What gives my life meaning

The people, contributions and experiences that give your life meaning.

Name _____ Date _____

Meaning does not have to be grand. For most people it is found in a few ordinary places: the people they love, the things they contribute, the experiences that move them, and how they face what cannot be changed.

People and connections

Who matters to me? Who do I matter to?

What I give or contribute

- [ ] Work
- [ ] Creating
- [ ] Teaching
- [ ] Caring
- [ ] Helping
- [ ] Passing things on

Experiences that move me

- [ ] Nature
- [ ] Beauty
- [ ] Music
- [ ] Faith
- [ ] Sport
- [ ] Laughter

What I have learned or become through hard times

When did I last feel that what I was doing really mattered?

What has pushed these things to the edge of my life?

One way I could give more room to something on this page

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