

— THE BETTER LIFE SERIES —

PRACTICAL PSYCHOLOGY FOR REAL LIFE

FIND YOUR PURPOSE

Clarify What Matters,
Choose Your Direction and Build
a Life That Feels Meaningful



BOOK 20

ALDEN M. CORVALE



THE BETTER LIFE SERIES

BOOK 20

FIND YOUR PURPOSE

Clarify What Matters, Choose Your Direction and
Build a Life That Feels Meaningful

ALDEN M. CORVALE

Purpose is less about finding one answer and more about building a direction.

PUBLISHER NOTE

Copyright © 2026 Alden M. Corvale. All rights reserved. The Better Life Series - Book 20.

This book is educational. It offers general psychological and behavioral information, not diagnosis, psychotherapy, medical treatment or crisis care. Examples are illustrative rather than case reports.

Research in psychology describes averages and probabilities, not guarantees for every person. Use the practices that fit your situation, adapt them when needed, and seek qualified professional support when a problem is persistent, severe or unsafe.

CONTENTS

WHAT PURPOSE REALLY IS

- 1. Purpose Is Direction, Not Destiny
- 2. Meaning and Purpose Are Related but Different
- 3. Stop Waiting for a Lightning Bolt
- 4. Your Purpose Can Have Seasons
- 5. Beware the Pressure to Be Extraordinary

DISCOVER YOUR RAW MATERIAL

- 6. Clarify Your Values
- 7. Notice What Gives You Energy
- 8. Use Your Strengths in Service
- 9. Study Your Envy and Admiration
- 10. Review the Chapters of Your Life

EXPERIMENT YOUR WAY TO CLARITY

- 11. Turn Curiosity into Small Experiments
- 12. Volunteer Before You Reinvent Your Life
- 13. Build Skill Before Identity
- 14. Talk to People Living the Work
- 15. Let Evidence Update the Dream

PURPOSE IN WORK AND CONTRIBUTION

- 16. Purpose Is Bigger Than a Job Title
- 17. Craft More Meaning into Existing Work
- 18. Create Contribution at Any Scale
- 19. Money and Purpose Can Coexist
- 20. Know When Work Is Not the Answer

PURPOSE THROUGH CHANGE AND ADVERSITY

- 21. When the Old Purpose Ends
- 22. Use Pain Without Romanticizing It
- 23. Purpose During Uncertainty
- 24. Belonging Supports Purpose
- 25. Let Purpose Reduce, Not Increase, Pressure

BUILD A PURPOSEFUL LIFE

- 26. Write a Working Purpose Statement
- 27. Turn Purpose into Weekly Behavior
- 28. Protect the Conditions That Support Meaning
- 29. Review Purpose Every Season
- 30. Your 30-Day Purpose Experiment

Special Dossier 1 - What the Research Can and Cannot Tell You

Special Dossier 2 - When Self-Help Is Not Enough

Appendix A - Quick-Start Audit

Appendix B - 7-Day Reset

Appendix C - 30-Day Practice Tracker

Appendix D - Scripts and Prompts
Appendix E - Weekly Review
Appendix F - Further Reading

PREFACE

Find Your Purpose is built around a simple idea: useful change becomes more likely when psychology is translated into behavior. This book is not a promise of a perfect life, a permanent mood or a personality transplant. It is a practical guide for noticing patterns, making smaller choices and building systems that survive ordinary weeks.

The subject of purpose is often surrounded by slogans. Slogans can be memorable, but they are poor instructions. The chapters ahead separate attractive ideas from workable practices. You will find short explanations, realistic examples and exercises that can be tested immediately. When research is mixed, the book says so. When a claim is correlational rather than causal, the distinction matters.

Treat the exercises as experiments. A strategy that helps one person may need adaptation for another person's work, family, finances, culture, health or responsibilities. Your goal is not to complete every prompt. Your goal is to build a small set of practices that improve the way you live.

INTRODUCTION - REAL CHANGE IN REAL LIFE

Most change fails at the point where an inspiring idea meets a crowded Tuesday. That is why this book emphasizes small decisions, environmental design, communication, review and recovery. Purpose is less about finding one answer and more about building a direction. The better question is not 'Can I do this perfectly?' but 'What would make a better response more likely next time?'

Each chapter ends with a short practice. Do not rush through them. Pick the few practices that address your actual friction. Track what happens. Keep what works. Simplify what does not. Real change is rarely dramatic from the inside; it is usually a series of ordinary choices that begin to form a different pattern.