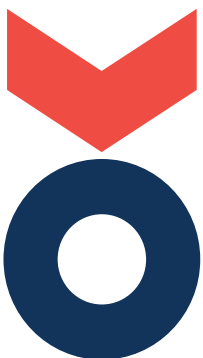


Finding your purpose

This guide will talk you through Self Determination Theory, help you identify your values and support you in a life crafting exercise. Through these, you will be able to reflect on the things that are important to you, on your skills and on how to create a future that will make you happy and fulfilled.

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Motivation and self determination theory

Self-determination theory (SDT) suggests we have three basic needs that underpin our motivations. SDT assumes all individuals have the same three innate psychological needs: competence, relatedness and autonomy. The need for competence is deemed to be satisfied through successful completion of a goal or the mastery of a skill, alongside the ability to effect change. The need for relatedness refers to a desire for acceptance from others and is deemed to be satisfied through the development of social connections and interpersonal relationships. Finally, the need for autonomy is deemed satisfied when an individual feels able to make their own decisions without restriction or pressure from others.

SDT is driven by our innate need for growth and this drives our behaviours. In order to develop a cohesive sense of self, we are driven toward growth and gaining mastery over challenges.

SDT relates to internal sources of autonomous motivation such as gaining independence or knowledge, and is not driven by external factors and goals such as status and money.

In addition to being good for our own health and wellbeing, pursuit of autonomous motivations and purpose in life can lead to positive ripple effects on the people around us.

When thinking about the goals we set ourselves to achieve our future aspirations, it is helpful to think about what need they are satisfying. The fulfilment of these three basic needs are considered essential and necessary for healthy human functioning, regardless of culture or stage of life.



Self-Determination Theory

Humans' three basic needs

1.

Competence

Need to be effective in dealing with environment

2.

Autonomy

Need to control the course of their lives

3.

Relatedness

Need to have close, affectionate relationships with others

Life Crafting Exercise

1. Identify your values and passions

Write down your list of identified values

Think about what your passions are.

What skills would you like to build?

2. Reflect on your ideal future

Think about what you would like your life to look like in the future with no constraints, including personal life, hobbies/leisure time and career/ volunteering. What does that look like and what will you be doing when?

3. How will you attain those goals?

List the goals you need set yourself to achieve this life. Make sure they are SMART goals

- Specific – what exactly do you want to achieve?
- Measurable – how will you know the goal has been met?
- Achievable – how attainable is the goal and is it within your ability to affect the outcome?
- Relevant – is the goal aligned with your values and what is important to you?
- Timeframe – over what period of time will you achieve this goal?

How will you overcome any obstacles you might face in achieving your goals?

How will you track your progress towards your goals?

4. Make a public commitment to your goals

Communicate these goals to friends, family and/or colleagues.

Write a purpose statement or statements, which include:

- your unique qualities or skills aligned to your passions/values
- how you will express these qualities or skills
- the effect you want to create in retirement/wider world
- how you are going to monitor those goals/overcome obstacles.

My purpose is that I will use my (unique qualities) _____ through/in/as (role/activities) _____ in order that/to (intention) _____ I. will monitor my progress by _____ .



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