

Tapping Into Something Bigger

Tapping into something larger than self requires us to identify what actually is larger than self. Doing this requires that you think about the people and communities in your life that you would make sacrifices for. Also consider “what” transcends your own self interest. Perhaps its your faith, a cause, a calling that you believe in, your country. Who and/or what makes your efforts worthwhile?

In the spaces below, identify who or what inspires you to transcend your own self-interest.

Who? (family, friends, community, etc.)	What? (faith, cause, problem, calling, etc.)

“It did not really matter what we expected from life, but rather what life expected from us. we needed to stop asking about the meaning of life, and instead to think of ourselves as those who were being questioned by life—daily and hourly.”

— Viktor Frankl, Austrian psychiatrist and Holocaust survivor

