“The unexamined life is not worth living “

Socrates

I think Socrates believed that living where you’re just living under rules of other people, in a routine without examining what you actually want out of it is not worth living. If people choose to lead an unexamined life, they would see that their life doesn’t have value and they would be unhappy. Unexamined human life is deprived of the meaning and purpose of existence.