Dr. John Townsend

SOLUTIONS

S1006

Outline

Finding Meaning in What You Do

How do we make sure that our time and energy is spent on living a life that has lasting meaning and significance? To ensure that you're headed in a direction you'll be pleased with when you look back on your life, ask yourself: "What matters most?" and "What do I value?" Thinking about your values will help you determine how to invest your time and energy, and will help you grow and expand. Join Dr. Townsend as he helps us think about our values, and get on the right track to living a more meaningful life.

Small group discussion questions:

1) When you examine your life, what stands out?

2) Look at the principles listed. Which is the most meaningful to you? What challenges you?

3) What tough calls do you need to make? Do you need to eliminate something in order to have more time and energy to invest in things that have meaning?