

## **How to design a meaningful, purposeful, and fulfilling lifestyle**

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If you want to develop a meaningful, purposeful, and fulfilling lifestyle, then your daily activities and goals must be aligned with it.

For example, if you want to live a healthy lifestyle, then you must develop healthy habits. However, if you keep eating junk food or your daily activities are not healthy, then how is that living a healthy lifestyle? A healthy lifestyle consists of healthy behaviors. Otherwise, you are living in delusion.

Since meaning and purpose are about using your passion and creativity to contribute, then make sure your goals and activities support that journey. You also want to eliminate any goals and activities that do not support a meaningful lifestyle. Everything you do must support a meaningful lifestyle.

### **Direct or indirect**

Your goals and activities can either be directly or indirectly aligned with your meaningful lifestyle.

Some activities and goals can be quickly linked to the meaningful journey, while others may take more time to recognize the connection, but it's there. The clearer and stronger your connection, the more you will experience meaning and purpose when you take action.

If you struggle to make the connection, consider holding off on taking action until you find it. Or you might need to reevaluate your activities and goals to see if they align with your meaning and purpose or not.

Below are examples of how to connect your goals and activities with meaning and purpose.

### **Career**

Your career can be directly linked to meaning and purpose if you use your passion and creativity to help yourself, others, and society.

If your career doesn't allow you to use your passion and creativity to help others and society, it can still support it indirectly. For example, your earned income can meet your survival needs, so you can survive to create meaning and purpose on the side. However, if most of your income is

spent on things that don't support creating meaning and purpose, then you are not living a meaningful lifestyle.

When I first started my career, I worked many part-time jobs that were unrelated to my passion and creativity to support my survival needs. However, I still continue to experience meaning and purpose while working those part-time jobs because they supported my meaningful lifestyle. Once I earned enough income from any job to cover my survival needs, I dedicated my extra time and energy solely to creating meaning and purpose. I wouldn't work overtime to earn extra money for anything else unless it helped me experience more meaning and purpose.

## **Health**

Improving your health is an example of how it can indirectly relate to creating meaning and purpose. For instance, you need energy and strength to effectively apply your passion and creativity to make a social impact. However, you won't have much energy and strength, feeling unmotivated, to serve others if you are unhealthy. The less you use your passion and creativity to serve others, the less you will experience meaning and purpose.

However, the great thing is that when you already experience meaning and purpose from serving others, you won't want to give up those experiences. Therefore, you are motivated to take care of yourself to ensure you have the energy and strength to keep serving others. For example, even if eating vegetables isn't tasty, I still want to eat them because they give me the energy and strength to serve others successfully. I prefer to tolerate unappetizing food to gain energy and strength to serve others effectively rather than having a poor diet with no energy and strength to serve others ineffectively.

If you struggle to stay healthy, revisit your purpose on why you should stay healthy. How does staying healthy support your meaningful lifestyle? Is there a connection between your health and your meaningful lifestyle?

Many people say their health is important, but they lack motivation to stay healthy because they don't have a strong purpose behind it. Their activities and goals aren't aligned with a higher purpose that comes from a meaningful lifestyle.

Many are only eating to meet their survival needs— which is the lowest level of human motivation— that won't push them to stay healthy. Fulfilling your survival needs doesn't require much energy or strength. You don't need to eat much or eat healthily to stay alive. You can lack food for a few days and still survive. For example, a homeless person still meets their survival needs because they are still alive, even though they lack food from time to time. Therefore, you don't necessarily need good health to fulfill your survival needs.

Most of our daily activities—such as working in an office, going to school, and doing chores—don't require as much energy and strength, so you don't need to be healthy. Unless you have a very active career, like an athlete, which requires you to stay healthy to succeed.

Furthermore, staying healthy isn't easy because it requires time, energy, and discipline. Without a clear purpose, you won't have the motivation to improve your health.

So, if you have a low-activity career and lifestyle that does not require good health to survive, but you want to stay healthy to live longer, then you need to have a purpose that goes beyond your survival needs. For example, my working lifestyle doesn't require a lot of energy and strength because I work mostly in an office setting, which means I don't need as much physical energy from my health. Therefore, if I want the motivation to stay healthy, I need to have a greater purpose than mere survival.

The thing that motivates me to stay healthy is my life purpose—using my passion and creativity to serve others. I want to experience meaning and purpose, wanting to live a meaningful lifestyle. Eating healthy and exercising increase my productivity so I can use my passion and creativity effectively to make an impact. When your health is aligned with a meaningful lifestyle, you will always have the motivation to do what you need to stay healthy.

I discovered that our brains need healthy blood cells to function properly, which come from good nutrition. Whenever I eat well, I am able to think better and experience less stress, which helps me serve others more effectively. Did you know that the number one cause of mental retardation is malnutrition? If you don't believe me, you can research it yourself.

By aligning your goals and activities with a meaningful lifestyle, your life becomes enjoyable, regardless of what you are doing. You will also appreciate your daily activities and life more. For instance, even though eating vegetables, drinking water, or exercising might not always be fun, I can still appreciate them because they enable me to do what I love and experience meaning and purpose.

So, make sure your daily activities and goals align with a meaningful lifestyle. If any activities or goals don't support it, wait until you can make the connection before proceeding. Remove activities or goals that are not aligned with creating meaning and purpose.

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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.