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Motto of my life meaning

Mark Zuckerberg just became the most famous stay-at-home dad in America. With the arrival of daughter Maxima Chan Zuckerberg, the Facebook CEO now embarks on two months of paid paternity leave.Zuckerberg's decision to take "time off" is remarkable for three reasons: First, the 31-year-old billionaire is easily the most famous and influential exec to ever take such a break. Second, it's rare for American men to take more than a week or two of parental leave, and just about unheard of for CEOs (see Yahoo's Marissa Mayer). And third, Zuckerberg is Facebook. How will the social network survive without its lead geek?Which prompts the question: What does it really mean when an executive is "off" on leave? Do we honestly expect Zuckerberg to fully abstain from sending occasional work emails or to stop shopping around for another multi-billion-dollar acquisition?Surveys show that the average American CEO works 58.15 hours a week, roughly 10 to 11 hours per weekday, plus six extra hours over the weekend. While Zuckerberg claimed to spend "no more than 50-60 hours a week" in Facebook's Menlo Park office, he added an important caveat: "But if you count all the time I'm focused on our mission, that's basically my whole life."Can Zuckerberg and other highly driven executives completely cut the work-life cord during leave, or will they always keep one foot in the office? Odds don't seem good. A survey by the Boston College Center for Work & Family showed that only 18 percent of men said they did no office work while out on paternity leave. And 54 percent of men and 37 percent of women admitted to doing at least some work on their vacations, according to an Adweek/Harris Poll. Another poll from OfficeTeam broke out the numbers for both executives and regular employees. It found that 76 percent of executives did work at least once a week while on vacation and 33 percent worked every single day. Only 26 percent of regular working stiffs similarly spoiled their vacations.So why do so many people keep working while on they're supposed to be taking a break? "For some professionals, even the thought of being out of the office can cause concern," says Diane Domeyer, executive director of the staffing agency The Creative Group, via email. "In fact, one-third of executives surveyed by The Creative Group said they enjoy taking vacations but dread the work awaiting their return. Another 10 percent said they rarely take time off as it will cause more stress than satisfaction."With those thoughts in mind, it's perhaps unsurprising that people, particularly executives, would spend at least some of their leave checking in. Smartphones and laptops definitely make that easier to do. "Those who have taken on greater responsibilities may also feel added pressure to touch base with colleagues to ensure projects are running smoothly while they're away," adds Domeyer. Not to mention there are some folks who really enjoy their work and don't want to disconnect completely.On the flip side, the Wall Street Journal reported in June on the concept of the "workcation," where people traveled to another location but kept on working a full day. They saw it as a way to get a change of scenery (and a little fun) without dipping into their vacation time. This could also come in handy if someone were required to, for instance, go to their parents' home for a week to tend to family matters, but didn't want to use precious vacation days. But since studies show Americans only take about 51 percent of the leave they've earned, you'd think there'd be no need for a workcation.So while Zuckerberg will likely check his work email and Facebook during his time off, let's hope it's not too often, and that he really spends time with his new daughter. Sixty-seven percent of 2013 survey respondents said that their families get mad when they check email on vacation. "While periodic updates can provide peace of mind, being overly connected can spoil the benefits of a break," says Domeyer.Now That's InterestingZuckerberg, whose wife Priscilla Chan is Chinese-American, asked China's President Xi Jinping to give his baby daughter an honorary Chinese name. Xi declined, even though Zuckerberg asked in Mandarin, a language he's learning in his "free" time. You've probably been asked time and time again about what you wanted to do with your life. As a child, the answer might have fallen along the lines of being a superhero or a unicorn, but when you're older, it can be harder to figure out what your purpose actually is supposed to be.There's no way to find meaning in your life without taking a few risks. It's completely natural to feel lost and confused sometimes, but there are ways to find your niche and true direction in life. In today's society, if you don't figure out what your purpose is by the time you're 20, people sometimes assume something is wrong with you. But what if you are destined to do something greater that you just haven't figured it out yet? Or what if you're passionate about more than one thing and can't figure out how to do both of them together? When it comes to your life, you need to find something that will give you so much joy that you truly feel fulfilled while doing it. If you find yourself feeling lost and not exactly sure of what your purpose is, hopefully these tips can encourage you to find out what exactly will bring meaning into your life.1. Ask Yourself The Important QuestionsWhen it comes to finding your purpose, you have to try to be completely honest with yourself. Try asking important questions that will help get the process started. According to Forbes, there are four questions you can ask yourself when you're feeling lost: "What makes you come alive?" "What are your innate strengths?" "Where do you add the greatest value?" and "How will you measure your life?" Being honest with yourself can make you more aware of what truly inspires you and how you'll bring value into the world. The only way you're going to find your purpose is to deeply challenge yourself. When answering these questions, figure out what the common theme is. Do they all involve your love for photography? What about helping others? Once the dots all start to align, it may be easier for you to find out actually what you're destined to do.2. Set GoalsPut some pep in your step by doing what you want instead of just thinking about it. To help find purpose and meaning, you should start setting weekly goals of where you want to be. The right amount of pressure can propel you forward so you can continue to move into the direction you want to go. According to Psychology Today, you don't need to have everything figured out to start — but you just need to begin. Once you make that shift, everything may align and you may start to feel better about yourself because you're moving in the direction you always wanted to go.3. Listen To Your IntuitionDuring this process, try to really listen to your heart. When you're asking yourself these questions and setting goals, what are your instincts leaning towards? Do you want to help people? Do you want to become an artist? Listen to what your intuition is telling you, because you, and only you, know the answer. According to Entrepreneur, Jeff Goins, best-selling author of The Art of Work, said that the best way for you to find your purpose and create your future is by actually looking into your past. By doing this, you're allowing your past to inform your future and help find a unifying thread that is consistent with your passions and skills.4. Get Out Of Your Comfort ZoneBreak your habits, do something that you haven't done before, and stop watching TV — being in your comfort zone is just preventing you from dealing with fear. Whether it's the fear of failure or the fear of the unknown, either way, you have to take that leap to help find meaning in your life. According to Expert Enough, you become more of the person you are meant to be once you start pushing yourself away from your comfort zone and facing your fears. While doing this is a challenge in itself, it's worth to tackle your fears so you won't feel negative about yourself.5. Connect With More Than One PassionBeing passionate about just one thing doesn't seem logical anymore. You probably have more than one talent and there's no reason why you shouldn't explore all of them. According to the Huffington Post, we struggle so much with finding our purpose because we're taught that we should go after just that one thing that makes us happy. And by just going after that one goal, it can actually prevents us from reaching our true potential. Start tapping into everything that makes you feel alive and let go of the thought that you can only be passionate about one single thing. There are plenty of ways for you to do everything you're passionate about, you just have to take the steps to get there.6. Surround Yourself With Positive, Goal-Oriented PeopleSurround yourself with people that'll influence you and push you forward. When one feels lost, it might be hard for them to push themselves when their environment is filled with toxic people who don't believe in them. According to the Huffington Post, you want to surround yourself with good people that'll provide you with motivation and empower you to make the right changes to succeed. Having a healthy support group may even help initiate you to find your purpose because your friends and family may encourage you to do so.For some people, it takes years to figure out exactly what brings them meaning and happiness. But hopefully, after doing a few of these steps, you can move towards the direction of figuring out what brings you joy and what will fulfill you with purpose. Remember to take baby steps and enjoy the ride.Images: Giphy (6); Su Nantha Sm Thraphy / EyeEm/EyeEm/Getty Images Last Updated on November 27, 2020 What is life about? What is the meaning of life? Why do we exist?Everyone, from ancient Greek Stoics all the way to modern lifestyle gurus, have answered these kinds of questions in an endless variety of ways. And yet, we still search for a satisfying answer.Neither this article, nor any other one, can deliver a tangible solution to the curious case of life. And that's okay!The truth is, part of what makes the meaning of life so alluring is its engrossing diversity, mystery, and intangibility. However, it's important to point out that the lack of a solid answer doesn't mean it's not worth looking for one. The search for what life is about is a journey that each individual person must embark on for themselves. Each person must look for their own, uniquely fulfilling answer to the question.Fortunately, there are many different behaviors, ideals, and actions that humans have found over the centuries that can be excellent methods to draw us towards that final, inner conclusion of why we exist. Here are a handful of ways to kickstart the adventure of finding out just what life is really about.1. Love PeopleLike life, love is one of the most commonly discussed yet, elusive things that humans encounter. Is it a behavior? A lifestyle? A person or object? A relationship with God? It's used in all of these ways, depending on the context.However, one thing that always remains is that love is a powerful force for good. Many of the most meaningful things in life are borne out of love — whether we're loving things, others, or even ourselves.One of the best ways to find the meaning of life through love is to practice connecting with our families. From parents and siblings to a spouse and children, loving our family is a powerful way to grow in our knowledge and appreciation of what life has to offer.A spouse, children, friends, life partners, and strong platonic relationships provide a unique and powerful feeling that is difficult to find anywhere else. This is largely because they're intimately connected to the eye-opening, natural desire to reproduce and leave our mark on the world through posterity.2. Detox from Technology and Gain PerspectiveNext up, we have the extremely important need to detox from time to time. Modern life is fraught with dangerously addicting distractions like social media, that can take up gobs of time without our ever even realizing it. And the effects can go beyond simply frittering away time. In fact, one study suggested that perhaps as much as a staggering 30% of divorces originate with Facebook interactions. Life doesn't simply happen in a vacuum, though. Once you've managed to disconnect from those devices and social profiles, it's important to take that time and energy and redirect it towards a healthier mindset.Spend time meditating, praying, and even simply dwelling on an attitude of gratefulness. Find things that you're thankful for and make an effort to express appreciation for what you have on a regular basis (you know, rather than envying others as we scroll through our Facebook feeds).One of the keystones to life that numerous wise men throughout history always hearken back to is the simple appreciation, gratefulness, and thanks that come with a good perspective.3. Look for Meaningful Ways to Give BackDonations and charities aren't lacking these days. In fact, the phenomenon of charitable giving is at an all-time high. Awareness has skyrocketed in the age of information, and Americans gave a record-breaking \$410.02 billion to charity in 2017 alone But just because we know how to give doesn't mean we're really, truly invested in giving back to others. Real, honest giving doesn't come out of personal abundance and overflow, nor does it typically take the form of a crisp dollar bill. It comes out of a desire to help others — a desire that can be huge in helping to get a healthy perspective of life.If you want to find out more about life, consider genuinely giving back to the world around you. Don't just scrounge up your extra cash and give it to a cause someone else is passionate about.Find out where your own passions are. What needs and hurts in the world get your heart racing and your mind searching for a solution? Find those, then invest yourself. Give until it hurts. The results are exhilarating. This article can help you: How to Find Your Passion and Live a Fulfilling LifeWhile we've already talked about what we can do for others, that doesn't mean a little self-care isn't needed once in a while too. We're not talking about indulging those shallow, fleeting desires like a bowl of ice-cream or a trip to the spa, though.Small treats are perfectly fine, but they don't go very far in helping us truly appreciate life itself. Instead, try looking for a new challenge.A challenge can be the perfect formula for helping to open our eyes to the beauty of the world around us. They provide value without the perpetual responsibility and financial concerns that come with our careers and professional lives. Find a hobby that indulges your interests and simultaneously challenges your skills. Dive into a pursuit that has always intrigued or fascinated you, but you've never had the time to explore on your own. Practice a new instrument, go fly fishing, try painting, learn a language — the world's your oyster! This list of 50 low-cost hobbies will inspire you.If you're thoughtful in your selection, you may even be able to pursue an interest that can inadvertently develop your life skills and possibly even add to your resume.5. Overcome InsecuritiesLet's circle back around to the personal, inner thoughts and behaviors. One of the critical elements to a life well lived — and thus better understood — is overcoming insecurities.Let's start by stating the obvious: Everyone has insecurities.Sometimes those insecurities are a bit difficult to pin down and see for what they truly are. One of the best ways to rise above the fears and anxieties of life is to work on your insecurities. Try to practice mindfulness, look for thought patterns, analyze your behavior, and identify when you're being influenced by insecurities.The more you become aware of your own insecurities, the more you'll be able to rise above them, prevent selfish behavior, and enable yourself to do things that would have been impossible before.If you've been trapped in a job you don't like, for instance, due to insecurities about financial failure or peer pressure, overcoming those insecurities at their roots will enable you to move on somewhere else, to ask for that promotion you've been eying, or even simply move horizontally within the company in order to find better work that better satisfies your personality and talents. 6. Never Stop LearningTwelve years of structured school (not to mention a mini-career arc through college after that) can leave many of us feeling like we're done with academics, school, and learning in general.But the truth is, learning should be a lifelong process. Healthy humans are always in a state of learning. They see what's around them and want to learn more, understand more, and see why everything is the way it is.This doesn't mean you need to manufacture a desire to start reading textbooks on calculus in order to see what life is about. It's simply an encouragement to start to take an interest in the world around you. Investigate, probe, and learn more about things that catch your interest, and your passion for learning will start to grow on its own before long. For instance, even if you pushed yourself all the way through a masters degree already, don't close the book on your academic career quite yet. Consider going back to school (no matter your age) in order to get a post-master certificate. This won't just give you an edge in the professional arena; it will also serve as a way to satisfy that inherent desire to learn.While that's just one example out of many, the point is, it's important to find ways to continue learning and growing on a regular basis.7. Go MinimalistIt's easy to hear about concepts like "minimalism" and think about extreme lifestyles, like Buddhist monks living in barren temples up in the mountains. But the truth is, minimalism is an easy lifestyle to adapt even in the cluttered, materialistic West.If you take small steps like avoiding purchasing unnecessary new things, storing seasonal items, and generally decluttering, you can ease into a minimalist mindset without much trouble.This doesn't just help with finances and your cleaning schedule, either. A life with less clutter often leads to a clearer, more grateful mindset. And a grateful mindset can be a key part of gaining deeper insight into what this life stuff is really about in the first place.8. TravelYou saw this one coming, right? Those that seriously travel tend to gain a deeper perspective of life as a whole. The trick is, though, you can't go into your travels as a fanny pack-touting tourist that's only interested in "seeing the sights" and hitting up the pristine beaches.Here's a good litmus test for you: if you expect everyone to talk to you in your native language as you travel, you're not in the right headspace.If you take the time to travel, make sure to do so with the specific purpose of seeing the world outside of your own comfort zone. How are other cultures different from your own? How do other geographic areas affect how people live? What does a developing or war-torn country truly look like?If you set out with this perspective, you're much more likely to have your heart and mind opened in ways you never could have expected.9. Try to Be More AwareFinally, we have one last, gigantic call to action: be more aware. If a person can truly foster the ability to pay attention to everything around them, they develop the ability to break free from the self-centered mindset that all humans naturally slip into when we're not paying attention.Just to clarify, this isn't a call not to pay attention to your own thoughts and needs. They're important too. In fact, the Dalai Lama said, "One must be compassionate to one's self before external compassion."Whether it's ourselves at first or others afterward, truly developing the ability to be aware of and empathize with the life that goes on in and around us is a critical part of understanding just why we're all alive in the first place.So, What Exactly Is Life About?Hopefully, by this point, you don't really expect an absolute answer to that question. On the other hand, you may not feel it's a hopeless inquiry, either.Remember, the reason we don't have a good answer about what life is about is that it's too complex to fit into words in the first place!The complexities and nuances of a "good life" are so profound that they take an entire lifetime of exploration — both of ourselves and the world around us — to even begin to formulate an answer. And even then, we've typically only scratched the surface.When you break it down, the meaning of life is so deep and valuable, it's worth chasing, even if the end goal is only to catch a glimpse of the glory that keeps us all moving forward day after day.More About the Meaning of LifeFeatured photo credit: Emma Dau via unsplash.com what is the motto of my life

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