



## **What is the Meaning of Life?**

This must be one of the most challenging questions you have pondered or asked yourself at least once in your lifetime.

***“Life has different meanings to different people and ultimately depends on what you are seeking or what has most value in your life.”***

Research indicates that a meaningful life can also be a linked to finding happiness. Yet like myself, many people may have achieved academic, financial or relationship-based goals only to find temporary satisfaction or an underlying emptiness within.

My experience reveals that life in general has no real meaning other than the value you give it in relationship to your own path. So perhaps a more appropriate question would be to ask; **What is the meaning of MY life?** This will enable you to answer the question on a personal level to create lasting happiness.

### **3 step formula that will assist you in finding greater meaning in your life.**

#### **WHAT DO I VALUE?**

This prioritises areas of your life that are of greater importance to you – for example; What you value may relate to spending more time with your family & friends, creating a new business venture, focussing on your health & wellbeing or even taking up a new hobby. By aligning your activities with YOUR values then life has a real meaning.

#### **WHAT IS MY PURPOSE?**

Your purpose or what you stand for in life is actually reflected in having the courage to act and integrate your values into your daily activities. When you don't know what you are seeking then you can easily end up following other people's expectations which results in dissatisfaction and emptiness.

#### **WHAT MAKES ME HAPPY?**

Happiness is not a destination in itself but is experienced as a result of discovering and acting on what you value which leads to excitement and purpose. Living with purpose leads to deeper meaning and sustainable happiness.

***Quote by Stacy; “We should give meaning to life, not wait for life to give us meaning”***

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#### **ABOUT THE AUTHOR:**



**Anthony Chiminello** is the Director of Bridgeworld International – trusted property and investment advisors for over 25 years. He is also the Founder of **Cultural Harmony Now**, an organization that creates cross - cultural projects between Australia and Asia for social and economic benefit. He is an author, mentor & consultant. **Web:**[www.bwi.com.au](http://www.bwi.com.au) **Copyright@ 2020 Anthony Chiminello**