Fulfilling Life

“Only those who have learned the power of sincere and selfless contribution experience life’s deepest joy: true fulfillment.–Tony Robbins.” Fulfillment is the feeling of being satisfied with obligations, requirements, and tasks that one faces. The novel, “Tuesdays with Morrie,” by Mitch Albom narrates the final weeks of an ill Morrie Schwartz. Visited by his old student Mitch, who he hasn’t seen in sixteen years, Morrie begins enlightening his now thirty-seven year old companion about what it is like to die. Although Morrie does not state this directly, through the fourteen Tuesdays they spent together, Mitch learns what it means to have a fulfilling life.

 Living a fulfilled life is one of the most important aspects of living healthy and happy. Fulfillment is important because when one is Morrie’s age, they do not want to have experienced great regret throughout their life. To have a fulfilled life one must feel that they have accomplished everything they wanted to in their lifetime. With this, regret must not be present in the lifestyle or the feeling of fulfillment will be lacking. Many do not realize that they have such great regret until they reach their elderly stage of life because of the distractions they have experienced in the past that has made them lose sight of having a successfully fulfilled life.

 Although technology and media is not the same as it was a decade ago, there have always been distractions in every person’s life. As said in “Tuesdays with Morrie” work, money, and tabloids are all common distractions that take time away from achieving fulfillment. People now and then were preoccupied by the artificial and the non-important things in life. After Mitch left college and Morrie, he began being too involved in his work, and things he truly was not passionate about, creating regret. After reconnecting with Morrie, Mitch began to realize what he was doing was foolish, and he needed to be happier with his life by doing more of what he loved, and being with whom he loved rather than things he was doing only to receive money.

Every week when Mitch flew to Boston, Morrie would discuss topics that Mitch’s generation was scared of, or didn’t know how to handle. Each of the subjects they would discuss were all part of how to live a truly fulfilled life. Regrets, family, emotions, and marriage, are all components to what contribute to this lifestyle. Morrie explained the importance of certain topics, and the irrelevance of others. With Morrie giving his insight into all of the subjects that he had questions about, Mitch learned to adjust his life and make it more worthwhile.

When Mitch comes back in contact with his former professor, Morrie, he learns that there is more to life than making money and artificial objects. That fulfillment is crucial to living happy and healthy. That the key to true fulfillment is living life without regrets and spending the most time you can with what is most important to you. True fulfillment is when you look back on your life when you’re ill and dying and say “I wouldn’t have changed a thing.”