

THE VALUE OF LIFE / A LIFE WORTH LIVING
Foundational Readiness Day, APR 2022

Participant Guide

Section 1:

THE PROFESSIONAL SOLDIER.

An American Professional Soldier is an expert, a volunteer certified in the Profession of Arms, bonded with comrades in a shared identity and culture of sacrifice and service to the nation and the Constitution, who adheres to the highest ethical standards and is a steward of the future of the Army profession.” *Profession of Arms White Paper*

Section 2:

Utilitarianism “According to the Greatest Happiness Principle...the ultimate end...is **an existence exempt as far as possible from pain and as rich as possible in enjoyments**, both in point of quantity and quality...this being, according to utilitarian opinion the end of human action...an existence such as has been described might be to the greatest extent possible **secured to all mankind**; and not to them only but, so far as the nature of things admit to the whole sentient creation.” John Stuart Mill,
Utilitarianism

Nietzsche **What is good? Whatever augments the feeling of power**, the will to power, power itself, in man. **What is evil? Whatever springs from weakness.**
What is happiness? The feeling that power increases—that resistance is overcome.”
Friedrich Nietzsche *The Antichrist*

Stoicism “What then is it that is worth one’s while to be concerned for? Why nothing but this: to bear an **honest mind, act for the good of society, to deceive nobody, to welcome everything** that happens as necessary and familiar...**put yourself into the hands of fate, and let her spin you out what fortune** she pleases” Marcus Aurelius’
Meditations

Buddhism “Living in society, **we must share the suffering of our fellow citizens and practice compassion and tolerance** not only toward our loved ones but also toward our enemies. This is the test of our moral strength. We must set an example by our own practice. We must live by the same high standards of integrity we seek to convey with others. **The ultimate purpose is to serve and benefit the world.**” Dalai Lama, *How to See Yourself as You Really Are*

Islam Only when human beings **worship their God by submitting to His religious law can they have peace and harmony** in their lives and the hope for heaven, just like the universe runs in harmony by submitting to the physical laws set by its Lord. **When you remove the hope of heaven, you remove the ultimate value and purpose of life.** Otherwise, what difference would it really make whether we live a life of virtue or

vice? Everyone's fate would be the same anyway. Imam Kamil Mufti, *Meaning of Life in Islam*

Judaism "Kohelet [The Teacher] finds life short. The prospect of death threatens to rob him of all happiness, until he realises [sic] that **mortality is the very condition of our happiness**. Because life is short, every **moment is precious**. That is the knowledge most of us are only taught through pain or crisis or loss. Work, love, life itself: these are the sources of joy...**Happiness lies in being, not in having.**" Rabbi Lord Sachs, *Happiness is to be found in Being, Not in Having*

Christianity "If anyone wants to come after Me, he must deny himself, take up his cross daily, and follow Me. For **whoever wants to save his life will lose it**, but whoever loses his life for My sake, this is the one who will save it. For **what good does it do a person if he gains the whole world, but loses or forfeits himself?** *Luke 9:23-25*

Section 3 (See Strategy Map page 3):

Self-Awareness and Your Current Life:

- Who am I? What do I believe? How have I gotten to where I am?
- What do I currently spend my time, talent, and "treasure" on?
- Who are the important (and not-important) people in my life?
- When you consider who you are and your current life, what makes you feel content and gives you joy? What causes you discomfort or pain?
- What do you have control over, and more importantly what DON'T you have control over?

A Meaningful and Significant Life:

- What is worthy for me to spend my life on?
- What do I want to be known for?
- What do I want my obituary to say about me?

Closing the Gap

- Are my current priorities supporting a life worth living?
- Are there people, things, ideas, habits keeping me from living a meaningful life, my best life? If so, am I able to let them go?
- Who can help me orient my life for significance and meaning?
- Am I a person of hope? How can I develop hope to build a life worth living?

Strategy to Significance Strategy Map

