



## daily GOOD

The sole meaning of life is to serve humanity. --Leo Tolstoy

### **The Meanings of Life**

Professor Roy Baumeister wonders why parents often say: 'I just want my children to be happy,' rather than: 'I just want my children's lives to be meaningful.' Yet we fear meaninglessness, and when we lose a sense of meaning, we get depressed. What is this thing we call meaning, and why might we need it so badly? This thoughtful article shares more.

### **Be The Change:**

We often find meaning in the little things we do, and in relationships. Look for what you really care about, and honor it with your attention.