

Samuel Powell

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## 1 The issue

From Lex Fridman Podcasts #191, Daniel Schmachtenberger. Daniel S. talking on the meaning of life ( $\implies$  a meaningful life) involves three targets (paraphrased, especially the heading titles):

### 1.1 Being

Experiencing or enjoying, abiding in the moment fully. Speaks to experiencing the moment or life. This is the one I think people fail to recognize or pay attention to most. I know it is for me. I think it could be in part because we are creatures of action, at least in western cultures. It's difficult to quantify or even qualify. I could do this better by setting aside time to meditate or consider life. I think my journaling could be very helpful. Listening to music or youtube less on the way home or when dawdling around the house.

### 1.2 Doing

The act of making things better for others. How you serve others or enhance their being. Volunteering, work, helping others. I think I might do O.K. with this, but not on purpose. I don't often think of others or how to help them. I often have selfish motivations when I do. I help out at church with A/V and youth group, but that seems to quickly become a chore.

### 1.3 Growing

Learning and growing in skills to be able to do the previous two items better. I think this is usually what I consciously pursue with the greatest zeal. The idea of striving for something, to improve oneself fits well with my stoic philosophical leanings. It is also the easiest to quantify. My goals are often targeting more active things that don't really match so well with the mode of being or well being of self or others.