

## **A Short Guide On How To Live Your Life**

### **What's the point?**

One of the oldest questions humanity has asked is what is the meaning of life. What is the point of our existence. There have been many proposed solutions to this question, but there is really no way for us to know. In this paper I will discuss the theory I believe is most plausible and then delve into some of the deeper issues regarding how someone should live their life based on this theory.

#### **Theory 1: Biology**

One possible explanation to our question is that our only meaning in life is to reproduce so our species can carry on. Humans are no different than any other animal on the planet. Other animals grow up, reproduce and then they die, so why are we any different. While this is a sound theory, I don't believe it. It could be the fact that I don't want to believe that our only meaning here is to have kids so the species can survive. I just feel like there is something more to it than that. How depressing would life be if everyone woke up in the morning and thought "I'm only alive to pass on my genes!". The world would be a dark and boring place. It is perfectly acceptable to believe in this theory, but I think it isn't the best way to live your life. If this is what you think every time you wake up then I believe you won't live up to your full potential. Why would you strive for greatness if your only goal was to reproduce? If you believe your only goal in life is to reproduce then in today's society a lot of people would have already completed their life goal by the age of 20 (Which is unbelievable)! While this is a sound theory that makes a lot of sense it is not one that I believe in.

#### **Theory 2: Religion**

This theory is shared by lots of different people. The basic idea is that we exist because of some God or Gods and we are here to serve them until we reach the afterlife. People who believe this think that our lives should be structured to adhere to this God. They think the meaning of life is to serve this creator and do as they say so you can have a good afterlife. This theory is possible. There could be some divine creator who wants us to live a certain way and after we die we will go to some afterlife or go through some type of reincarnation; however, I don't think this is the case. Just to make things clear this is my opinion, not a fact. I am not trying to bash people who believe this, I'm just stating my opinion. I believe that there is some kind of divine being or energy in the universe but I don't know anything about it. I find it hard to believe that there is some divine being that knows who I am, listens to me and thinks I'm special. There is just no way. There are people who believe if they pray for something they will get it because God is listening to them. There are 7 billion people on the planet, so I find it hard to believe that a God is listening to me at all times. Someone could argue that God is all knowing, all loving and all powerful so it is possible for him to know and hear me. I would respond by asking how they know their God is all loving. Isn't it possible for their God to be all evil? That would make more sense to me. Think about it; there is so much tragedy and disaster in the world. If their God was all loving and all powerful then why does he allow for all of this to happen? Wouldn't an all loving God prevent disaster from happening? This theory is indeed possible, but I just don't think it's plausible. I think that people shouldn't structure their lives based on this idea. I will use the Bible as an example. There are people who follow the Bible word for word. While the Bible has some good suggestions on how to live your life it isn't totally correct. It was written thousands of

years ago so a lot of the stuff in there isn't applicable to today's society. A good example is gay marriage. Back then gay marriage wasn't allowed, so obviously the Bible wouldn't condone it. It is outrageous that people today won't allow two people who love each other to get married because of a book written thousands of years ago. The main problem is people follow the Bible too literally. This type of thinking doesn't help society, it hinders it and I don't think this is how people should live their lives.

### Theory 3: There is no point

Some people believe that there is no point to life. They believe that we are born and we die and that's pretty much it. This theory is totally possible. There could very well be no point to life and we just happen to exist on a small rock in the universe for a short time. I tend to disagree with this as well. My arguments for this theory are mostly the same as theory one. I think that it isn't good to think this way because it sets a limit on our potential. If you think there is no point to life then why would you try to succeed? If I thought there was no point to life then I probably wouldn't ever get out of bed! I believe that this outlook on life leads to underperformance and people should try to think more positively.

### Theory 4: Personal Fulfillment

Another possibility is that the meaning of life is to accomplish your goals and become the best person you can. This is different for each person. Each person has goals that they want to reach and people usually have an idea of the person they want to be. This is what I believe the meaning of life is. I think that the point of life is to become the person you want to be and to achieve your goals and to allow others to achieve their goals. Your life should be structured around what you want out of yourself while allowing others to do the same. This seems like the most plausible answer to our question. Life should be about bettering yourself as a person and accomplishing the goals you set for yourself. This gives people a sense of purpose. The important thing to note here is the last part I talk about. If your goals hinder the goals of others then they shouldn't be accomplished. Let me explain. When I say hinder someone else's goals I mean directly infringing on their ability to complete their goals. For example if your goal is to kill your neighbor then that is unacceptable because it directly hinders his/her life. If you beat someone out for a job or position that isn't directly hindering their life goals. This outlook on life is, in my opinion, the best because it gives people a sense of purpose and drives them to be the person they want to be.

### **How can we accomplish our goals?**

We have established that the meaning of life is self-fulfillment, but how can we accomplish this? We have to start at the bottom and work our way up. No matter what your goals are you have to have a good foundation before you can achieve them. Establishing a foundation is critical to set yourself up for success. The best way to do this is to educate yourself. No matter what your goals are you will need to be somewhat educated in order to be successful. At the bare minimum everyone should have a high school education. This serves many purposes. For one it teaches people the basics that they need to know to be a working member of society. If you aren't a functioning member of society then you are probably hindering other people's goals. This isn't true about everyone but in general people who don't go to high school or have a basic education usually don't lead great lives. A high school education can also help you find out what you want to do. If school wasn't for you then you know that college isn't your path and that you should find something different to do. If it was for

you then you then know you should probably attend college. College isn't for everyone and high school can help you figure that out.

Once you have a basic education you then have a basic foundation. You know enough to get to the next stage of your life. The next thing you need to accomplish your goals is a good support group. When I say support group I mean a good group of friends/associates/family. Life is tough and it is critical to have good people around you. These people can help you in so many ways. Not only can these people help you when you are in trouble but they can also help you become a better person. If you associate yourself with good people then you can learn a lot about how they carry themselves. If you are constantly around greatness then it will motivate you to work as hard as those around you.

The last thing you need is passion. No matter what you want to do in life you have got to want it. With the amount of people in the world today you need to have drive and passion in order to make it. If you work hard you can accomplish anything you want.

### **Why should we accomplish our goals?:**

You might be asking yourself why should I try to set goals and accomplish them. There are many benefits to accomplishing your goals. One obvious answer is because accomplishing your goals often benefits you financially. If you work hard and accomplish your goals you often make a lot of money. Another reason you should accomplish your goals is because you get a sense of fulfillment. As we illustrated before the point of life is personal fulfillment. What better way to get that than to complete your goals. Once you start completing your goals you start to feel pretty good about yourself. The best feeling in the world is the feeling you get when you accomplish something you have been working really hard on. Giving yourself a sense of direction will keep your life on track and it will give purpose to your life

### **Can we actually achieve our goals?:**

So far we have talked about how to accomplish our goals, but we never really examined if it's possible to achieve them. As it stands today it would be impossible for every person in the world to achieve their goals (assuming they are achievable). This begs the question is it possible to make it so everyone has the ability to achieve their goals. I believe the answer is yes, but we need to make some changes.

Everyone needs to use less. if everyone in the world wanted to achieve their goals they couldn't because the wealth in the world isn't distributed evenly. If countries like America gave up some luxury then everyone could live happily. Since achieving our goals is the point to life we should make sure everyone has a fair chance. I would go as far as saying it's our moral duty to give everyone a fair chance. This starts with using less all around. If everyone can give up a little then it allows everyone to have a fair chance at life.

The next thing we need is to make sure kids finish high school. This is something that was brought up earlier as well. I understand school isn't for everyone but a basic grade school education is critical. It not only educates you on basic core concepts but it can also tell you if college is right for you. We need to get rid of the notion that everyone needs to go to college. It is too expensive for

kids to go and not get a good education. As a society we need to encourage people to go to trade schools and other paths. Another problem with is schools in America have little money and the government's education plans are always changing. We need to value educators more and strengthen these institutions. This issue affects not only people with children but also people without. If kids don't get a good education they'll grow up and make mistakes. We need to make sure everyone is getting the basics so they can help move society in a positive direction. We also need to start incorporating new concepts in schools. We need more classes about computer programming, doing your taxes, how to apply for a job, etc. These topics are not given enough attention in grade school and it is important information that everyone should know. This is not an easy issue to solve but I believe that we need to try and move toward this as a society.

Another thing we need to do is be healthier as a society. Obviously this is easier said than done, but we need to try and change the culture we have created. Not only have we allowed poor health, we encourage it. We have allowed big business to sell us food that is poisoning us. This is not only bad for us but it is bad for the environment. If we can change this it will help the world as a whole. We can give more food to others who have none and it can be healthy. If we can buy locally and start accepting better practices we can ensure everyone will have a chance to accomplish their goals.

### **Conclusion:**

People have been wondering what life is about since the dawn of time. We are always telling ourselves different reasons why we are here and what are destiny is. While we can theorize we can never actually know why. I believe that just because we can never know it doesn't mean we should stop questioning. We need to continue to wonder why and search for an answer. I believe that the best way to live your life is to give yourself structure and purpose by creating goals for yourself. If you can create goals and work towards them not only will it give you a sense of purpose and fulfilment, but it also helps us as a society. If everyone is working toward a personal goal we will move forward together as a society. We need to transition from the age of consumerism and excess to an age of sustainability.