

Reframing your mindset

For those who feel purposeless, for them , “A meaningful life is one in which there is a sufficient number of aspects of sufficient value, and a meaningless life is one in which there is not a sufficient number of aspects of sufficient value.”

Basically, it is like an equation—add or subtract value variables, and you get more or less meaning. So, say you feel purposeless because you’re not as accomplished in your profession as you dreamed of being. You could theoretically derive meaning from other endeavours, like relationships, volunteer work, travel, or creative activities, to name just a few. It may also be that the things you already do really are meaningful, and that you’re not valuing them sufficiently because you’re focused on a single factor for value humanity.

We can also increase or decrease the value of our lives with practice , effort. action and thought, Some people unnecessarily see their lives as insufficiently meaningful and miss ways of enhancing meaning in life.”

Pursuing ends and goals—fitness, family, financial success, academic accomplishment—is all fine and good, yet that’s not really meaningful. Reflecting on why we pursue those goals is significant the unexamined life has no meaning.

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