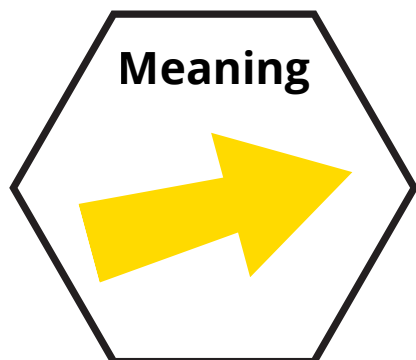


# 7 KEYS TO CITIZENSHIP - MEANING

NEZÁVISLÝ = NÁŠ ŽIVOT



## Summary

**Meaning:** Many participants found it difficult to name their own sense of meaning. Repeated answers included helping others, work, relationships and community, self-love and mental well-being, meaningful activities, and learning. There were also references to the philosopher Frankl and to the search for personal direction.

**The roundtable discussion was facilitated by and the conclusions were written up by:**

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## Key findings from the roundtable:

In the groups, participants spoke about what gives meaning to their lives – personally, not in general terms. For several people, it was difficult to name their own sense of meaning clearly, and they needed time to think about it.

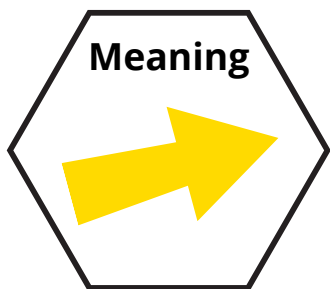
Despite differences between the answers of staff members and experts by experience, they agreed that every person needs meaning, and without it, it is difficult to do anything over the long term and to feel well in life.

The areas mentioned most often were: helping others, work, relationships, community, myself, and meaningful activity. Work brought a sense of value and usefulness, an opportunity to contribute something and to bring about change. In relationships – in family, partnerships, friendships, and groups – people found meaning in mutual support, concrete help, and in being able to make themselves and others happy.

An important theme was also “myself” – self-love, acceptance, inner fulfilment, and mental well-being. Meaning was also brought by specific activities such as hobbies, manual work, gardening, sport, holidays, or learning new things, with an emphasis on not wasting time on things without meaning.

It was said that the search for meaning is a process that changes during life, and sometimes the honest answer is also “I don’t know.” The discussion was enriched by the ideas of Mark Twain about the two most important days in life and of Viktor Frankl about the will to meaning – the belief that meaning exists even in the midst of suffering. Together, we saw that meaning is very personal, difficult to grasp, but essential if we are to live a good and fulfilling life.

## Brief summary in Easy-to-Read language (ETR)



People talked about what gives meaning to their lives. For many people, it is hard to talk about this aloud. They therefore needed time to think.



Everyone agreed that every person needs meaning (in life). Without meaning, it is hard to do things and to feel well.



People most often said that meaning is, for example:

- helping others
- work
- relationships and community
- that I do things by myself
- meaningful activities (hobbies, sports, gardening, learning new things)



People also said that meaning changes during life. Sometimes it is okay to say "I don't know."



Meaning helps us cope with difficult times and live a good and fulfilling life.