TAKEAWAYS FROM

Man's Search for Meaning

by Viktor E. Frankl

WHAT *What is meaning?*

MEANING IS NOT…

- × ~~Abstract~~
  a riddle to solve in our heads
- × ~~One grand thing, someday~~
  a distant goal at the end of the road
- × ~~Found by searching harder~~
  the harder we chase it, the further it slips

MEANING IS…

Concrete
found in real life: the people, the work, the moment in front of us

Unique and changing
different for each person, each day, even each hour

A response
answering the question: what is life expecting from me now?

WHY *Why does living meaningfully matter?*

WHEN LIFE IS A STRUGGLE	Struggle – *Meaning* = Burnout
WHEN YOU'VE EVERYTHING	Plenty – *Meaning* = Emptiness
WHEN BITTER REALITY CAN'T BE CHANGED	Suffering – *Meaning* = Despair

HOW *Three ways to meaning, in everyday life*

MEANING THROUGH
Action

01 **Doing the task in front of you**, with full dedication

02 **Creating something for others**: a painting, a piece of writing, music, a cake

03 **A small deed**: helping someone in need

MEANING THROUGH
Experience

04 **Experiencing** nature, art, beauty, truth, the goodness in others

05 **Loving someone** in all their uniqueness

MEANING THROUGH
Attitude

06 **Taking a courageous, dignified stand** towards what you can't change: a serious illness, a loss

> *"Life never ceases to have meaning."*
>
> VIKTOR E. FRANKL

Atul Mathur · Book Talks with Atul

ATULMATHUR.COM