

# Man's Search for Meaning

Maybe you don't know yet what you want to pursue or what resonates with your personal growth. But you know there is something more to this life. You know you have a purpose and you seek clarity on what that might be.



## What Are Your Strengths?

When we work within our strengths, we barely know we are working. Getting honest about what it is that you are not only gifted at but that also brings you great joy is the first step in determining where your rejuvenating vocation lies. Sometimes these are hard paths for us to see because they are a part of our nature and therefore we have a kind of blindspot toward them. The answer to your vocation may not end with where your strengths are, but this will be a vital clue for determining the type of work that will bring you fulfillment.



## Bigger Than Me

When we realize there is something more, it is often because we have had a revelation that there is something bigger than ourselves that governs life and that is important in life. Taking ourselves out of the center not only liberates us from crushing pressures and responsibilities but it also opens us up to new perspectives and larger guiding values that we can live into and be a part of.



## Anchors

As we begin to discover these important values and perspectives on life, we can avoid becoming too overwhelmed with it all by creating for ourselves Anchors. Anchors could be a book that resonates with you personally, or a role model that seems to live out the goals and attributes you desire for your life. Anchors can be simple truths or mantras that you repeat to yourself when the world gets dark and confusing. These will help stabilize you and move you forward at the same time, as you create for yourself building blocks of a new, fulfilling life.

