

Adventures with Viktor Frankl and Advances in Logotherapy (AEPP01)

Lesson 4: Domains of Meaning in Life

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Lesson 3 Recap

The last lesson focused on the How of meaning. It explained that a spiritual perspective of searching for meaning involves three core values: (1) the creative value of contributing to the world, (2) the experiential value of an appreciative attitude towards life, and (3) the attitudinal value of exercising the responsibility and courage to stand up for one's beliefs and values.

The present lesson focuses on how to become one's best self by (1) integrating different domains of meaning and (2) navigating a dialectical balance between the bright and dark sides within each domain through understanding and employing the transformative power of meaning.

**“The greatest task
for any person is
to find meaning
in his or her life.”**



(Viktor E. Frankl, Man's Search for Meaning)

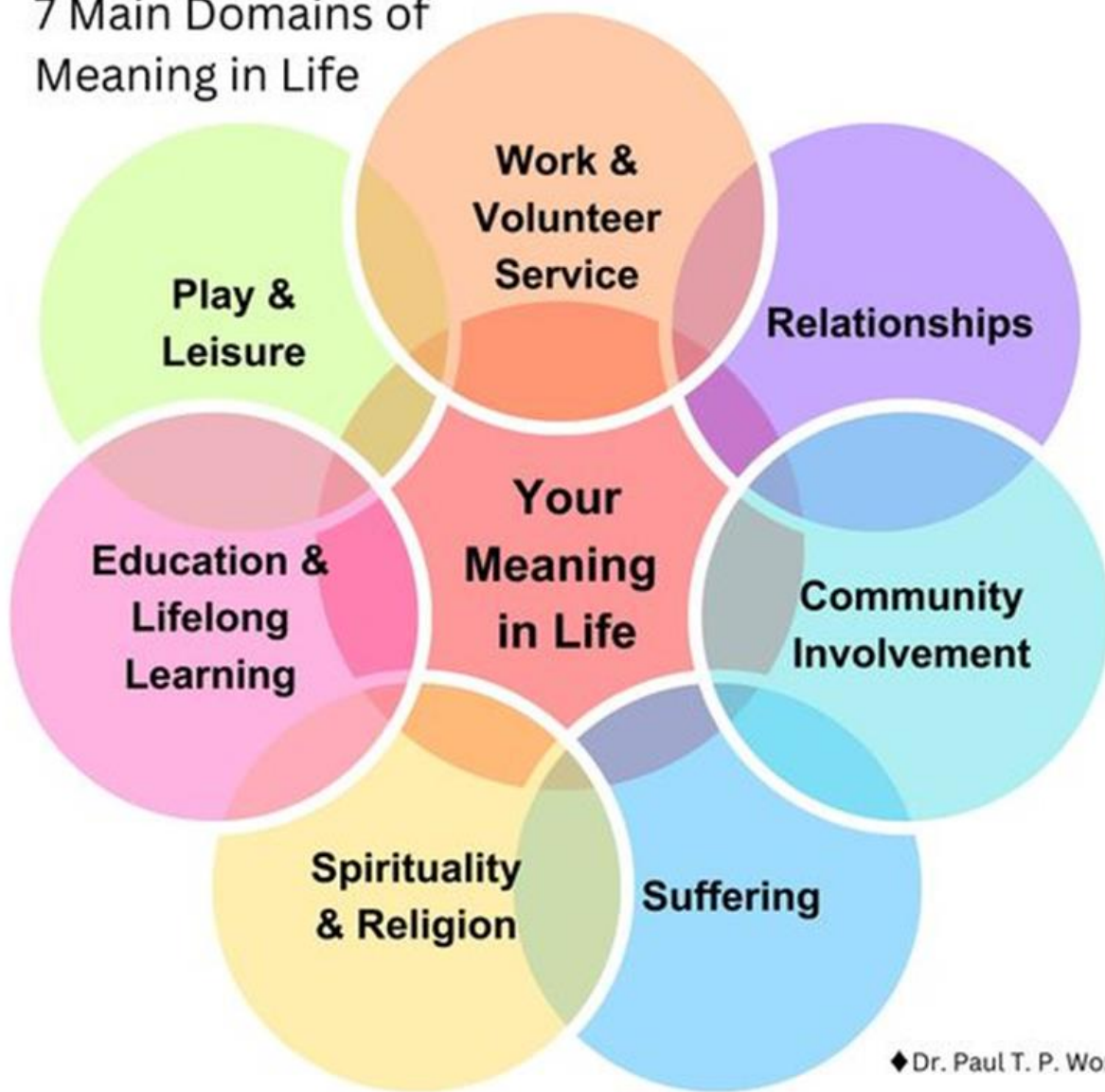
Introduction

There is a growing recognition that meaning in life entails more than meaning of work and meaning of relationship (e.g., Iso-Ahola & Baumeister, 2023; Wong, 1998a).

In simplest terms, to live a balanced meaningful life means that one does not put all the eggs in one basket, whether it is work or relationship. A deeper understanding of balance means that there are at least 7 main domains of meaning which are important for our wellbeing.

To live a balanced and well-adjusted life also does not mean that we invest our time and effort evenly in all 7 domains. It does mean that, depending on our stage of development or current circumstances, one needs to be agile and flexible to redirect our energy and resources to different areas as needed, but always keeping in mind that they are all available to make our life better.

7 Main Domains of Meaning in Life



[END OF LESSON PREVIEW]