

c. What would you be happy about? \_\_\_\_\_

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d. What regrets would you have? \_\_\_\_\_

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e. What would you say to your parents? \_\_\_\_\_

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4. Read the following passages. What do the writers' words say to you about the purpose of life? Write down some of your thoughts about one of these passages.

a. "For the first time in my life I saw the truth as it is set into song by so many poets, proclaimed as the final wisdom by so many thinkers. The truth—that love is the ultimate and highest goal to which man can aspire. Then I grasped the meaning of the greatest secret that human poetry and human thought and belief have to impart: the salvation of man is through love and in love."

Viktor Frankl,  
*Man's Search for Meaning*

b. "Among all my [mentally ill] patients in the second half of life—that is to say, over thirty-five—there has not been one whose problem in the last resort was not that of finding a religious outlook on life. It is safe to say that every one of them fell ill because he had lost that which the living religions of every age have given for their followers, and none of them has been really healed who did not regain his religious outlook."

Carl G. Jung,  
*Modern Man in Search of a Soul*

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