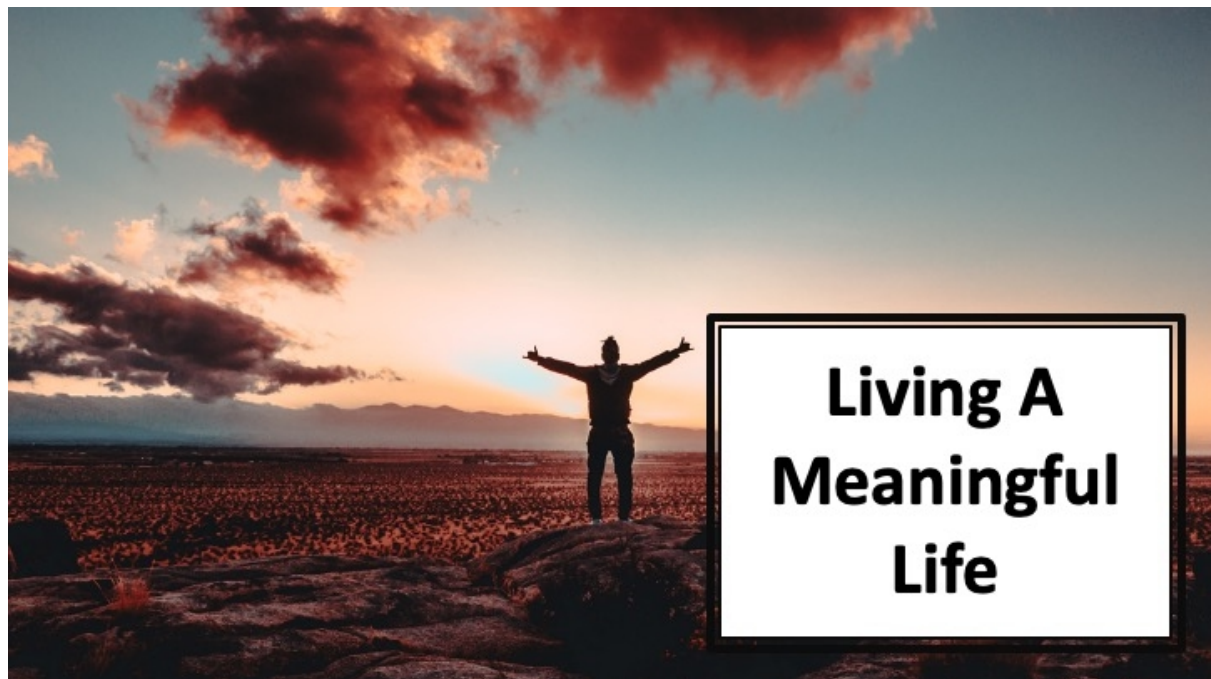
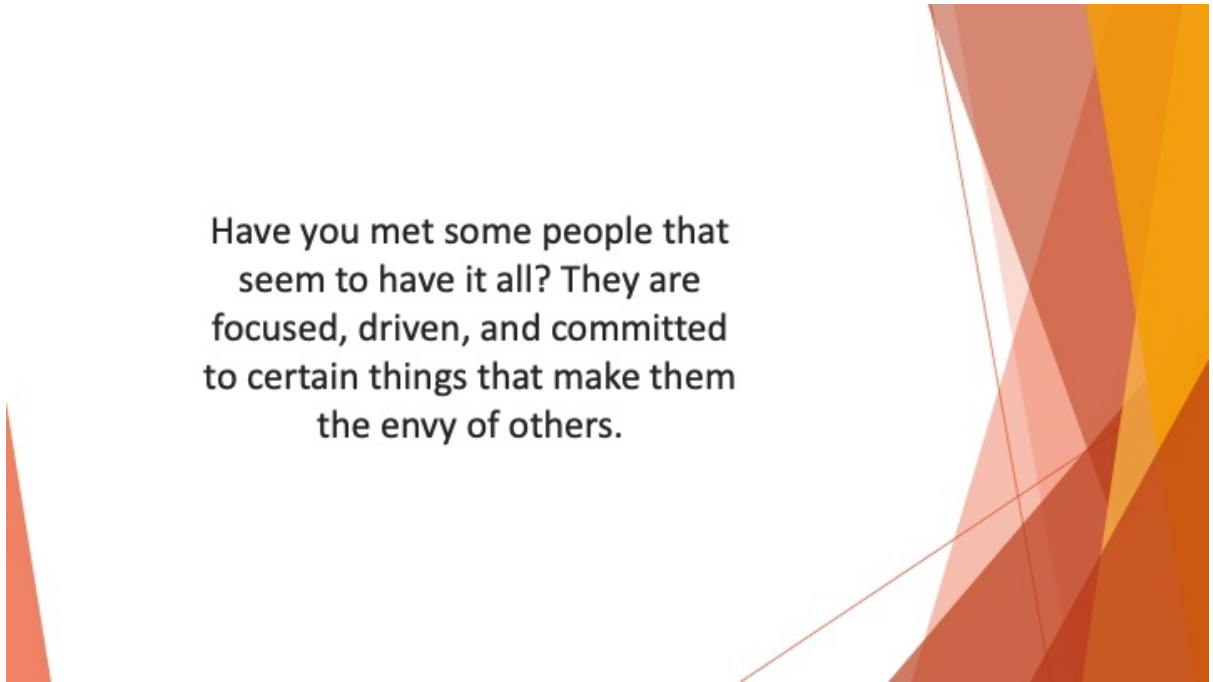


Chapter 5: Living a Meaningful Life




S1 : In this video, we'll talk about "Living a Meaningful Life"



Have you met some people that
seem to have it all? They are
focused, driven, and committed
to certain things that make them
the envy of others.

S2 : Have you met some people that seem to have it all? They are focused, driven, and committed to certain things that make them the envy of others.



With the right and
purposeful step, you can
have a stamp of authority
on the direction of your life.

S3 : You don't have to just wish you are like them. With the right and purposeful step, you can have a stamp of authority on the direction of your life. It all begins with finding something you can live or even die for.

This section will do justice
to that.



S4 : This section will do justice to that.

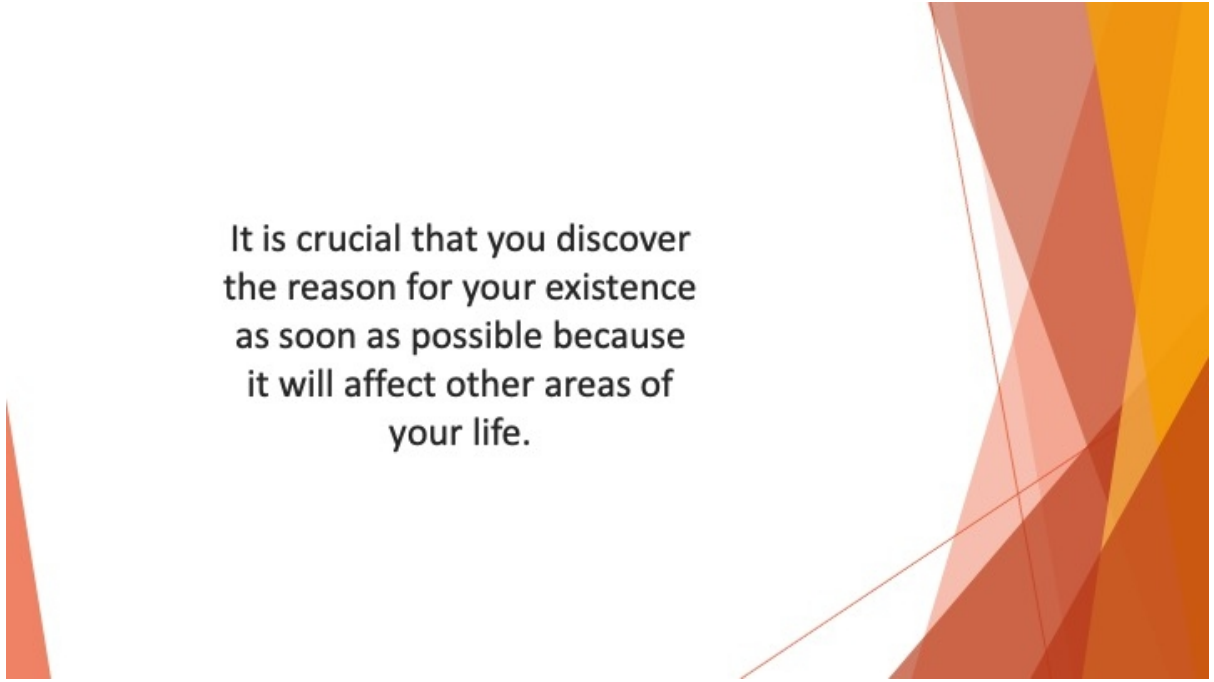


Purpose, Plan, & Pursuit

The three words above define what it means and how to live a meaningful life.

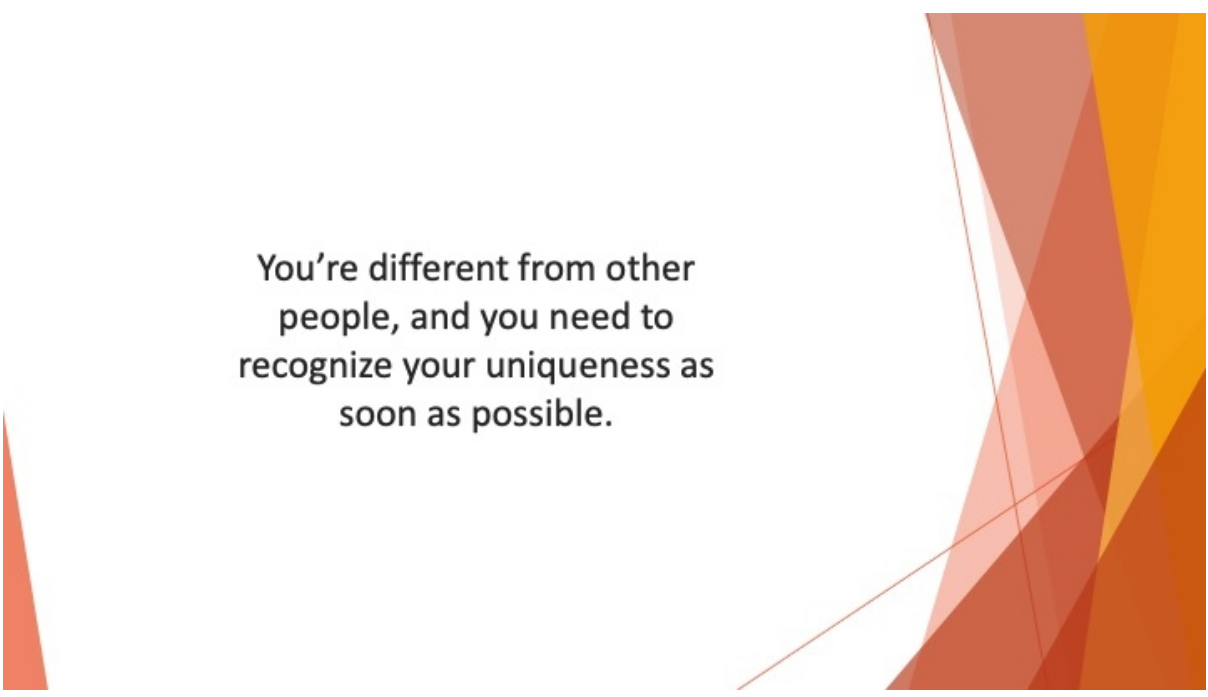
S5 : Purpose, Plan, & Pursuit

The three words above define what it means and how to live a meaningful life. Purpose describes your reason for living.



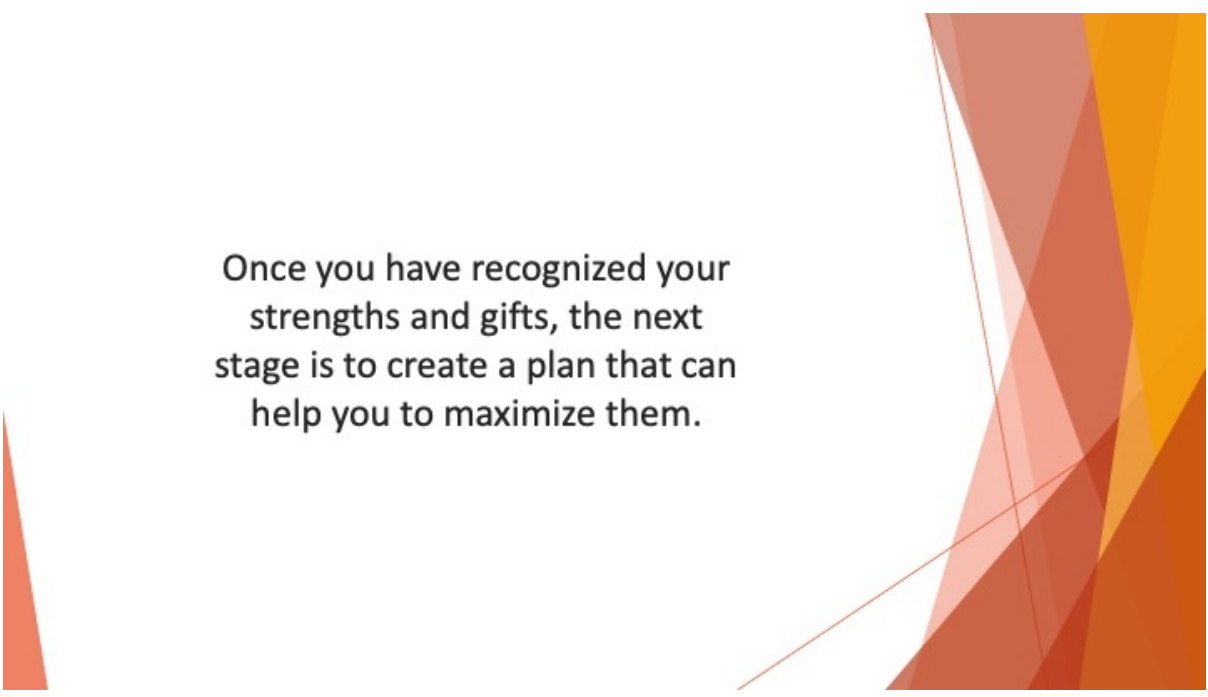
It is crucial that you discover
the reason for your existence
as soon as possible because
it will affect other areas of
your life.

S6 : It is crucial that you discover the reason for your existence as soon as possible because it will affect other areas of your life. It is when you know what you want to do with your life that you can know the kind of things you should put in your plans and the kind of things that shouldn't be found there.



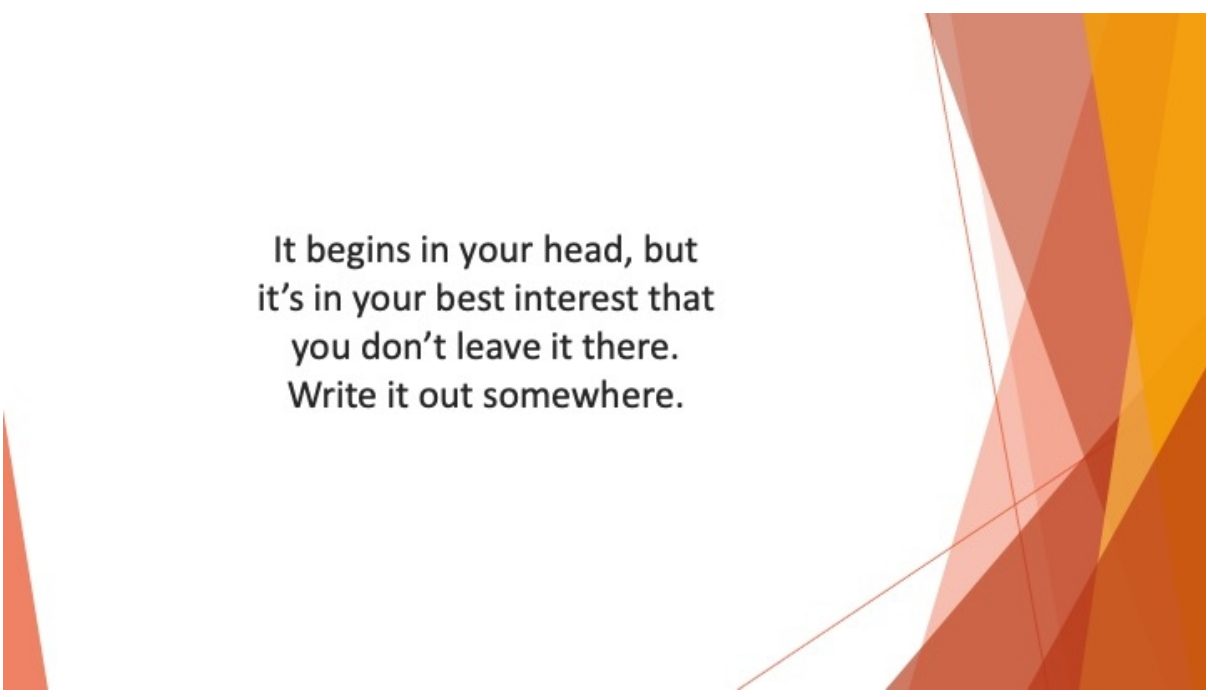
You're different from other
people, and you need to
recognize your uniqueness as
soon as possible.

S7 : You're different from other people, and you need to
recognize your uniqueness as soon as possible.




Once you have recognized your strengths and gifts, the next stage is to create a plan that can help you to maximize them.

S8 : Once you have recognized your strengths and gifts, the next stage is to create a plan that can help you to maximize them. Your plan is the map that will lead you to your destination.



It begins in your head, but
it's in your best interest that
you don't leave it there.
Write it out somewhere.

S9 : It begins in your head, but it's in your best interest that you don't leave it there. Write it out somewhere. Writing out your plans and targets has many benefits.



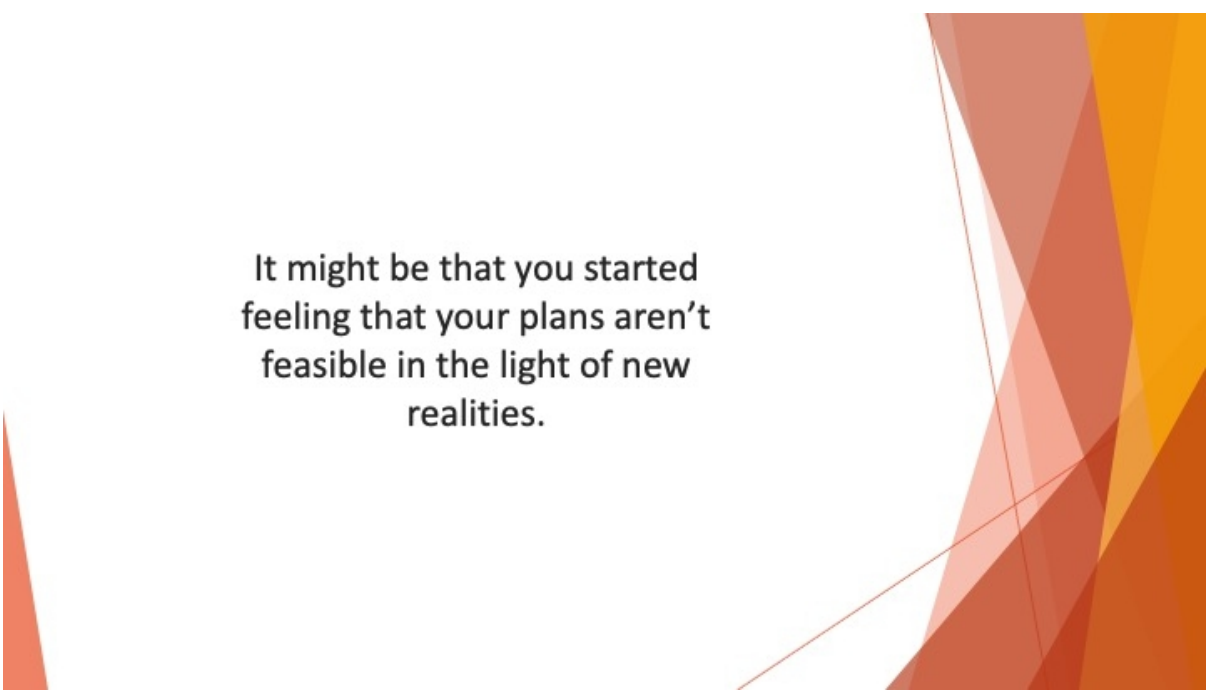
One of them is that the
writing process helps
you to retain something
more.

S10 : One of them is that the writing process helps you to retain something more.

Also, it will help you to be able to look at the plan and think about it again.

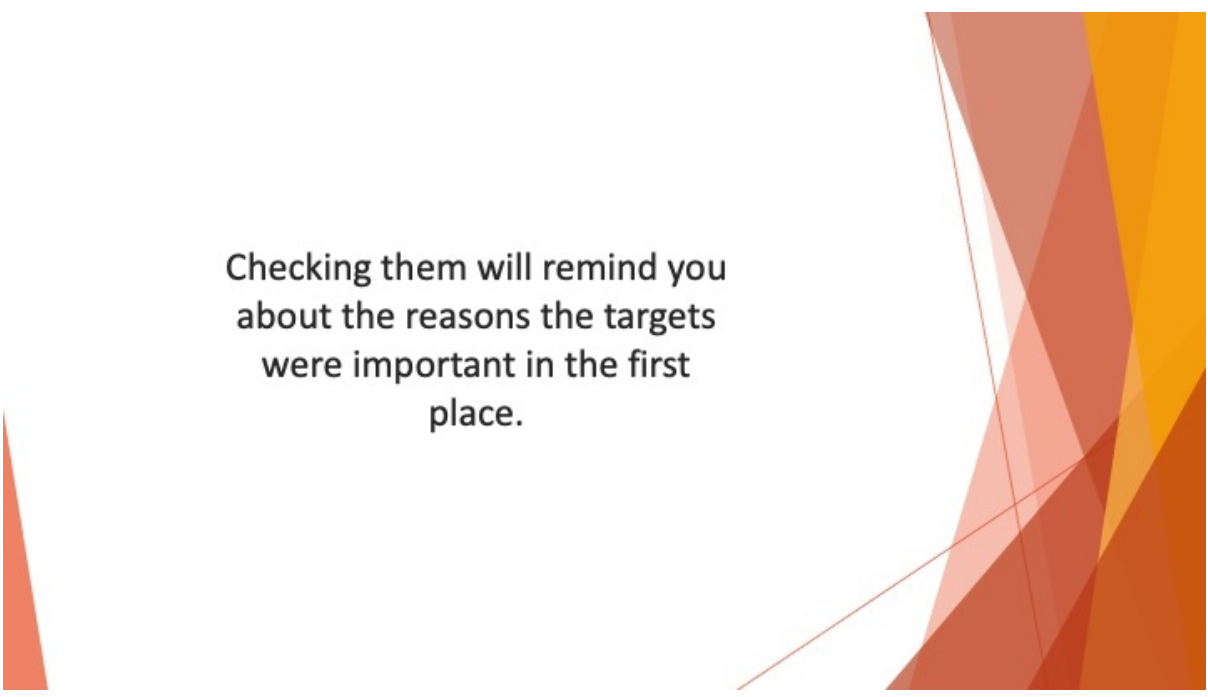


S11 : Also, it will help you to be able to look at the plan and think about it again. Sometimes, due to different reasons, we lose the positive emotions we had when we were drafting a plan over time.



It might be that you started
feeling that your plans aren't
feasible in the light of new
realities.

S12 : It might be that you started feeling that your plans aren't feasible in the light of new realities. Therefore, you need to keep your focus by putting your plans into a written form.



Checking them will remind you
about the reasons the targets
were important in the first
place.

S13 : Checking them will remind you about the reasons the targets were important in the first place. After making your plans, you are ready to pursue your targets.

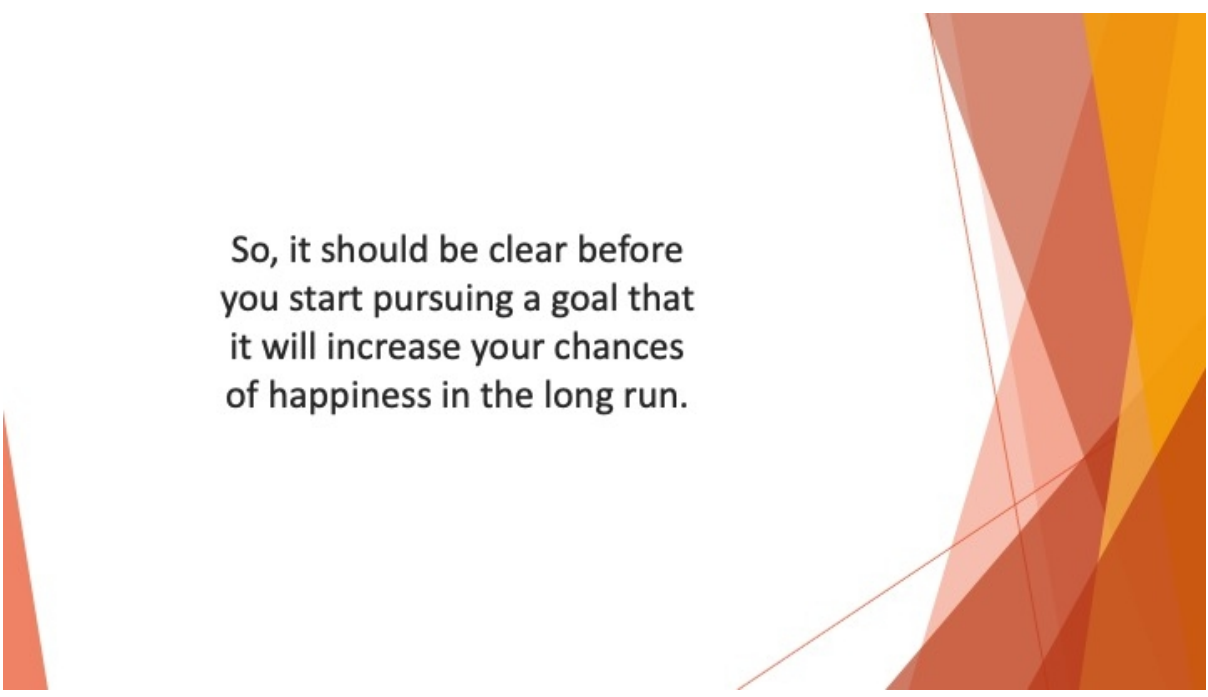


The Pursuit Of Personal Happiness

Why should you achieve your targets and feel empty and wasted at the end of the day?

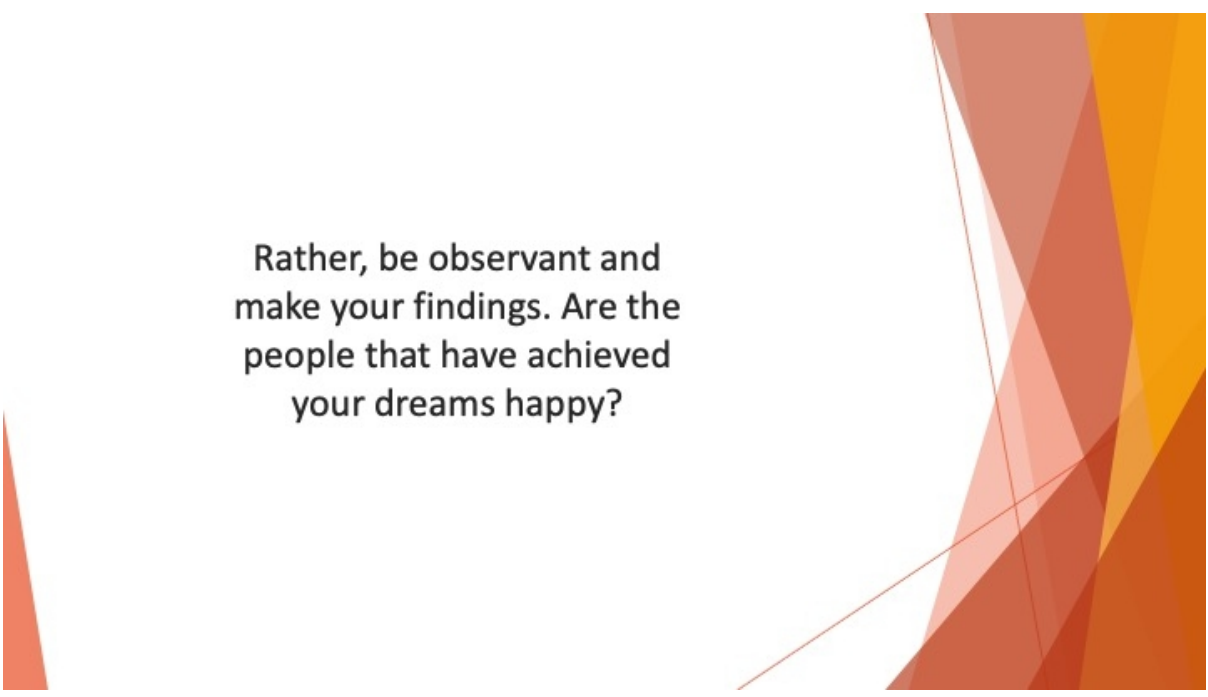
S14 : The Pursuit of Personal Happiness

Why should you achieve your targets and feel empty and wasted at the end of the day?



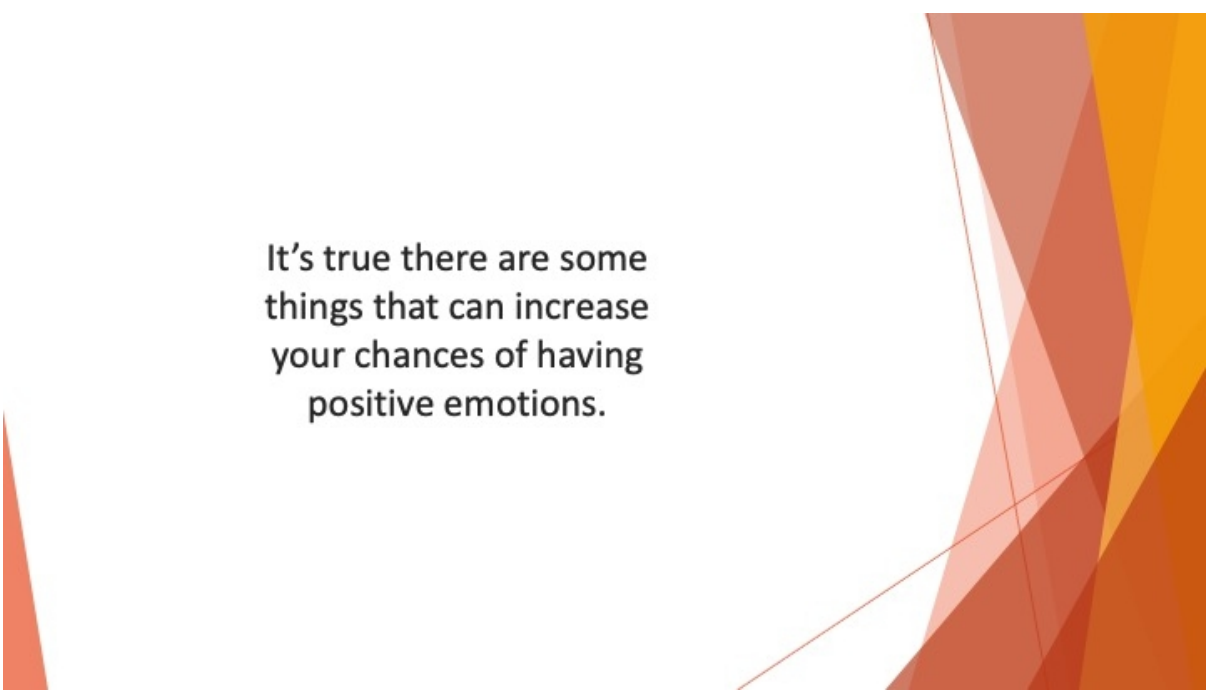
So, it should be clear before
you start pursuing a goal that
it will increase your chances
of happiness in the long run.

S15 : So, it should be clear before you start pursuing a goal that it will increase your chances of happiness in the long run.
Don't assume that you can be happy by reaching a target.



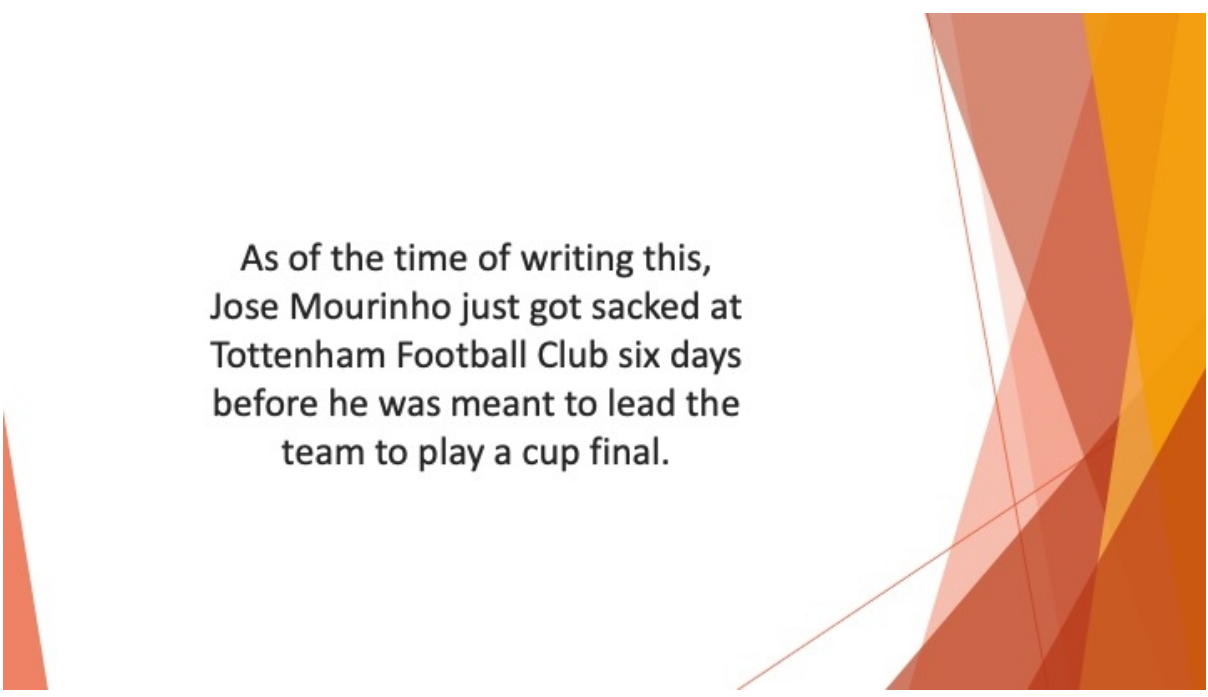
Rather, be observant and
make your findings. Are the
people that have achieved
your dreams happy?

S16 : Rather, be observant and make your findings. Are the people that have achieved your dreams happy? This is a crucial question you need to answer.




It's true there are some things that can increase your chances of having positive emotions.

S17 : It's true there are some things that can increase your chances of having positive emotions. Still, at the end of the day, happiness is a choice.



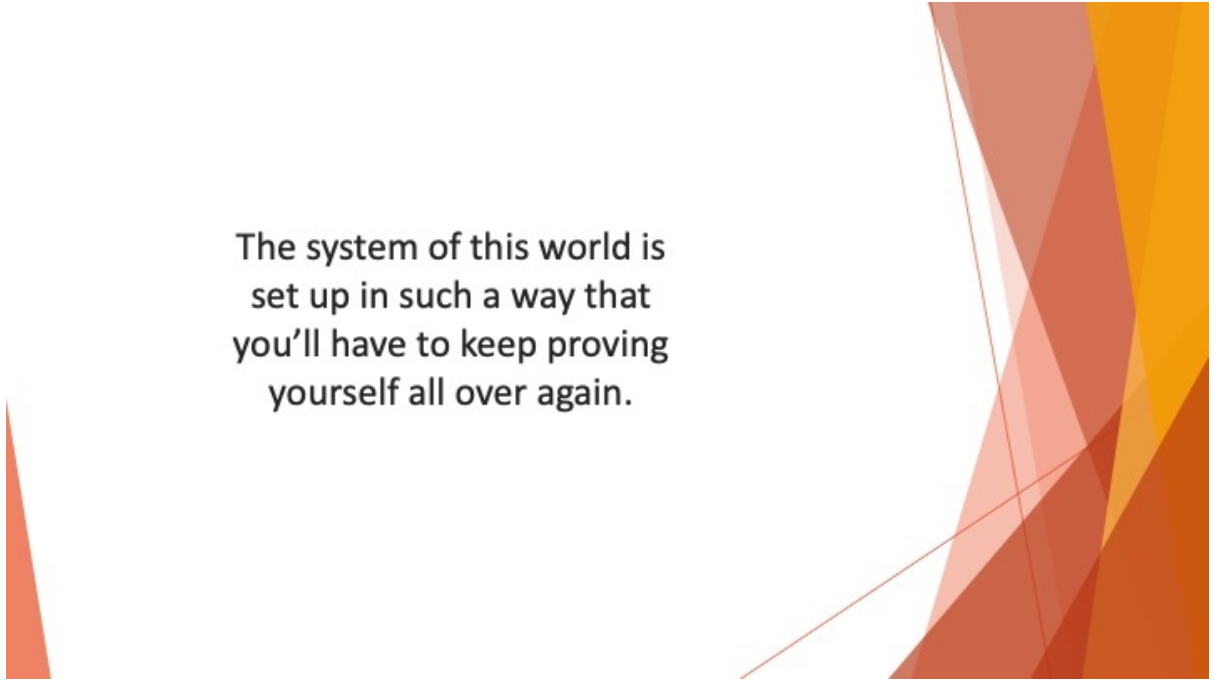
As of the time of writing this,
Jose Mourinho just got sacked at
Tottenham Football Club six days
before he was meant to lead the
team to play a cup final.

S18 : Don't depend on your achievements and the approval of others to be happy. As of the time of writing this, Jose Mourinho just got sacked at Tottenham Football Club six days before he was meant to lead the team to play a cup final.



This is someone that has won
the UEFA Champions League
two times at two different clubs,
among other collective and
individual accolades.

S19 : It's quite difficult to imagine that he would be a happy man. This is someone that has won the UEFA Champions League two times at two different clubs, among other collective and individual accolades.



The system of this world is
set up in such a way that
you'll have to keep proving
yourself all over again.

S20 : His CV ought to have bought him some time, but it didn't for some reason. The system of this world is set up in such a way that you'll have to keep proving yourself all over again. So, if you haven't decided to be happy regardless of what comes your way, you'll go through life being grumpy.




Prioritizing Legacies

Instant gratification feels nice in the short term. However, it can make you lose sight of the long-term benefits you might lose.

S21 : Prioritizing Legacies


Instant gratification feels nice in the short term. However, it can make you lose sight of the long-term benefits you might lose.

Instant gratification will not make you start an endeavor with clarity.



Your judgment will be clouded
by what you stand to enjoy in
the short run and make you
forget all that you stand to enjoy
or lose in the long run.

S22 : Your judgment will be clouded by what you stand to enjoy in the short run and make you forget all that you stand to enjoy or lose in the long run. Instead of short-term benefits, you should prioritize the legacies you can establish.




It's this desire for instant gratification that makes people commit all sorts of atrocities we see around us.

S23 : It's this desire for instant gratification that makes people commit all sorts of atrocities we see around us. Many individuals go into a business with the aim of cashing out as soon as possible.

As a result of their mindset,
they are desperate.

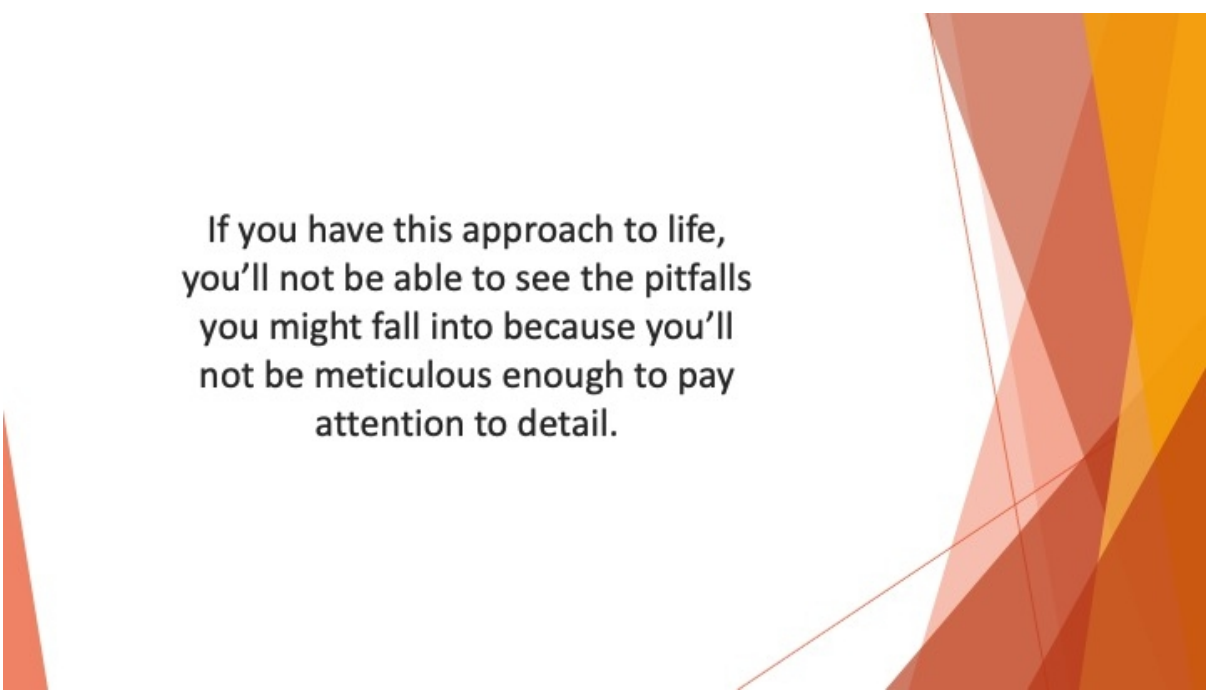


S24 : As a result of their mindset, they are desperate. They don't mind ripping off others of their hard-earned money just to earn quick profits.



They don't mind making
others sad as long as they
have been able to increase
their account balance.

S25 : They don't mind making others sad as long as they have
been able to increase their account balance.




If you have this approach to life,
you'll not be able to see the pitfalls
you might fall into because you'll
not be meticulous enough to pay
attention to detail.

S26 : If you have this approach to life, you'll not be able to see the pitfalls you might fall into because you'll not be meticulous enough to pay attention to detail. Greed can make you stop considering all the dangers that are associated with a deal.

So, always set out to do
things right.



S27 : So, always set out to do things right.



Be that entrepreneur that
will be a fantastic example
of how to achieve financial
freedom without losing your
soul to future generations.

S28 : Be that entrepreneur that will be a fantastic example of how to achieve financial freedom without losing your soul to future generations.

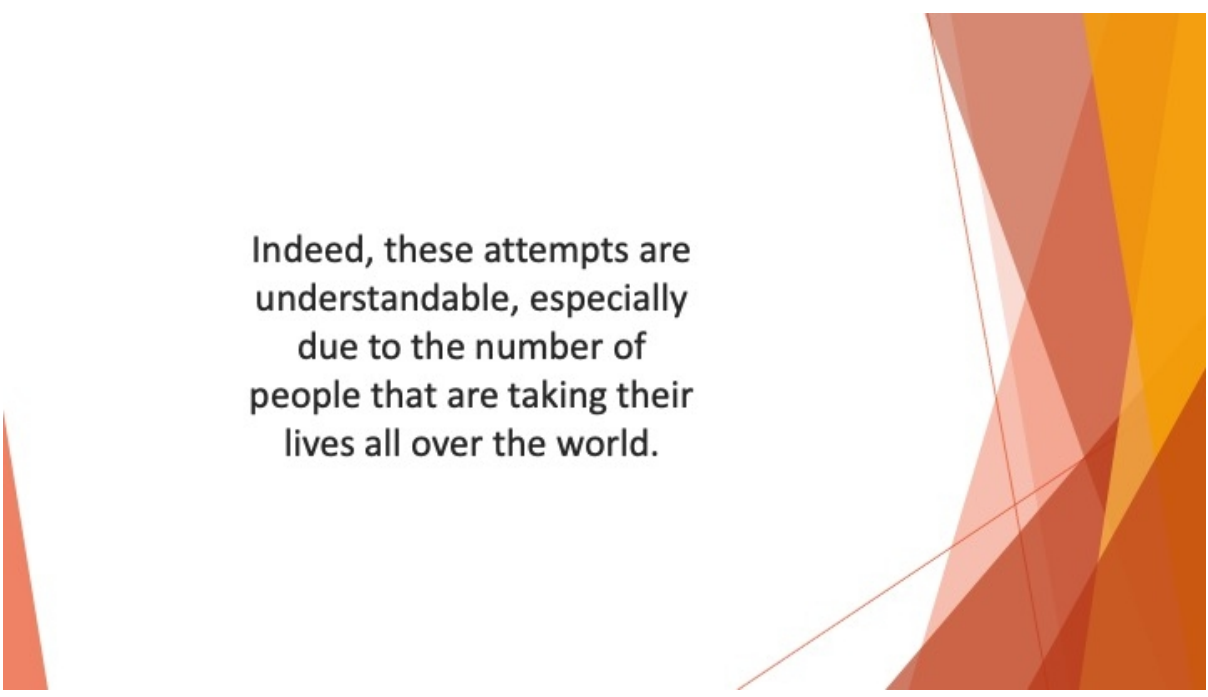


Pouring Yourself Into Serving Others

Nothing else can make you feel like you're making your life count than when you're serving others with your life.


S29 : Pouring Yourself into Serving Others

Nothing else can make you feel like you're making your life count than when you're serving others with your life. There are many articles and books that have been written in recent times that have focused on self-love.



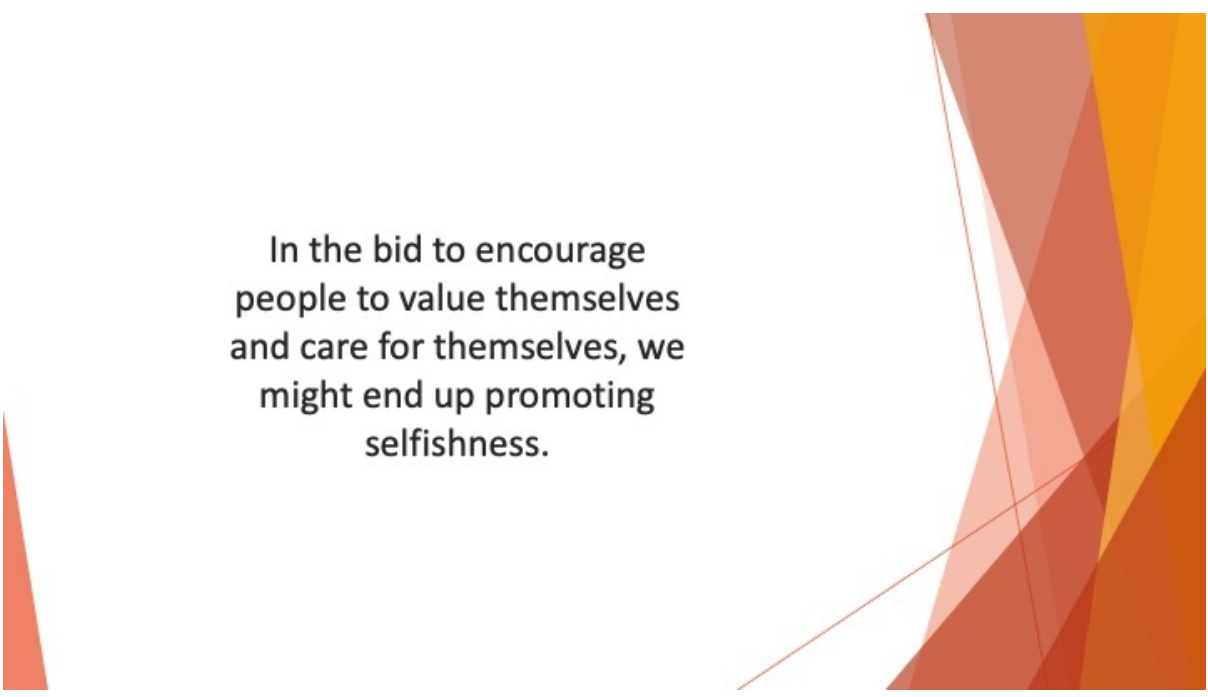
Indeed, these attempts are
understandable, especially
due to the number of
people that are taking their
lives all over the world.

S30 : Indeed, these attempts are understandable, especially
due to the number of people that are taking their lives all over
the world.



However, we need to be
careful to avoid curing an
extreme with another
extreme.

S31 : However, we need to be careful to avoid curing an
extreme with another extreme.



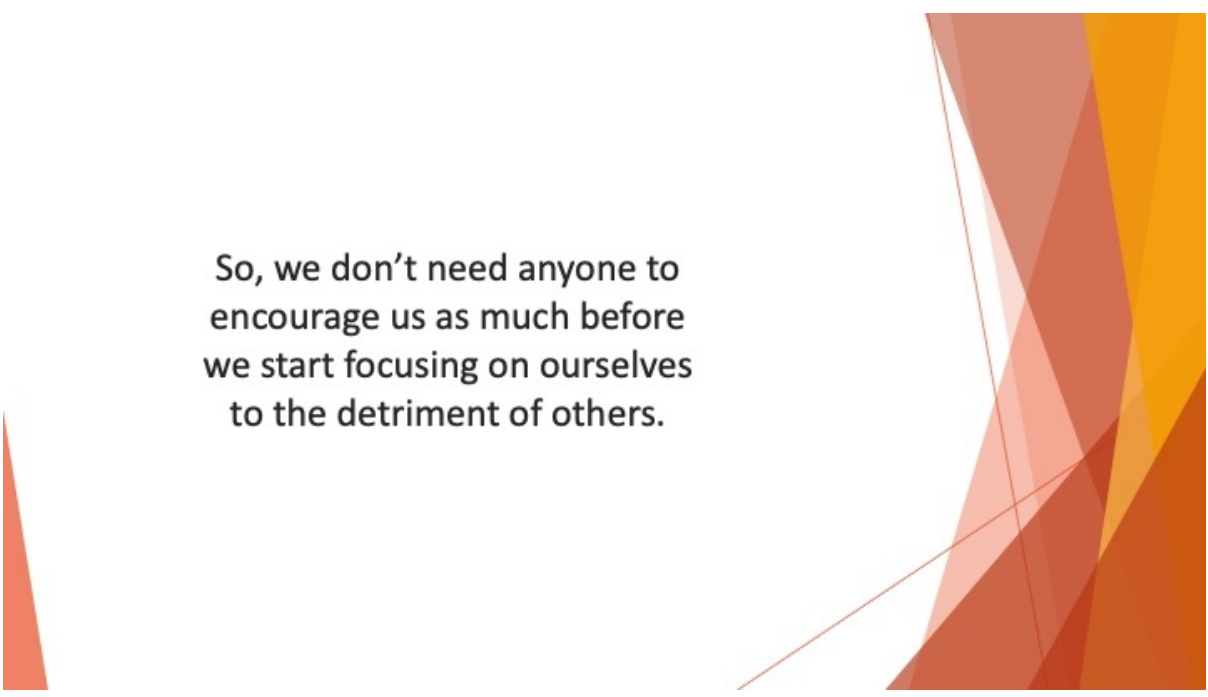
In the bid to encourage
people to value themselves
and care for themselves, we
might end up promoting
selfishness.

S32 : In the bid to encourage people to value themselves and care for themselves, we might end up promoting selfishness.
Our natural tendency as human beings is to be selfish.

This is the reason for envy
that leads to sabotaging the
efforts of others.

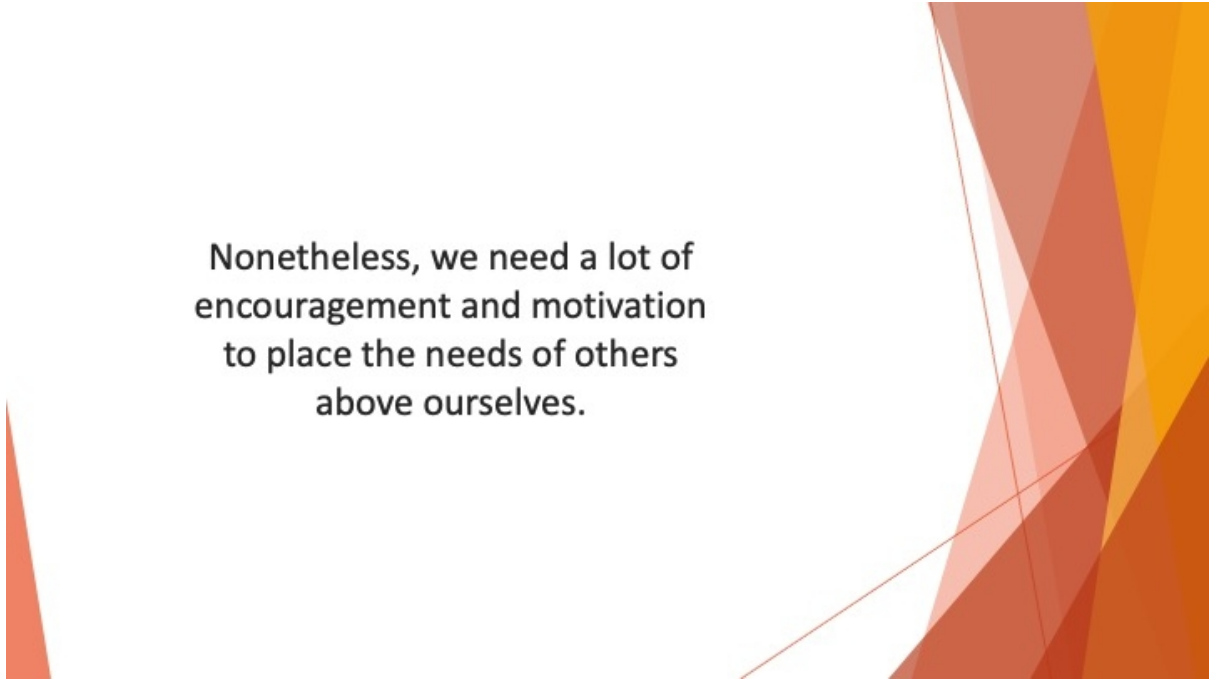


S33 : This is the reason for envy that leads to sabotaging the efforts of others. We all want to be in the spotlight and made to feel that we matter.



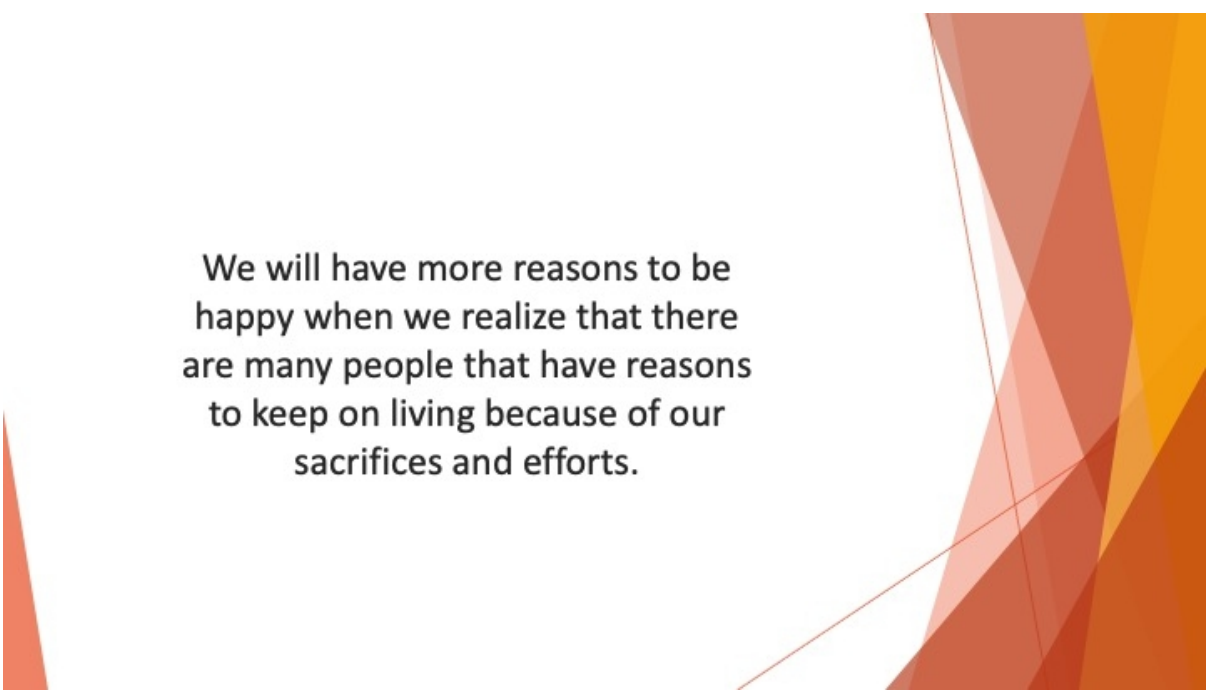
So, we don't need anyone to
encourage us as much before
we start focusing on ourselves
to the detriment of others.

S34 : So, we don't need anyone to encourage us as much
before we start focusing on ourselves to the detriment of others.



Nonetheless, we need a lot of
encouragement and motivation
to place the needs of others
above ourselves.

S35 : Nonetheless, we need a lot of encouragement and motivation to place the needs of others above ourselves. When we eventually do, life becomes more worthwhile and meaningful.



We will have more reasons to be happy when we realize that there are many people that have reasons to keep on living because of our sacrifices and efforts.

S36 : We will have more reasons to be happy when we realize that there are many people that have reasons to keep on living because of our sacrifices and efforts.

Why should you
sacrifice that feeling for
personal gains?



S37 : Why should you sacrifice that feeling for personal gains?