

# Application Guide

## THE MEANING OF YOUR LIFE WITH ARTHUR BROOKS



### **BOTTOM LINE:**

You can be successful and still feel like something's missing from your life. A meaningful life is built when your life makes sense to you, has purpose and direction, and is rooted in healthy relationships.

### **KEY TAKEAWAYS**

#### **I. Meaning = Coherence + Purpose + Significance**

- A. Identify Where You Feel "Off"
  - 1. Coherence: Do things feel random or disconnected?
  - 2. Purpose: Do you feel busy but directionless?
  - 3. Significance: Do you feel successful but insignificant?

#### **II. Audit Your Focus: "Me Self" vs. "I Self"**

- A. Me Self = inward, self-focused, performance-driven
- B. I Self = outward, others-focused, purpose-driven
- C. "Have I been staring in the mirror or looking outward in awe and service?"

#### **III. Practice Daily Transcendence by Shifting Your Focus Off Yourself**

- A. Serve someone intentionally.
- B. Give generously (time, attention, or resources).
- C. Notice and respond to someone else's needs.

#### **IV. Lead with Compassion (Not Just Empathy)**

- A. Understand the problem.
- B. Feel the urgency.
- C. Know what to do.
- D. Have the courage to act.

#### **V. Reintroduce Beauty into Your Life**

- A. Step away from constant noise and outrage
- B. Activity Notice
  - Natural beauty
  - Moral beauty (people doing good)
  - Artistic beauty

#### **IV. Create Space for Meaning**

- A. Allow 10 minutes of silence each day
- B. No phone, no noise
- C. Sit with questions like:
  - "Why am I alive?"
  - "What would I give my life to right now?"

### **QUESTIONS FOR REFLECTION OR TEAM DISCUSSION**

- 1. Which of the three—coherence, purpose, or significance—is weakest in your life right now? How can you begin to strengthen it?

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2. Where has your leadership become more about you than others?
3. What would change if you led from meaning instead of achievement?
4. What is one way you can create space for silence this week?

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