

The MEANINGFUL LIFE

CHECKLIST



Are you ready to start living a more meaningful life? Then it's time to stop wishing and to start acting. It's time to put the theory into practice and to actually start living in a way that is rewarding, fulfilling and exciting.

You've read the full eBook; now let's recap on those most important lessons.

Why Find Meaning

Finding your meaning is important for many reasons:

- ☐ Helps you to achieve flow and focus by being 100% engaged with what you're doing
- ☐ Makes life more memorable – the more noteworthy and exciting days and weeks you have, the richer your memories will be
- ☐ Gives you something to stand for
 - Which in turn makes you more resilient, more sure of yourself and less likely to change your beliefs to bend to the whims of others
- ☐ Having a goal helps you make decisions and set a course for the rest of your life
- ☐ Makes you actually more attractive.
 - Members of the opposite sex will find you instantly more appealing if you have enthusiasm, integrity and passion
 - If you speak with more confidence and enthusiasm, you will gesticulate more. This translates to greater charisma!

How to Find Your Life's Purpose

Here are some tips to help you achieve more of a sense of purpose and to know what it is that you are 'meant' to accomplish:

- ☐ Look at the things you love doing.
 - Ask when you were last at your very happiest
 - Ask when you were last most engaged and excited
 - What did you want to do when you were younger?
 - What would you be doing right now, if you could be doing anything?
- ☐ Ask what you are good at. Consider what you can do for the world.
 - Look at the opportunities that present themselves to you and the career choices you've made.
 - Find something that you love *and* you're good at!
- ☐ Ask what you believe in, what you stand for. What is wrong with the world that you want to change?
- ☐ Look at your role models and heroes. What do they have in common?

Remember:

- ☐ Don't do things because you think it is expected of you.
- ☐ Don't be afraid to change your goals or your passions as you get older.

How to Make Every Day More Meaningful

Even when you aren't pursuing your life's goal, that doesn't mean that you can't make life more meaningful. You can make

ever moment more meaningful by approaching it in the right way.

- ☐ 'Notice the best bit' – everything is meaningful to someone. Everything has more depth than you think. Explore that.
- ☐ Remember why. Why did you want or need to do this in the first place?
- ☐ Take time to savor every moment.
- ☐ Share moments with other people.
 - This makes sure they are immortalized and that they will impact more than just yourself.
 - If you can't share a moment with someone, consider writing it down!
- ☐ Help others
 - Again, this ensures that your actions have a wider impact than just affecting you
 - Moreover, helping others will give you a great sense of satisfaction that we call 'the helpers' high'
- ☐ Be mindful – remember to appreciate what you have, what you've already accomplished etc.
- ☐ Cultivate awe
 - Awe restructures large amounts of our brain by forcing us to shift our perspectives and reconsider our places in the world. This is powerfully moving, so seek out those moments of wonder.
- ☐ Do novel things
 - It's novelty, newness, excitement that we remember

- ☐ Create challenges

Designing Your Life

Once you know what your life's purpose is and you've found your meaning, the next step is build your life around that.

- ☐ When making any decision, ask: does this help me to follow my life's purpose?
- ☐ Remember, your life's purpose and passion doesn't have to be your career
- ☐ But build a life *around* that passion. Create a career that will allow you to spend time doing the things you love.
- ☐ Involve other people. Find others who are as passionate as you and your power will grow.
 - You can't make truly huge changes in your life without your other half being on board
 - The support of friends will make a huge difference.