



## MAN'S SEARCH FOR MEANING

By Viktor E. Frankl

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*“What was really needed was a fundamental change in our attitude toward life. We had to learn ourselves and, furthermore we had to teach the despairing man, that it did not really matter what we expected from life, but rather what life expected from us. We needed to stop asking about the meaning of life, and instead to think of ourselves as those who were being questioned by life- daily and hourly. Our answer must consist, not in talk and meditation, but right action and in right conduct. Life ultimately means taking the responsibility to find the right answer to its problems and to fulfill the task which it constantly sets for each individual.” Viktor Frankl*

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### Discover Your Current Meaning

1. *What makes you feel alive? What do you love to do?*

2. *What are your strengths? If compensation and status didn't matter and you had to do something that would bring the greatest value to others, what would it be?*

3. *What is the biggest challenge you face regularly (losing your temper, giving in to substance abuse, not standing up for yourself, low self-esteem, self-pity, anxiety etc)? What question is life asking you? What situation is life demanding you rise above?*



actYOUlization worksheet

4. *In what areas of your life are you blaming other people for how you feel and act? Where in your life do you need to take responsibility? Realize you have the Ability to choose your Response.*

5. *Imagine you are at your own funeral. What are your friends and family saying about you? How did you show up for your loved ones? How did you face obstacles? How did you challenge yourself? What impact did you have? ARE YOU HAPPY WITH THE ANSWERS? If not, YOU CAN change them! Remember "Our answer must consist, not in talk and mediation, but right action and in right conduct." Viktor Frankl*

*Your meaning in life is highly individual. It is flexible. At one time in life, your purpose may be doing your best as a parent, partner, or employee. At another time in life, your meaning may be overcoming an obstacle. Just continually ask yourself what life expects from you? What recurring theme comes again and again? Life is here to teach you a lesson. It is up to you to learn it. Harness the Freedom of inner choice, that can never be taken away, but only given away by you!*

**"Forces beyond your control can take away everything you possess except one thing, your freedom to choose how you will respond to the situation. You cannot control what happens to you in life, but you can always control what you will feel and do about what happens to you." Harold S. Kushner**