

## MEANING-MAKING EXERCISE

According to existential philosopher and psychiatrist, Viktor Frankl, there are 3 ways in which we discover meaning in our life: creativity, experiences, and change of attitudes<sup>1</sup>. In this exercise, use these prompts to explore your connection to meaning and higher purpose by writing down the areas in which you find or would like to find meaning.

|   |  |
|---|--|
| <p><b>CREATIVITY</b></p> <p>In what ways do you give to your work, good deeds, art, music, writing, invention, helping others, sponsored events, voluntary work, charities, hobbies, and/or interests?</p>  |  |
| <p><b>EXPERIENCE</b></p> <p>In what ways do you receive from the world—whether it be nature, music, art, theatre, concerts, galleries, museums, literature, outdoor mindful activities (e.g. awareness of environment), mindfulness, being with others, and spirituality?</p>   |  |
| <p><b>CHANGE OF ATTITUDE</b></p> <p>How are you sensing a need to challenge existing attitudes, change the way we think about life situations, or see a different perspective:</p> <ul style="list-style-type: none"> <li>● Is there another way of looking at this?</li> <li>● What's the bigger picture?</li> <li>● How might someone else see this situation?</li> <li>● What advice would I give to someone else in this situation?</li> <li>● What's the most helpful and best response for me, others, and this situation?</li> </ul> |  |

<sup>1</sup> Frankl, V. E. (1985). Man's search for meaning. Simon and Schuster.