

10 Ingredients of a Meaningful Life



Own your life. You have a choice between owning your life or outsourcing that responsibility to others.

Make yourself proud. Instead of trying to *look* good, *be* good.

Do what's right. Virtue *isn't* demanding more of others; it's expecting more of yourself.

Put others' needs ahead of your own. In healthy relationships, you place others' interests ahead of your own and they do the same for you.

Do your best. You don't have to *be* the best, but you should always *do* your best.

Bring out the best in others. An exceptional friend or colleague challenges you to grow by holding you to a higher standard — because they believe in your potential.

Make a difference. Why complain about the ills of the world when you could make a world of difference to someone you know?

Give back. Giving comes in many forms. It can be as simple as offering your time, support, or encouragement to someone in need.

Create a legacy. As a parent, it's your responsibility to raise kids who have strong moral principles and are productive members of society.

Lead by example. Be the person who others look up to — whose character is beyond reproach. The true reward for living a good life isn't the fame and fortune that comes with success, but rather, it's knowing that you earned it the right way.

