



YOUR MEANINGFUL LIFE IS AS CLOSE AS YOU THINK...

We're all searching for meaning. It's part of our evolutionary wiring. Psychologists refer to the brain as a "meaning-making machine."

PRODUCTION SCRIPT V1

Even in our movies, we want the A.I.s to become self-aware and create meaning for themselves. That can be negative, like in the Terminator franchise:

SFX: Arnold Schwarzenegger clip, "Hasta la vista, baby."

Or positive, like in the Academy Award-winning film, Her.

SFX: Scarlett Johansson clip, "The heart's not like a box that gets filled up. It expands in size the more you love."

But if we're wired to find and create meaning, why do so many of us feel that we're not living a meaningful life?

In 2013, psychologists Ulrich Weger and Stephen Loughnan conducted an experiment. They invited people to take a test. They told Group A that before each question, the answer would flash onscreen and though it would be too fast for them to read, subconsciously they'd see the answers. Group B was told the flash just signaled the next question. In fact, both groups were flashed the same screen, which only contained random letters. And yet, Group A did much better on the test.

Believing they were smarter, they became smarter.

Ellen Langer, a professor of psychology at Harvard, recreated an optometrist's office. Research showed that most people believed they could read halfway down the eye chart before the letters got too small. So Dr. Langer moved everything up. The middle line became the top line. And guess what? Most people still read to the middle of the chart, even though that middle was now the small text that they couldn't read before.

Believing they could see more, they saw more.

A study done at the Cleveland Clinic Foundation compared people who worked out at the gym with people who visualized working out. Those who worked out increased their muscle strength by 30%. Those who only visualized working out still saw a 13% increase.

Believing they were getting stronger, they got stronger.

By now you see where we're going—and by the way, we're not suggesting you throw away your glasses or stop working out.

Your brain was designed to create meaning. You're already good at that. Now all you have to do is believe it. Pay attention to it. Meditate around it. Speak affirmations to it.

In the late 60s, Bob Dylan asked Robbie Robertson and the band to go on tour. Along the way, Robertson had a powerful epiphany.

SFX Robertson clip. "People hated it. We ended up touring all over North American, all over Australia, all over Europe. And every night, people threw stuff at us, booed us... We started playing louder, harder, bolder. Somewhere inside you have to believe in what you're doing. And we actually thought that what we were doing was really good, and everybody else was wrong. And in time the world came around and we didn't change a note."

Be louder and bolder. Act as if it's real and it will start to become real. You're that close to living the true meaning of your life.