we're not thinking, we're still thinking. Shutting off the thought spigot can make us more focused on the present.

Embrace Silence

Do something you love in complete silence for 30 minutes. Whether sounds are pleasing or jarring, they demand attention. Silence frees up mental bandwidth to experience the world with full senses.

Don't Just Think It, Say It

Become the narrator of your own day. It's not as permanent as jotting down notes on a post-it or using a reminder app, but saying important information out loud makes it easier to remember.

Purposeful is a simple yet **powerful** app designed to help you harness **brain science** to find and live your purpose while becoming the best version of you. Purposeful is a free resource provided to your employer!

Your team members are using Purposeful. Are you in?

Here's how to get started:

Text **UDEL** to 734-436-3939

Already have an account? Jump back in whenever you need support, guidance, or motivation to be your best.

