What is My Purpose?

Victor Frankl was a Austrian doctor and a Holocaust survivor. As a concentration camp prisoner, Frankl found himself stripped of everything he ever had. Other than his sister, his entire family: his father and mother, brother and wife, were all murdered in a concentration camp. After losing his wealth, going through incredible suffering, cold, merciless cruelty and constant expectation of death – how could he find a meaning and a purpose to life?

One of his ways of finding inner strength and not losing hope was the thought about his love for his wife. He understood that those who had no sense of purpose, died very quickly at the concentration camp. This brought Frankl to saying the following:

"The truth - that Love is the ultimate and highest goal to which man can aspire."

Viktor E. Frankl, Man's Search for Meaning

After understanding the meaning of his life, he found a reason to live and to survive four death camps between the years 1942 and 1945. Frankl's life exposes existence with a meaning even in the face of terrible hardships. He found a meaning in loving others, especially his wife.

"Don't aim at success. The more you aim at it and make it a target, the more you are going to miss it. For success, like happiness, cannot be pursued; it must ensue, and it only does so as the unintended side effect of one's personal dedication to a cause greater than oneself or as the by-product of one's surrender to a person other than oneself."

Viktor E. Frankl, Man's Search for Meaning

When wanting to become a leader, one must know that they must invest time in developing their personal life. In order to lead yourself and other, it is crucial to have a purpose in a life.

A proclamation of your purpose in life will determine what you believe in and the reason for your actions. The result is an authentic life that reflects who you really are.

Write down the goals in your life:

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What are the priorities that you must reestablish in order to live your goals?

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What is the meaning and purpose in your life?

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