

Meaningful Living Group Meetup
Lesson One – We live only once: How to live well and make it worthwhile

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What is the Meaningful Living Group is all about? It about both how to manage the challenges and predicaments in our personal life as well as the big questions about human existence, and

To live a life worth living, we need to find answers to the following questions:

1. Everyone has only one life – How to get it right the first time.
2. Life is finite; life is short – How to make the most of it.
3. Life offers many opportunities – How to make the right choices.
4. Life is a constant struggle – How to overcome all the obstacles.
5. Everyone wants a better life – How to achieve it.

A (Where I am now) ----- D (Where I want to be)

The Reality – Ideal Gap

Four life trajectories

1. **An ordinary life** – no risk taking & no major ups and downs
2. **A tragic life** – Starting well, but ending badly
3. **A fortunate life** – Self-actualizing
4. **A heroic life** – Bouncing back and becoming stronger (resilient)

Basic Ontological anxiety

1. Choose status quo and security -- Guilt and regrets
2. Choose change and ideal – Fear of failure and uncertainty

The great disillusion

1. Is that all there is to life?
2. If this is success, why am I still feeling unhappy and empty?

The great deception

1. I'll be satisfied only if I can win the whole world.
2. I can solve all my problems by myself.
3. Life is not worth living if it entails suffering.

The calculus of the good life (G) can be achieved by solving the following simultaneous equations:

G = A + D + P + O + X, where

A = Who I am + What I have + My present situation

D = My cherished dreams + my core values + my life goals

P = The right path (broad way or narrow way) + Opportunities + Resources

O = Obstacles + Oppositions + Past failures

X = Extraneous factors + luck + accidents

The above equations provide **a check list** of the answers you need to find in order to maximize the likelihood of living a worthy life.

Know yourself: What is your primary objective? What is your primary concern?

- 1. The pleasant life**
- 2. The successful life**
- 3. The virtuous life**
- 4. The meaningful life**

What is your Life Orientation Profile?

Do you know why?

Do you know the pros and cons of each profile?