



Emily Esfahani Smith on Building a Meaningful Life

Learn practical steps to build more meaningful connections, strengthen your purpose, and pursue a life that matters

What You'll Learn:

- Turn everyday interactions into meaningful connections to build your sense of belonging and help others feel valued
- Set a far-reaching goal that allows you to uniquely contribute to the world and then implement practical, daily steps to pursue that goal
- Assemble your life experiences into a coherent narrative
- Take practical steps to feel connected to something bigger than yourself on a daily basis
- Build a culture of meaning in your workplace, organization, or home

Description

There's more to life than being happy. People who lead the most meaningful lives have a far-reaching purpose. They forge relationships where they help themselves and others feel valued. They assemble their experiences into a coherent narrative. And they contribute to something bigger than themselves.

If this all sounds abstract, it doesn't have to be. In this 3-hour, video-based course, Emily Esfahani Smith, the author of *The Power of Meaning: Crafting a Life that Matters* will teach you concrete strategies for implementing elements of belonging, purpose, storytelling, and transcendence into your everyday life in practical ways and achievable steps.

Drawing on the latest research in positive psychology; along with insights from philosophers across the ages, Emily Esfahani Smith will share strategies from real people and companies that have effectively built meaningful lives or established cultures of meaning. You'll create a Meaningful Life Notebook where you can implement and record the results of the experiments you take to start pursuing a life that matters. In the process, you'll immeasurably deepen your own life, and start to figure out how you can help others in the process.

Syllabus:

Section 1: Introduction to Building a Meaningful Life

Video 1: Welcome to the Course

Video 2: Introduce Yourself to the Course Community

Video 3: What is Meaning?

Video 4: The Difference Between a Meaningful Life and a Happy Life

Video 5: The Crisis of meaning

Video 6: The 4 Pillars of Meaning

Exercise: Take the Quiz: What's Your Pillar of Meaning?

Section 2: BELONGING: Pillar of Meaning #1

Video 8: What is Belonging?

Video 9: The Importance of High-Quality Connections

Video 10: How to Build Belonging in Your Own Life

Exercise: Build Your Sense of Belonging

Section 3: PURPOSE: Pillar of Meaning #2

Video 11: What is Purpose?

Video 12: How to Uncover Your Purpose

Video 13: A Practical Question to Find Purpose

Exercise: Small Purpose to Larger Purpose

Video 14: How to Find Your Purpose at Work

Exercise: Service Mindset

Exercise: Take the Via Character Strengths Finder

Section 4: STORYTELLING: Pillar of Meaning #3

Video 15: What is Storytelling?

Video 16: Redemptive Stories and Contamination Stories

Video 17: How Stories Shape Us

Video 18: How to Practice Storytelling

Exercise: Life Map

Exercise: Counter-Factual Thinking for Good

Section 5: TRANSCENDENCE: Pillar of Meaning #4

Video 19: What is Transcendence?

Video 20: How You Can Tap into Transcendence

Exercise: Micro-Ways to Become Part of Something Better

Section 6: Build a Culture of Meaning

Video 21: What are Cultures of Meaning

Video 22: How to Build a Culture of Meaning

Exercise: Tangible Traces of a Culture of Meaning

Section 7: Conclusion

Video 23: How to Foster a Meaning Mindset

About the Instructor

Emily Esfahani Smith is the author of *The Power of Meaning: Crafting a Life That Matters*. Her writing has also appeared in the *Wall Street Journal*, *New York Times*, and *TIME*. She is an instructor in positive psychology at the University of Pennsylvania, a columnist for *The New Criterion*, and an editor at the Stanford University's Hoover Institution.