

What are meaning, purpose, and fulfillment?

By Dr. Mykim Tran, Humanistic Psychologist

What are meaning and purpose?

Meaning and purpose are motivational tools to help you achieve your goals, dreams, and reach your potential. Meaning and purpose are not a destination to be reached but develop from the continuous process of using your passions, knowledge, and skills to help yourself, others, and the world.

What is fulfillment?

Fulfillment is when you fulfill your human needs. According to Abraham Maslow, there are 5 different types of human needs: physiological needs, safety needs, belonging needs, self-esteem needs, and self-actualization needs. Once you satisfy those needs, you will experience fulfillment and reach your full potential.

Why do you need meaning and purpose in your life?

Motivational and excitement

Creating meaning and purpose helps you feel excited and motivated to be alive because you know that your daily activities contribute to something positive for yourself, others, and society.

Fulfill human needs and reach your full potential

Creating meaning and purpose helps fulfill your human needs. As human beings, we are born with the intention of doing great work and experiencing positive emotions. Working toward a higher purpose gives you a sense of belonging and something worth living for. You are making a difference, and you believe that what you do matters. Those are human potential experiences.

Improve mental health and psychological well-being

Creating meaning and purpose enhances your mental, emotional, and psychological health. The knowledge and skills you gain through this process boost your self-confidence and self-esteem. You also develop interpersonal skills by working and helping others. You learn to overcome setbacks effectively and prevent fear of failure from holding you back.

Creating meaning and purpose helps generate more positive emotions, which further improves your emotional and psychological well-being.

Creating meaning and purpose decreases stress, anxiety, fear, loneliness, and depression. You are working toward something positive; therefore, you feel less stress, anxiety, and fear about the

future. You experience less loneliness because you will build a strong connection with yourself, others, and the world. It prevents depression because you have something worth living for.

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Dr. Mykim Tran is a humanistic psychologist, entrepreneur, inspirational leader, keynote speaker, and author. She is on a mission to unlock human potential and is committed to helping individuals create meaningful and purposeful lives. Dr. Tran founded and served as the CEO of the Wake-Up Foundation, a nonprofit organization that empowers people to become agents of social change and strengthen communities. Additionally, she is the author of “Life Success Formula: Effective Strategies to Overcome Challenges and Achieve Your Goals,” “Self-Esteem Building: How to Live Your Life as YOU,” and the co-author of “Secrets to Drama-Free Love,” where she emphasizes the importance of self-esteem, self-acceptance, and self-love in nurturing healthy relationships.