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FORM 2.14

Additional Meanings in Life

Directions: Think about the many things in your life that may give you meaning and purpose. We have listed some suggestions in the left column, but you can add as many categories or experiences of meaning and purpose that you want. In the middle column, rate how important each item is to you, from 0 (not at all important) to 5 (essential). In the right column, list some things that you can do—actions, thoughts, meditation, or anything—to help you pursue what is meaningful. The goal is to clarify what matters and to direct you toward the purposes in your life.

What gives me meaning and purpose in my life?	How important is this to me?	Examples of things that I can do to pursue this
Friendship		
Love for others		
Being a good parent, son or daughter, or partner		
Belonging to a community		
Helping others		
Competence in my work		
Advancing my career		
Being a team player		
Living a healthy lifestyle		
Getting exercise and being active		
Appreciating my surroundings and my life		
Gratitude		
Experiencing beauty		

(cont.)

What gives me meaning and purpose in my life?	How important is this to me?	Examples of things that I can do to pursue this
Feeling connected to something larger than myself		
Justice		
Learning and growing		
Adventure and trying new things		
Expressing myself		
Making good decisions		
Working hard and getting things done		
Curiosity and openness		
Humor and fun		
Improving my finances		
Connecting with tradition		
Spirituality		
Learning new things and new skills		
Being in contact with nature		
Meditation and prayer		