

What is the purpose of life and what should you live for?

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Abstract: Your life goal is one of the main motivational goals of your life - the reasons why you get up in the morning. Goals can control life decisions, influence behaviors, shape goals, offer a sense of direction, and create meaning. For some people, the goal is career-related - meaningful, satisfying work. For others, their goal is to be accountable to their family or friends. Others seek meaning through spirituality or religious belief. Some people can clearly articulate their goals in all aspects of life.

Key words: Life decisions, influence behaviors, physical, mental, emotional, happiness, well-paying job, chaotic period.

Introduction

Questions about life purpose may arise at any time in life, but you may notice that they are especially prevalent during times of transition or crisis—for example, a career or educational change, personal loss, or long-distance move. (Sharon Daloz Parks calls these events “life’s shipwrecks.”) Our life can be seen as a nautilus that adds new chambers to its shell as it grows and needs more space. Likewise, as people grow into a different phase of life, their old chambers can feel cramped. They begin to ask what they can do to expand their space. Moving into new chambers opens up the way for new possibilities to emerge, allowing our life purpose to evolve. But this can also prompt physical, mental, emotional, and spiritual transitions and even sometimes a chaotic period as we begin to ask new questions. Some people are hesitant in achieving their life goals because they worry that it may seem like self-serving or selfish pursuits. However, the real goal is to recognize your gifts and use them to contribute to the world - whether these gifts play beautiful music for others to enjoy, help your friends solve problems, or simply bring more joy to the lives of those around you. Richard Leider, a national level coach and goal expert, said, “The real goal is to end a self-centered, life-serving relationship.” When your true purpose is clear, you will be able to share it with the whole world. Let’s just accept that. Most people love to analyze why people are not happy or don’t live fulfilling lives. I don’t necessarily care about the why.

I care more about how we can change.

Just a few short years ago, I did everything to chase happiness.

You buy something, and you think that makes you happy.

You hook up with people and think that makes you happy.

You get a well-paying job you don’t like and think that makes you happy.

You go on holiday, and you think that makes you happy.

But at the end of the day, you’re lying in your bed (alone or next to your spouse), and you think: “What’s next in this endless pursuit of happiness. It can be hard to recognize the things you feel passionate about sometimes. After all, you probably like to do many different things and the things you love to do may have become so ingrained in your life that you don’t realize how important those things are.

Fortunately, other people might be able to give you some insight. There’s a good chance you’re already displaying your passion and purpose to those around you without even realizing it. You might choose to reach out to people and ask what reminds them of you or what they think of when you enter their mind. Or you might take note when someone pays you a compliment or makes an observation about you. Write those observations down and look for patterns. Whether people think of you as “a great entertainer” or they say “you have a passion for helping the elderly,”

hearing others say what they notice about you might reinforce some of the passions you've already been engaging in. The interviews were audio-recorded, and the interviewee recorded all interviews verbatim in succession and conducted initial analyzes. The first and last author did an in-depth analysis on each interview, first separately, then discussed their results on the interview, discussed each interview separately, each interview related to all interviews and all interviews in general. Discussed without. Meetings with other co-authors who shared their views contributed to these conversations. Through the analysis, the care philosopher Kari Martinsen's interpretation of the concept of accommodation served as a valuable contribution to our understanding of the empirical data collected. The process of interpretation involves moving in a circle between understanding specific and general, theoretical and empirical information, following the hermeneutic methodology of interpretation. The study identified two main themes on each of the two research questions. On the meaning of home, we identified the themes home as a foundation for lived life, and persistent love – lived life as a foundation for being home. Exploring the participants' experiences of living at home with dementia we found that living with dementia progressively required adjustments and caused disturbed rhythms in life at home. Finally, the participants expressed their hopes for the future home, revealing a reluctance towards the thought of being admitted to a nursing home, although they accepted the fact that this may become necessary. In the result presentation below, participant quotes are marked with age-ranges to ensure anonymity. The more we value things beyond our control, the less control we have. Freedom is, therefore, "not achieved by satisfying desire but by eliminating it" .Now, we simply cannot stop comparing, evaluating, and criticizing ourselves, focusing on what we lack, growing dissatisfied with what we possess, and imagining "all sorts of frightening scenarios, most of which will never happen" A happy state of mind, he wrote in the Nicomachean Ethics, comes "from habitually doing the right thing" .Most of our thoughts and emotions revolve around the past or our future. Our past furnishes us with an identity and narratives of cause and effect. Our future, in turn, "holds the promise of salvation, of fulfillment in whatever form". Many great historical figures of philosophy have answered the question of what makes life meaningful, although they do not usually express it in these terms (such statements have only emerged in the last 250 years. Consider, for example, Aristotle on human function, Aquinas on beautiful views, and Kant on supreme goodness. In this regard, consider the co-author of the biblical book of Ecclesiastes, Cohelet, who describes life as "nonsense" and "striving for the wind," about Nietzsche's nihilism, as well as Schopenhauer's always achieving the goal. , when stressed. We dreamed of discovering "how useless and empty it is". Although these concepts are to some extent related to happiness and virtue (and their opposites), they are directly (roughly) high-level endings, if any. , are interpreted as reports that a person needs to understand that their life is important.

Conclusion

Our life can be seen as a nautilus, it has grown and become more spacious, adding new cameras to the apartment. The following is how when people move to another stage of life, the old rooms of the document may turn out to be cramped. They produce what they ask for in their own strength. It opens the way for new rooms to emerge, which allows us to develop our purpose in life. But it can also lead to physical, mental, emotional, and spiritual transitions, and even a chaotic period in which we sometimes ask new questions.

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