



My Search for Meaning

Everything can be taken from a person but one thing: the last of the human freedoms – to choose one's attitude in any give set of circumstances. To choose one's own way every hour offers the opportunity to make a decision, a decision which determines whether you will or will not submit to those powers which threaten to rob you of yourself. As Viktor E. Frankl¹ once said: "The person who has a WHY to live for can bear with almost any HOW." Rather than asking what we expect from life, ask what life expects from us. Each one of us is questioned by life and we can only answer to life by answering for our own life.

This practice is designed to allow you to discover your WHY to live for and the attitude you bring into your life. We can discover the meaning of life in 3 different ways:

- By creating a work or doing a deed: by achievement and accomplishment. By WORK.
- By experiencing something or encountering someone: goodness, truth, beauty, nature, culture, or experiencing another human being in her/his uniqueness. Love is the only way to grasp the core of another human being and see their essential traits, features and potential and, thus, enable the *loved* person to actualize their potential. By LOVE.
- By the perspective we take toward life - its joy and suffering. When we are no longer able to change a situation, we are challenged to change ourselves. Even the helpless victim of a hopeless situation facing a fate she/he cannot change, may rise above her/himself, may grow beyond her/himself, and by doing so change her/himself. By ATTITUDE.

Daily Practice: During the day

1. Before you begin each day, spend 10 minutes in quiet time to reflect on the meaning of the coming day and its meaning to you. Make note in your journal, if you like, of the opportunities you will have to create your WHY to live for either through work, love and/or attitude. Bring forward your commitment from the previous day's reflection.
2. Pause three times in the day and ask yourself the following questions:
 - How am I creating meaning in my life?
 - What am I doing that creates meaning?
 - How am I loving others?
 - What attitude am I bringing into each and every moment?
 - How is my internal dialogue supporting me and limiting me in creating meaning?

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¹ Author of "Man's Search for Meaning" the story of Frankl's survival in Nazi network of concentration & extermination camps.



Daily Practice: At the end of the day

1. At the end of the day, take 10 minutes to reflect back on the day and consider the following questions:
 - How did I create meaning in my day today?
 - What did I do that created meaning in my day?
 - How did I love others?
 - What attitude did I bring to each and every moment?
 - What was the tone and content of my internal dialogue?

2. Based on this reflection, make a new commitment for tomorrow, using the following questions as a guide. Make a note of your commitment in your journal, if you like.
 - What will I *do* differently tomorrow to create meaning in my life?
 - How will I *love* differently tomorrow?
 - What different *attitude* will I bring into each and every moment tomorrow?

Weekly Practice:

At the end of each week, take time to reflect on your experience with this practice and notice any themes and new learnings you are becoming aware of about meaning in your life, specifically:

- What you do, how you love, what attitude you bring into life
- What in the predominant content and tone of your internal dialogue?
- How do you feel about these new themes and learnings?
- Knowing what you know now, what will you change about yourself?

Post Script:

Your living is determined not so much by what life brings to you as by the attitude you bring to life; not so much by what happens to you as by the way your mind looks at what happens.

Kahlil Gibran