

PERSONAL MEANING AND DIRECTION

Objective:

To think about values and set goals for a more purposeful life.

A sense of purpose provides motivation and direction in life.

Identifying what you want out of life and acting on it can make you feel empowered, more complete, and give your life a greater sense of meaning.

To find your path, start by determining what you value most in life and set your goals accordingly. Consider the following and rate the importance of each (1 being of little importance and 5 being of the utmost importance) in your life and write down below a goal for the areas that mean something to you.

For example: "I am going to spend more time with my children," or "I am going to start painting again."

Family life	1	2	3	4	5
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Friendship	1	2	3	4	5
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Health	1	2	3	4	5
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Career	1	2	3	4	5
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Creative expression	1	2	3	4	5
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Personal growth	1	2	3	4	5
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Spiritual awareness	1	2	3	4	5
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Community service	1	2	3	4	5
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Considering the goals you listed above, which would you rank as your first priority?

What do you want to accomplish in the next week, month, and year to reach this goal?

This Week:

This Month:

This Year:
