

# 5 Pillars of a Meaningful Life

*What does it take to have a meaningful life? Money? Love? Adventure?*

***Ultimately, it's up to you to decide what will give your life meaning.*** Arguably, there's no inherent meaning to life. That might scare some people, but it's actually great news. You can choose what is meaningful to you.

*While it's an individual decision, there are a few common starting points. The real individuality comes from how you choose to apply them.*

## ***Consider these crucial aspects of life to create a fulfilling life that has meaning:***

1. ***Evolution.*** *It's a little sad when someone reaches the pinnacle of their life at 35 and coasts to the end. To have a meaningful life, it's important to grow and evolve. Otherwise, you'll feel as if you've wasted your life. You'll wonder what you could have accomplished with a little more time and attention.*

- *How have you changed over the last 10 years?*
- *What do you know now that you didn't know then?*
- *What can you do now that you couldn't do then?*
- *What new skills have you developed?*
- *How has your view of the world changed?*

2. ***Purpose.*** *Everyone needs a purpose. We all know of someone that died shortly after retiring. Studies have shown that even something as simple as taking care of a plant extends the lifespan of those living in nursing homes. Fortunately, you can have a purpose without having to go to work for the rest of your life!*

- *Volunteering is a simple way to make a meaningful contribution that can make life worth living.*
  - ***You just need someone or something to serve.***
  - *What is important to you?*
  - *How can you contribute in a way that you believe is meaningful?*
3. ***Belonging to a group.*** *It can be a large family, an extensive network of friends, a church, where you work, a club of some sort, or any other type of organization. We all need to belong to a group and to be accepted by the other members of that group.*
- *Where is your tribe? Without a group, we tend to feel ignored and unappreciated.*
  - ***If you don't have a tribe to call your own, go out and find one.*** *You could even start your own.*
4. ***A meaningful past.*** *Over time, we all develop a past. One of the worst outcomes of a long life is to look back on a past that we regret. A past of squandered opportunities is sure to make you cringe when you look back on your life. We all want to have a great story to tell and share.*
- *What kind of story will you have?*
  - *What stories do you have to share right now?*
  - *How have you lived the last 10 years?*
  - *How will you live the next 10?*
5. ***Value experiences and relationships over possessions.*** *Our society is perhaps the most materialistic on Earth. Our society also doesn't rank anywhere near the top for happiness. That's a strong clue that possessions aren't all that meaningful.*
- *How much enjoyment have you gotten from purchasing something expensive?*
  - *How long did that enjoyment last?*
  - *Did it give your life meaning?*
  - ***Ensure that you're spending enough time on accumulating experiences and meaningful relationships. The Ferrari will mean less to you than you think.***

**In order to start your life of purpose, ask yourself these questions:**

*What is meaningful to you?*

*How do you need to live in order to believe your life is meaningful?*

*In what ways do you need to grow and contribute to feel that your time on Earth has meaning?*

***You can choose what will give your life meaning. It's entirely in your hands, but it's important to make a conscious choice.***

***“Don't Live in Fear of Failure, Live in Fear of Regret” – Chris Baker***



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