

M - Meaning



Having a purpose and meaning to why each of us is on this earth is important to living a life of happiness and fulfillment. Rather than the pursuit of pleasure and material wealth, there is an actual meaning to our life. Such meaning gives people a reason for their life and that there is a greater purpose to life.

To understand the greater impact of your work and why you chose the pursuit to work will help you enjoy the tasks more and become more satisfied and happier.

Check out Itai Ivtzan's Awareness-Meaning Therapy that helps people find profound meaning in themselves and their lives.