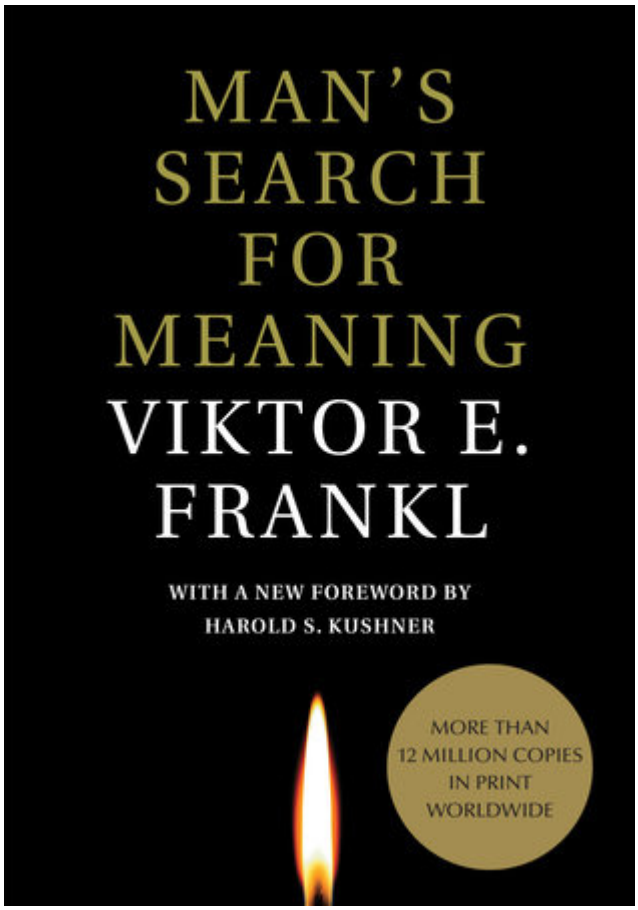
Twitter Thread by Miles■Life Launch

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3 Powerful Lessons From "Man's Search for Meaning"

Read this to Find more Meaning in Life.

■Thread■



Frankl's memoir describes how he survived the Auschwitz Concentration Camp.

Not only does he describe his experiences

But he also discusses how he was able to find meaning through his suffering.

Here are 3 Powerful Lessons to help you find more meaning in life

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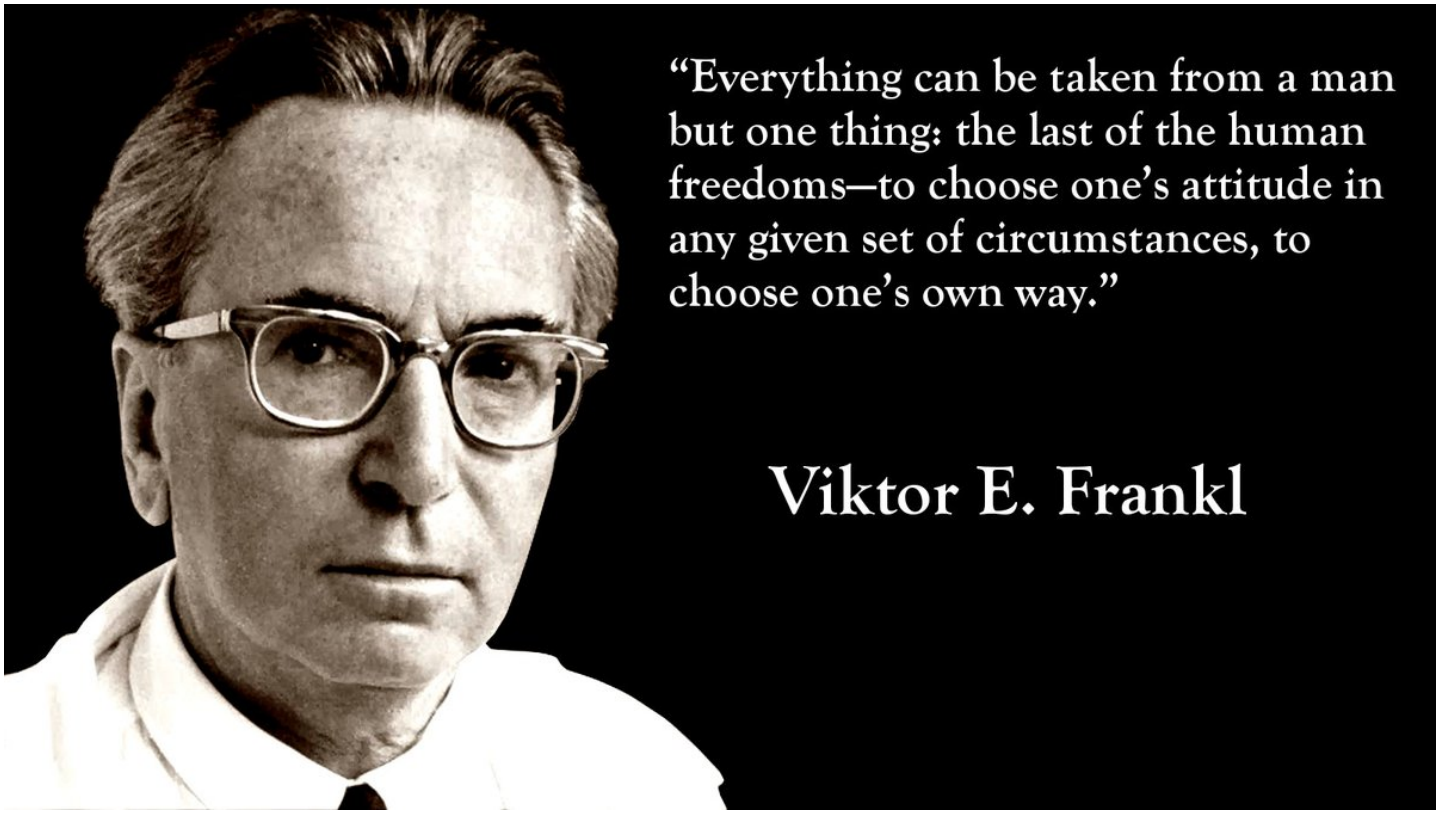
1. You always Have The Freedom to Choose

Arriving prisoners were stripped of everything they owned and separated from everyone they loved.

Everything can be taken from you except one thing:

The Freedom to choose your attitude and response to a situation

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You can't avoid suffering in your life

But can always choose how your respond to suffering.

Your choice determines if You're a Victim of Your Circumstances

Or the Victor of Them.

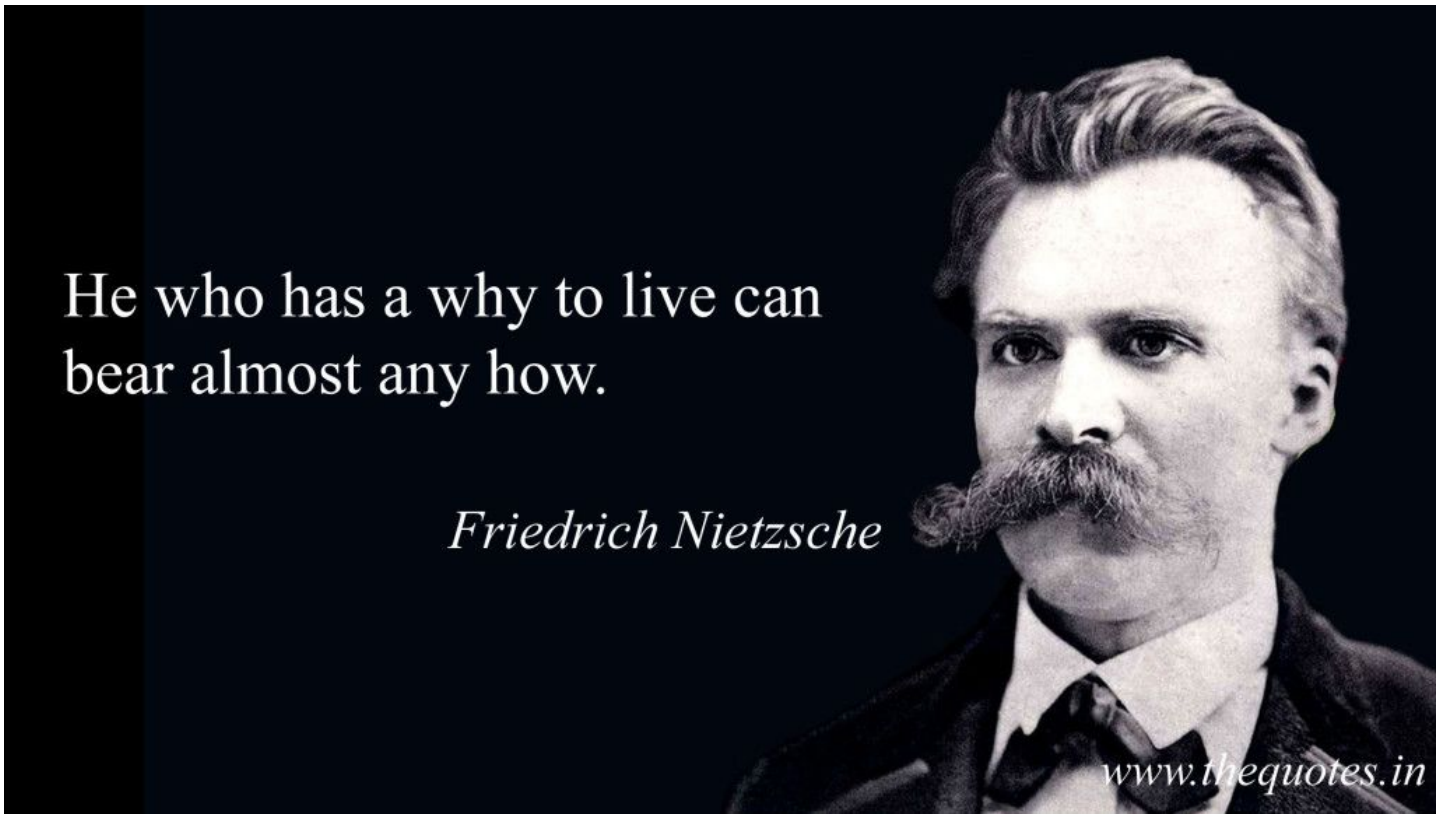
Find meaning by choosing to respond to the task that's been handed to you.
■■

2. Create something to Aim For

While in the camp, Frankl would constantly refer to Nietsche's quote:

"He who has a why to live can bear almost any how"

Frankl would visualize being back with his wife or lecturing in colleges again to help him get through his suffering
■■



When you're not excited about the future you look to the past.

Focusing on the past makes the present meaningless.

Having a future aim gives you Hope

Hope provides meaning to your current suffering.
■■

For example:

If you hate your job, a future goal to aim for might be finding a better job

This goal gives your current job meaning by allowing you to use it to build the skill and work ethic to succeed at your next one.

A Better future gives the present more meaning.
■■

3. Life is a Test

Life wants more from you than you want from it.

It will throw you tasks not to break you

But to build you.

In all suffering lies an opportunity for growth
■■

