

Discover your purpose with the Chalkboard Experiment

It's important to remember that we are all unique individuals, with our own skills, talents, thoughts, ideas, and abilities. Many people struggle with finding purpose in their personal life, at the workplace, and in their community.

The Chalkboard Experiment, inspired by Candy Chang's Before I Die project, is designed to get employees thinking about their life goals, talents, skills, barriers, and personal aspirations. Ultimately, it should lead employees to a better understanding of their purpose in life and their role in your organization.

Here's what you'll need:

- Common area in the workplace such as a cafeteria, lobby, break room, or individual floors
- A chalkboard, whiteboard, or similar
- Bucket
- Chalk or markers
- Command hook to hang bucket

Here's how it works:

- At the start of the challenge, post one thought-provoking question on the chalkboard (or whiteboard) in a shared space. Encourage employees to take a moment to think about the question and write their response on the board.

Invest in your strongest asset - your employees

For more information or other activities, visit wellbeing.ibx.com

Here are some ideas:

- My biggest regret is...
 - If I knew I couldn't fail I would...
 - My purpose at work is...
 - My purpose in the community is...
 - I feel great about myself when I'm...
 - I wish I had the courage to...
 - I'm a rockstar at...
 - If I weren't afraid of what other people thought I would...
- Watch as employees write their responses throughout the week.
 - At the end of each week, circle common responses and take a picture of the board and post to your company intranet or social media outlet.
 - Continue the challenge by posting a new thought provoking question weekly.