

Quality of Life as a Driving Force

Searching Out the Real Needs

Striving for the good life involves the arduous work of becoming, of trying to live a life that one deems worthy, becoming the sort of person that one desires.

- Edward F. Fischer, researcher and author of *The Good Life*

A vision of living into true quality of life inspires hope in the future, and equally as important, motivates action to build a better life for yourself in the present.

Ask yourself what kind of a life would make this life worth the effort, what would make it worth to do the work and commit to life? What would quality of life mean to you?

Imagine that, in ten years, you're living the life you truly want. Think about what that life would be. Does that vision make you want to make any changes in your present life?

Research makes clear that working toward a guiding purpose is a central element of living a life that feels satisfying and meaningful. If you're still journeying to discover a purpose, the following questions can provide helpful direction.

- What is my desired vision for the future? If I could describe my ideal life in ten years, what would it look like?

- What do I want to stand for? Put differently, what values would I like to be known for?



- In what contexts do my skills align with my passions? In other words, what “work” feels fun, exciting, and fulfilling to me?

- What will I strive for during the short time I spend on this planet?

These questions can help shed light on your core purpose, especially if there are reoccurring themes in your responses.

The following questions can help you form an idea about some of the key values that guide you.

- Why does my core purpose matter so much to me? Put differently, what motivations are behind my core purpose?

- Who is most important to me?

- What is most important to me?



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