MAN'S SEARCH FOR MEANING

by Viktor Frankl

Interactive Worksheet

INTERACTIVE SHEET FOR NOTES

Reading alone won't help you understand the actionable notes. You need to engage with the content. Answer the question below (just type inside the boxes) to outline your future steps:

1. What do you avoid doing?

2. List 3 things you must do daily regardless of how they make you feel:

3. What kind of work do you really enjoy doing?

4. What do you want to change in the world?

5. What gives you a sense of purpose?

Don't forget to save your changes.