

BEACON Chapter 3

Engagement

Lesson 3 – Making life meaningful

ThriveAbility






Why do you get out of bed every day?



Those who felt their life to be more meaningful were less depressed and felt greater satisfaction with their lives, had greater self esteem and optimism and more positive emotions (Steger 2008)



Meaning is knowing
what your highest
strengths are - and
deploying those in the
service of something you
believe is larger than
you are.



What are the elements of meaning and purpose?

1. A “stable and far-reaching” goal. A goal toward which we are always working. It is the forward-pointing arrow that motivates our behaviour and serves as the organizing principle of our lives.

2. It involves a contribution to the world, contributing to matters larger than the self.”

William Damon

How do we find meaning?

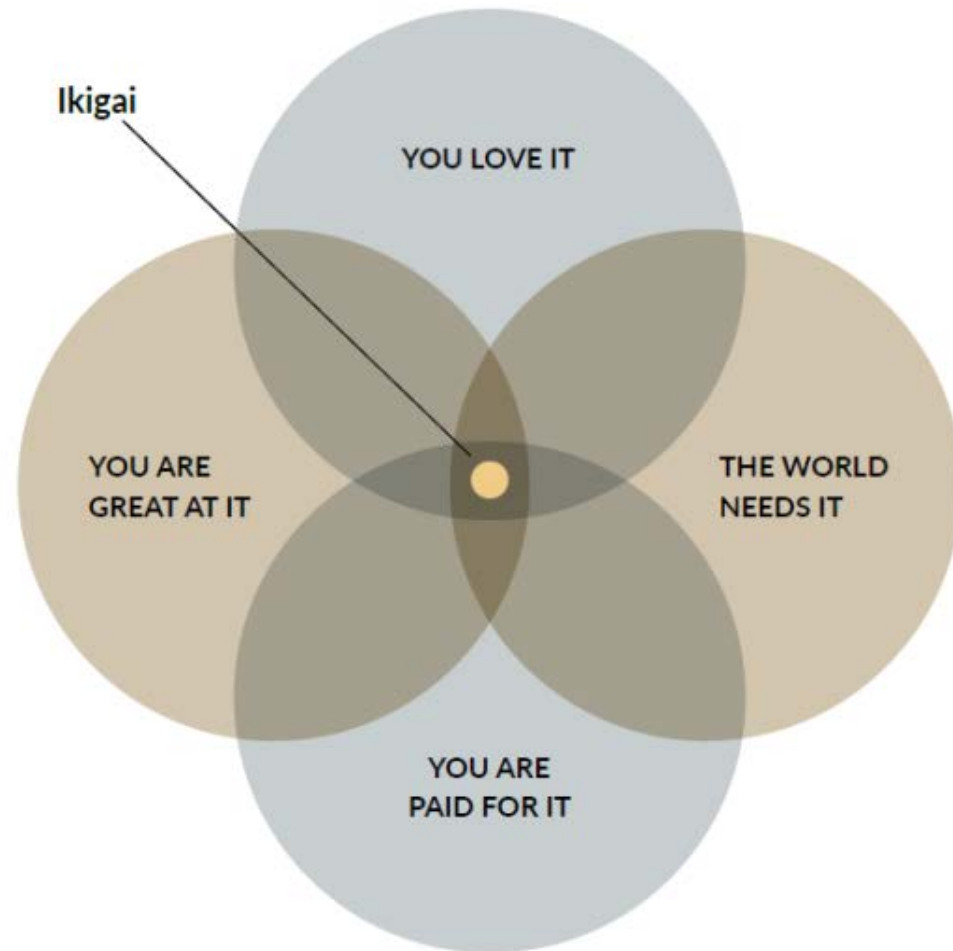
Meaning and purpose in life refers to how we construct and live our lives. It influences choices of how we spend our time and how fulfilled we feel.

But how might we find it?

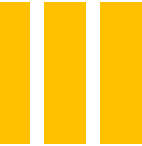
1. Discover what you believe is important in life – your core values and causes you feel passionately about.
 2. Find ways to use your strengths to contribute to a cause larger than yourself, that aligns with those values.
 3. Check in with yourself by asking WHY? Why does this matter to me? What difference is it likely to make? Is that a difference I'll be proud to be part of? Is this part of a legacy I'd like to leave?
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Fig. 1. The four ingredients of ikigai



What's your
Ikigai?



A photograph of an elderly nun with a serene expression, wearing a white habit with blue stripes and a small cross. She is holding a young child in a red patterned shirt. They are surrounded by a crowd of other children, some looking towards the camera. The background is slightly blurred, emphasizing the subjects in the foreground.

Your sense of meaning need
not be grand....

It can be as simple as being
a good neighbour, using a
“service mindset” by
thinking of ways to
contribute to the world
around you.


Do you have balance in your passions?

People with **harmonious passion** are able to terminate the relationships with the activity if they decide it has become a negative factor in their life

People with **obsessive passion** can find themselves experiencing an uncontrollable urge to partake in the activity they view as important and enjoyable

(Vallerand et al 2003)





Looking for a simple way to start?

Start looking for ways you can
make a positive difference to
others each day