



Rediscovering Your Purpose

Available as a one-time 60-minute workshop, 3-part series, or 6-part guided experience.

Growing older doesn't mean your purpose disappears—it simply evolves. This uplifting program helps residents reconnect with what gives their life meaning, identify sources of joy, and discover practical ways to stay engaged, connected, and fulfilled.

One-Time 60-minute workshop

Rediscovering Your Purpose: Finding Meaning, Joy & Connection at Every Stage of Life

Format:

- Welcome & discussion
- Why purpose matters (simple positive psychology)
- Reflecting on life strengths and accomplishments
- What brings me joy today?
- Purpose in this season of life
- Purpose & Joy worksheet
- Group sharing and closing reflection

Three-Part Series

Rediscovering Your Purpose Series

Session 1: Looking Back with Pride

- Life accomplishments
- Lessons learned
- Strengths developed

Session 2: Living with Purpose Today

- What matters most now?
- Core values
- Relationships and contribution

Session 3: Creating More Joy Ahead

- Meaningful goals
- Daily purpose habits
- Legacy and impact



Six-Part Series

The Passion for Life Project

- Week 1:** My Story Matters
- Week 2:** Discovering My Strengths
- Week 3:** Gratitude & Positive Emotions
- Week 4:** Meaningful Connections
- Week 5:** Purpose in Everyday Life
- Week 6:** My Legacy & Next Chapter

Residents would receive a small workbook and complete simple reflection exercises.

About Mona

Mona Friday-Rodríguez is an Army veteran, Emotional Wellness Coach, Keynote Speaker, and member of the East County Chamber of Commerce. She is also a recent graduate of the Leadership East County program, where she collaborated with local leaders and organizations to strengthen community connections throughout East County.

Credentials Sidebar

- Army Veteran
- B.S. in Elementary Education
- M.S. in Psychology (Health Psychology Emphasis)
- Certified Positive Psychology Coach
- Certified Breathwork Coach
- Certified Neuroscience Coach
- Graduate, Leadership East County Class of 2026
- Member, San Diego Regional East County Chamber of Commerce

My programs are designed to help older adults maintain purpose, connection, and a passion for life at every age.