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for socrates and his contemporaries self examination is not a matter of getting in touch with your feelings delving into your unconscious mind or finding your true self rather it s more about working to form an analytical empirical and indefensible view about how to live the best kind of life

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one way to live the examined life is to think about the why what s the purpose of your actions why are you doing what you re doing is your purpose aligned with your values and beliefs when you answer these questions it will help guide you and it will also help make decisions easier

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