



Finding purpose

Finding a sense of purpose is important to overall well-being and makes us live longer. If you are wondering how to find your life's purpose, ask what makes me happy? When we explore what makes us happy, we find joy and fulfillment. Aside from providing a sense of direction, focus and self-worth, finding your life's purpose comes with a range of benefits, including living longer, having a healthier heart and being more psychologically resilient.

Self-reflection and exploration

- **Examine your passions and strengths:** Identify what you love to do, what you're good at, and what you enjoy talking about. Consider a simple exercise like listing your skills and passions to find the intersection.
- **Ask yourself key questions:** What activities make you feel most alive? What issues are you passionate about? What would you do if you knew you couldn't fail? What are your core values?
- **Consider your life experience:** Reflect on past pain or challenges and think about how you might prevent others from experiencing similar suffering. Think about how you want to be remembered.
- **Follow your feelings:** Pay attention to what you spend your time and money on, and notice any physical feelings, like a "warm rush," that indicate a connection to something meaningful.

Action and contribution

- **Help others:** Purpose can often be found in using your skills and values to contribute to others or solve a problem you care about.
- **Try new things:** Experiment and try new activities to discover hidden potential, skills and abilities.
- **Integrate purpose into your career:** Think about how to connect your work with what matters to you.
- **Be patient:** Understand that finding your purpose is an ongoing process, not a one-time discovery. Be kind to yourself and remember that purpose can evolve.
- **Recalibrate regularly:** Periodically revisit your goals and values to ensure they are still aligned with who you are and what you want.



Superfood of the Month: Kimchi

What is it?

Kimchi is a traditional Korean side dish consisting of salted and fermented vegetables, most often napa cabbage or Korean radish. A wide selection of seasonings are used, including gochugaru, spring onions, garlic, ginger, and jeotgal. Kimchi tastes tangy, salty, spicy, and sour! It's very similar to sauerkraut (because they are both fermented cabbage), but kimchi is packed with different flavors and a little heat.

What do I do with it?

You can put kimchi in many dishes including noodle dishes, rice, soups and pancakes! Kimchi can also be used as a topping on burgers, eggs and mac and cheese.

Why should I eat it?

Kimchi is packed with nutrients while being low in calories. It is a great source of vitamin D and riboflavin. Because kimchi is fermented, it includes probiotics that are good for our gut microbiome. Kimchi has been linked to the prevention and treatment of certain types of cancer, the common cold, and skin conditions.

Tips for buying and storing

Buy a container of kimchi that is a deep red color. Store it in the refrigerator and consume within three months. With kimchi, sourness is not a sign of spoilage as it naturally ferments over time to become more and more sour.



Kimchi Brown Rice Bliss Bowls

INGREDIENTS

- 1 cup cooked brown rice
- Heaping ¼ cup kimchi*, (see note)
- 1 Persian cucumber, peeled into ribbons
- ½ cup thinly sliced red cabbage
- ½ avocado, sliced
- 8 ounces Marinated Tempeh, Baked or Grilled
- ½ recipe Peanut Sauce
- ½ teaspoon sesame seeds
- 2 Thai chiles, thinly sliced, optional
- Lime slices, for serving
- Microgreens, for garnish, optional

PREPARATION

1. Assemble the bowls with the rice, kimchi, cucumber, cabbage, avocado, and tempeh.
2. Drizzle a generous amount of peanut sauce on top and sprinkle with sesame seeds and Thai chiles, if using. Serve with lime slices and remaining peanut sauce on the side. Garnish with microgreens, if desired.