

What is the meaning of life?

Finding meaning in your life, which is basically the challenge set before all us humans, and something that we are all going to approach differently. That being said, below are my tips to help you figure out exactly why you are here, where your passions are hiding and what is going to be the spark to set your world alight with meaning.

- 1. Stop Playing By The Rules:** Some people find that the meaning of life is to have a career, get married, and raise a family. However, that doesn't mean that everyone is meant to do that in their lives! Why would you want to live your life for someone else? You will only regret it in the end. Once you realize that no one has to live behind a set of rules and that everyone is unique in their desires, then you will be able to better find the meaning of your life and where you are headed.
- 2. Step Out of Your Comfort Zone:** The term comfort zone is code for a place you live in yourself without fear. Fear of the unknown, fear of failing, or fear of not being in control. You become more of the person you were meant to be every time you push past your fears. It doesn't matter how small or big the step is; once you take the step, your comfort zone becomes bigger, and life offers you more opportunities. Face your fears and grow.
- 3. Find Your Joy:** What makes you happy in life? Do you enjoy travelling, helping others, being with family, or all of the above? There is nothing more fulfilling than living your purpose every single day.
- 4. Listen To Your Intuition:** Your intuition is connected to your inner-self. Don't get caught living your life in complete superficiality. Superficiality is meaningless; it is short term and soulless. Finding the real person inside yourself is not easy but will definitely help you see what is really important in your life.
- 5. Appreciate The Individual Moments:** Don't let the fast-paced superficial world take over your life. The world is fast paced and it keeps people in their comfort zones. It stops people from thinking and keeps them busy. Being busy searching is wonderful, but don't get so busy doing that you don't allow yourself to feel.

In the end, if you want to find the meaning of life stop playing by the rules and push past your fears. Figure out what truly makes you feel joy, and follow your intuition at every decision and most importantly, appreciate the experiences when they come and allow the feelings to flow through you, feeling is a magical feeling.

Source and for full article: <http://expertenough.com/2403/find-meaning-in-your-life>



“Of course you have a purpose in life. You pay taxes, don't you?”

Cartoon used with special permission from glasbergen.com