

What is **fulfillment** and how do we find it?

By Dr. Shyr Chui

This is a question many of us find ourselves asking on a regular basis. Can we honestly say that whatever we do whether at work, rest or play is truly enriching us, making us feel whole or satisfied? For me personally, I think improving quality in my workplace is a big part of it, but for you, it might look quite different.

How to find fulfillment is not a new question and the subject of many a book or TED talk in which various familiar “thought leaders” have offered us a variety of different definitions and frameworks. I’m not going to wade in here with my own personal opinions, but instead offer you a link to an amusing and thought-provoking blogpost on the subject from [a Smart Bear](#) which covers several different frameworks and authors ideas, neatly summarizing much of the Zeitgeist on this topic.