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View synonyms for purposethe reason for which something exists or is done, made, used, etc.Synonyms: target, objective, object, rationale, pointan intended or desired result; end; aim; goal.determination; resoluteness.the subject in hand; the point at issue.practical result, effect, or advantage.to set as an aim, intention, or goal for oneself.to intend; design.Synonyms: plan, contemplate, meanto resolve (to do something).He purposed to change his way of life radically.the reason for which anything is done, created, or exists.a fixed design, outcome, or idea that is the object of an action or other effort.fixed intention in doing something; determination.practical advantage or use.that which is relevant or under consideration (esp in the phrase to or from the purpose)archaic.purport.intentionally.Collins English Dictionary Complete & Unabridged 2012 Digital Edition William Collins Sons & Co. Ltd. 1979, 1986 HarperCollins Publishers 1998, 2000, 2003, 2005, 2006, 2007, 2009, 2012to intend or determine to do (something)Collins English Dictionary Complete & Unabridged 2012 Digital Edition William Collins Sons & Co. Ltd. 1979, 1986 HarperCollins Publishers 1998, 2000, 2003, 2005, 2006, 2007, 2009, 2012prepurpose verb (used with object)repurpose verb (used with object)unpurposed adjectiveunpurposing adjectiveOrigin of purpose1First recorded in 12501300; (noun) Middle English purpos, from Old French, derivative of purposer, variant of proposer to propose ; (verb) Middle English purposen, from Anglo-French, Old French purposerOrigin of purpose1C13: from Old French porpos, from porposer to plan, from Latin prpnere to proposeExamples have not been reviewed.Some included images of women holding photo identification for verification purposes, which Tea's own privacy policy promises are "deleted immediately" after authentication.All of this is gag-inducing, but it has a purpose its revealing the racist id of this administration in real time, in case anyone was still doubtful.Like most MCU films, First Steps is a multi-million dollar springboard to the next thing, always highly aware of a future purpose it must serve.The pair walked towards Kelyan "with purpose" and without speaking a word to their victim, thrust their machetes at him 27 times while smiling.Lionsgate merged its studio business with a special purpose acquisition company in a deal that valued its assets at \$4.6 billion and gave it a way to raise new capital.Definitions and idiom definitions from Dictionary.com Unabridged, based on the Random House Unabridged Dictionary, Random House, Inc. 2023Idioms from The American Heritage Idioms Dictionary copyright 2002, 2001, 1995 by Houghton Mifflin Harcourt Publishing Company. 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That means its accessible at any age, if were willing to explore what matters to us and what kind of person we want to beand act to become that person. If were able to revisit and renew our sense of purpose as we navigate milestones and transitions, suggests this research, then we can look forward to more satisfying, meaningful lives. Researchers have discovered that a sense of purpose is linked to a number of good outcomes, across the lifespan, for both individuals and organizations. Youth who have a sense of purpose also report higher levels of happiness and life satisfactionwhich seems associated with better educational outcomes. One study looked at college students who wanted to help others, create art, or achieve financial success. The researchers didnt find significant differences in positive outcomes among the groups. For young people, it was just good to have a goal, no matter what it was. For young and old alike, the physical benefits of a sense of purpose are well-documented. For example, Eric Kim and his colleagues at Harvards School of Public Health have found that people who report higher levels of purpose at one point in time have objectively better physical agility four years later than those who report less purpose. Patrick Hill and his Washington University colleagues have found important advantages for more purposeful adults, including better cognitive functioning and greater longevity. Theyre more likely to floss their teeth, exercise, and get to the doctor. Why? Researchers suggest that people take better care of themselves when they feel like they have something to live for. Having a purpose also seems to be associated with lower stress levels, overall, which contributes to better health. Do some purposes confer more benefits than others? The answer so far is yesif you are older. One study found that young adults with a more prosocial purposesone aimed at helping othersexperienced greater personal growth, integrity, and health later in adulthood. This result was echoed by a 2019 study by Anne Colby and colleagues at Stanford University. They surveyed almost 1,200 Americans in their midlife about their well-being and what goals were important to them. The researchers found significantly higher well-being among people who were involved in pursuing beyond-the-self goals, compared to those who were pursuing other types of goals. In other words, engaging in prosocial goals had more impact on well-being than engaging in non-prosocial goals. Indeed, looking beyond individual lives, a sense of purpose appears to have evolved in humans so that we can cooperate and accomplish big things together. A 2007 study suggests that managers can effectively boost the work experience and well-being of their employees by helping them connect to a job-related higher purpose. The 2013 Core Beliefs and Culture Survey revealed that 91 percent of respondents who believe that their company has a strong sense of purpose also say it has a history of strong financial performance. Purpose is adaptive, in an evolutionary sense. It helps both individuals and the species to survive and thrive. Purpose often grows from our connection to others, which is why a crisis of purpose is often a symptom of isolation. Once you find your path, youll almost certainly find others traveling along with you, hoping to reach the same destinationa community. According to research by Kendall Cotton Bronk, finding ones purpose requires four key components: dedicated commitment, personal meaningfulness, goal directedness, and a vision larger than ones self. Often, finding our purpose involves a combination of finding meaning in the experiences weve had, while assessing our values, skills, and hopes for a better world. It means taking time for personal reflection while imagining our ideal future. Here are some exercises purpose researchers recommend for finding your purpose in life: The Magic Wand: Think about the world around you your home, community, the world at largeand visualize what you would change if you had a magic wand and could change anything. Then ask yourself, why you chose what you did and consider concrete steps you might take to move the world a little closer to that ideal. This exercise has been used to foster purpose in youth and young adults, in particular. Best Possible Self: Imagine yourself at some future age like 10 or 20 years down the roadand think about what your life would be like if everything went as well as possible. Then ask yourself these questions: What are you doing? What is important to you? What do you really care about, and why? Focusing on an ideal self can increase optimism for the future, which researchers believe is tied to purpose Clarify your values: If its hard to figure out what matters most to you, affirming your values can help. Three values surveysthe Valued Living Questionnaire, the Portrait Values Questionnaire, and the Personal Values Questionnaireask you to rank the importance of different values, something that can help you get clearer about your purpose. Recognize your strengths: To get a handle on your particular skills, try the VIA Character Strengths Survey to see what it reveals about you. Or, you can contact people who know youteachers, friends, family, colleagues, and mentorsand ask them what youre good at, what you seem to like to do, and how you might make your mark on the world. Sometimes an outsiders opinion can help clarify your personal strengths and help you figure out how best to apply them. Volunteer: Finding purpose is aided by having a broad set of meaningful experiences that can point you in the right direction. Volunteering expands your experience, while also improving your well-being and helping the world. Not only that, volunteering puts you in touch with people who have similar values, who may inspire you or point you toward other opportunities for making a difference that you hadnt thought of before. Cultivate positive emotions: Positive emotions help us to broaden our outlook on the world and feel energized to take action for the greater good; so they can be useful for finding purpose. Gratitude and awe, in particular, help us care about others, build relationships, and feel connected to something greater than ourselves, which is why theyre tied to fostering purpose. You can try our website, Greater Good in Action, to find exercises that will help bolster your sense of purpose and make you happier, too. The present page holds the title of a primary topic, and an article needs to be written about it. It is believed to qualify as a broad-concept article. It may be written directly at this page or drafted elsewhere and then moved to this title. Related titles should be described in Purpose, while unrelated titles should be moved to Purpose (disambiguation)Look up purpose, intention, intentional, intentionally, or purport in Wiktionary, the free dictionary.Purpose is the end for which something is done, created or for which it exists. Purpose is an abiding intention to achieve a long-term goal that is both personally meaningful and makes a positive mark on the world. It is part of the topic of intentionality and goal-seeking behavior.Related concepts and subjects:Goal, a desired result or possible outcomeIntention, the state of intending something or the action intendedMotivation, a driving factor for actions, willingness, and goalsDetermination or resolveMeaningful life a life of purposePurpose clause, in grammar a dependent adverbial clause expressing purposePurpose of life, questions regarding the significance of living or existence in generalTeleology, the philosophical attempt to describe things in terms of their apparent purpose or goalTeleonomy, the apparent purposefulness of structures and functions in living organismsPurpose (Curtis Lundy album), 2002Purpose (Algebra album), 2008Purpose (Justin Bieber album), or the title song, 2015Purpose (Taeyeon album), 2021"Purpose", song from the musical Avenue QPurpose (film), a 2001 American independent drama thriller filmDarryl Purpose, American singer-songwriterAccidentally on Purpose (disambiguation)All-purpose (disambiguation)Dual-purpose (disambiguation)General-purpose (disambiguation)Multi-purpose (disambiguation)On Purpose (disambiguation)Single-purpose (disambiguation)Goal (disambiguation)Target (disambiguation)All pages with titles beginning with purposeAll pages with titles containing purposeTopics referred to by the same termThis disambiguation page lists articles associated with the title Purpose.If an internal link led you here, you may wish to change the link to point directly to the intended article.Retrieved from " should the introduction of a speech include. 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