

Living a Meaningful Life

Blood cancer can raise many questions around the meaning and purpose of life. At diagnosis, this may come in the form of life self-reflection (what has my life really been about?) or as time goes on, what meaning and purpose can I derive from this experience in order to live a more meaningful & purposeful life.

A few questions to ask yourself:

- What do you see as your main purpose in life?
- Which values of your life do you see as priorities for you?
- What & whom do you love?
- How shall I live knowing I will die?
- How do I want to be remembered?



Resources

The Choice Point: A Map for a Meaningful Life.

Dr Russ Harris: The Happiness Trap.

Brene Brown: 10 Guideposts for Wholehearted Living (An Actionable Guide).

Emily Esfahani Smith: The Power of Meaning.

Annie M. Gordon: Take a Picture Today, Feel Happy Tomorrow.

click on each resource to follow the link



Helpful hints and tips

The following activities may help you to derive meaning and purpose from your life:

- ♥ Use a journal to keep track of your thoughts and feelings
- ♥ Explore other creative outlets such as art or photography or music
- ♥ Spend time in quiet thought or meditation
- ♥ Enjoy nature
- ♥ Connect with others
- ♥ Take a photo a day, or once a week
- ♥ Just move, anywhere, anytime
- ♥ Keep a gratitude journal

*He who has a why to
live for can bear almost
any how.*

- Nietzsche