

# 21 simple ways ... To a More Meaningful Life



Ever feel like you are living on automatic pilot? Many of us spend time fulfilling obligations and get stuck in old conditioning about what and who we are supposed to be. Once in a while we need to stop and reflect on what really matters to us and reorder our priorities.

Here are 21 tips to help you decide -- and pursue -- what is truly most important in life.

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- 1 Focus on becoming a more mature person.** Take responsibility for your actions and decisions.
- 2. Let go of the old.** Find new ways to manage fear, anxiety and habits that hold you back.
- 3. Recover personal authority.** Find the courage to live your truth and take a small step in that direction daily.
- 4. Seek to make amends.** Ask others if you've injured them -- or if they see you hurting yourself-- and be open to constructive input.
- 5. Step out from under the parental shade.** Follow your own path, not that of your parents.
- 6. Vow to get unstuck.** Reflect on where you are stuck and make choices that move you toward living your dreams.
- 7. Address the things you've been avoiding.** Create a plan to deal with sticky situations.
- 8. Choose to play it bigger.** Make choices based on those things that allow you to get the most from life.
- 9. Discover your truest gifts.** What gifts have you been withholding from the world? Find ways to offer them.
- 10. Recognize old self-destructive patterns.** Assess where they started so that you can begin to heal.
- 11. Assess your willingness to be in the world.** Seize opportunities to play a bigger role in life.

- 12. Choose meaning over happiness.** Meaning can lead to happiness and enrich life throughout the years.
- 13. Recover and honor your lost self.** Acknowledge the parts that need recovery to soothe and heal them.
- 14. Release the ghosts of your past.** Recognize old guilt or shame and grow beyond their inhibiting powers.
- 15. Set your children free.** Release your kids from your own un-lived life and expectations.
- 16. Love yourself despite feeling unlovable.** We may be flawed, but we're all worthy of love and respect.
- 17. Pay attention to the choices you make.** Make decisions that lead you to what matters most.
- 18. Discern the difference between duty and calling.** Blend the two and add meaning to life.
- 19. Recall the things that excite you.** What used to fire your imagination and curiosity? Bring them back.
- 20. Seize permission to be who you are.** Choose to fully express yourself in the world.

- 21 Live an examined life.** Keep asking yourself what matters most.

*These tips are adapted from 21 Ways to a More Meaningful Life, written exclusively for Beliefnet by James Hollis, Ph.D., author of "What Matters Most: Living a More Considered Life."*