

Purpose Brings Your Wellbeing Strategy Together

A strong sense of purpose...

Fuels Intrinsic Motivation

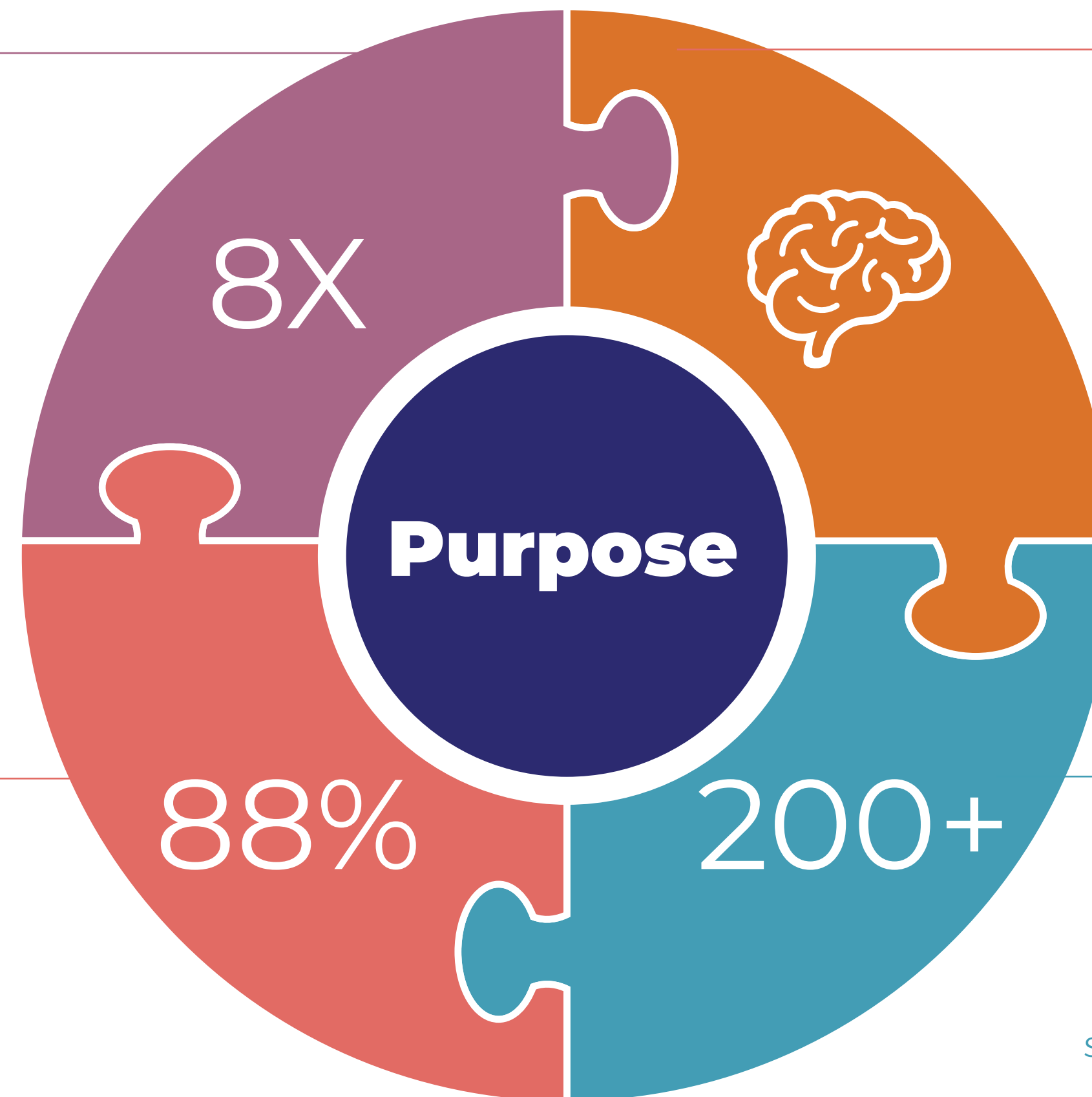
Financial incentives only take you so far. Researchers found that purposeful self-affirmation produced 8X more improvement in physical activity in a sedentary population.

Source: <https://www.pnas.org/content/early/2015/01/29/1500247112>

Creates an Authentic Employee Experience

88% of employees who feel a strong sense of purpose report feeling satisfied with their job. A culture of purpose creates an environment where people, teams, and organizations connect authentically.

Source: <https://www.metlife.com/content/dam/metlifecom/us/ebts/pdf/MetLife-Employee-Benefit-Trends-Study-2019.pdf>



Builds Resilience

Purposeful people sleep better, stress less, and bounce back from adversity quickly. Their strong emotional health helps them frame challenges as opportunities for growth.

Source: <https://www.mitpressjournals.org/doi/abs/10.1162/jocn.2007.19.2.237?journalCode=jocn>

Drives Powerful Health Outcomes

Over 200 studies have shown that purposeful people enjoy longer more fulfilling lives, increased energy, stronger relationships, lower risk of heart disease, and more.

Source: https://resources.kumanu.com/hubfs/Purposeful/The_Science_of_Purpose.pdf

Ready to join the purpose movement? Let's connect!
Reach out to us at howpurposeworks@kumanu.com or visit kumanu.com

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