

## **How to create life meaning**

**By Dr. Mykim Tran, Humanistic Psychologist**

Creating meaning in life is a way to boost your motivation to achieve your goals and dreams and reach your full potential. The great thing about creating meaning in life is that it can develop from successfully using your passion and creativity. If you are alive, your craving for meaning in life will always be present, which means creating meaning in life is a lifelong journey. Creating meaning in life also nourishes your soul and spirit, helping you feel fulfilled in life.

Creating meaning in life helps you see that your life is still worth living. It gives you motivation to move forward. For example, even if you have a boring job, having something meaningful to look forward to after work or on the weekend can provide a purpose to stay alive. You will feel good about yourself because you are still on the path to reaching your full potential.

The ideal is to have a meaningful career, as it will also enable you to earn a living and support yourself. If you lack a job that helps you create meaning in life, consider pursuing something on the side to achieve that. For example, dedicate 1-4 hours daily or weekly to exploring your passions and finding ways to utilize them to make the world a better place.

If you are retired, you still need to continue creating meaning in life. Since you don't have to earn an income when you're retired, you don't need to work eight hours a day like you did in your career to find meaning. You should still spend some time each day or week creating meaning to keep your spirit alive. The amount of time you dedicate to creating meaning is up to you. For example, if you invest two hours a week but don't feel a sense of meaning within, that indicates you may not be dedicating enough time. Therefore, you should consider increasing the time you spend on creating meaning in life.

### **Tips for creating life meaning**

#### **Use your passion**

Meaning and purpose develop when you use your passion to help yourself and others. Your passion will motivate you to learn and grow, enabling you to make a successful contribution to society. It will enhance your creativity, allowing you to innovate and create a social impact.

#### **It is needed in the world**

The meaning of life grows when you can use your passion to fulfill a need in the world. What world problems do you believe require new solutions that your passion can address? The clearer you are about how your passion solves the world's problems, the more meaning you will find in life as you attempt to tackle these issues. You will also develop a sense of belonging, realizing that what you do matters.

An important thing to understand and remember is that you might only partially resolve the problem in your lifetime. However, the meaning of life is an emotion; as long as you learn and

find ways to get closer to resolving the issue, you will experience the meaning of life because it comes from the action steps, not the result or outcome.

### **Develop a powerful vision**

You want to ask yourself, what do you want the world to develop into? What do you want others to do? How do you want the world to become? What kind of person do you want to become? How should you and others behave? And then, you want to create a powerful vision that will guide you in fulfilling your burning questions. Your vision is a higher purpose for you. The clearer you are about your vision, the more meaning you will experience in life when you take action to fulfill it.

### **Align with your beliefs and values**

Beliefs are things that hold true for you. Values are what matter to you. The actions you take to contribute to society resonate with you. Sometimes, you might wonder, why aren't more people doing the same thing as you? You believe that the world will improve if more people follow your example. Without your contribution, the world would not be the same.

You feel that what you are doing defines who you are. If you do not engage with it, it seems like something is missing from within you.

### **It is practical**

It is something practical that you and others can apply to fulfill your cause and mission. Solving world problems requires everyone's contribution. You must develop a method for others to do the same things as you. The more people engage with your passion and cause, the more meaning you will experience in life because you are getting closer to fulfilling it.

Whatever your passion and cause are, create small action steps that you and others can take daily. Once you and others master these small action steps, you will become more creative in developing larger action steps for yourself and others to enhance your life experience.

### **Courage and self-confidence**

Self-confidence and courage are essential for finding meaning in life because it takes bravery to confront the world's greatest challenges. The larger the problem, the more obstacles you will face that will test your inner strength. Great purpose comes with significant challenges, but it also brings substantial rewards. You need to have the confidence and courage to believe in yourself and keep going.

### **Supportive environment**

Surround yourself with supportive environments that encourage learning and growth, help you effectively use your passion, and allow you to make a greater impact. The individuals in these

positive settings will motivate you to find solutions to overcome challenges, persist, and keep moving forward.

However, in a hostile environment, harnessing your passion can be difficult. Those in negative surroundings will instill doubt and fear, undermining your self-esteem, self-confidence, and courage to achieve success.

You can attend in-person and online events or groups to surround yourself with positive people and receive support. Additionally, you can watch videos, listen to podcasts, or read books and magazines for inspiration to keep moving forward.

If you live in a hostile environment, try to escape it as much as possible throughout the day. Only return home for sleep.

Embark on a personal development journey to learn and grow, becoming stronger than the negativity. Personal development will equip you with the knowledge and skills to counteract negativity, overcome challenges, and achieve your goals.

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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.