

Title:

The Meaning Of Life - In 25 Words Or Less

Word Count:

546

Summary:

What is the meaning of life - and could you sum it up in 25 words? What if someone offered you

The website www.themeaningoflife.com is running such a contest, and while it may be a marketing

Like Arthur Dent in A Hitchhiker's Guide to the Galaxy, we wish the meaning of life could be r

Keywords:

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Article Body:

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What if there are no meanings to life, except those we choose? As new-age gurus assert, "It's

Between "any which way you want" and "His way or the highway (to hell)," many decisions must b

Even if we turn over some parts of our lives to leaders, religious or otherwise, other parts a

So many decisions, so little time!

What are some of the guidelines for exploring and giving meaning to your life? How can you dec

If you clearly understand where you want to be, you can make sure your actions each day bring

Here are three key steps to exploring meaning in your life:

1. Examine your identity. Who are you? Self-awareness is the cornerstone of emotional intellig

If you know yourself well, you can choose a path aligned with your strengths and weaknesses. Y

2. Define your values. What are your most fundamental beliefs? Identify three important moral

While the pursuit of power, wealth or fame motivates many people, these goals are external, fi

Seven groupings of values have been universally admired across cultures, religions and history

- * Integrity
- * Generosity
- * Courage
- * Humility
- * Compassion
- * Loyalty
- * Perseverance

3. Answer these questions to define your true values:

1. What do you do at work that gives you great satisfaction? What would you continue to do if

2. What three personal qualities others recognize in you?
3. Who are you when you're at your best?
4. What are the three most important lessons you've learned in life?
5. What would you like to see on your tombstone that best captures who you really were in your life?
6. Cite three small incidents that gave you great pleasure today. What about these events ignited your passion?

Once you identify what truly matters to you, look at how you express these strengths and virtues in your life.

Now, go write that 25-word statement about the meaning of life - and good luck in winning the contest!

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