



Meaning Making Exercise

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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. 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.

Creativity

How do you find meaning in your work, good deeds, art, music, writing, invention, helping others, sponsored events, voluntary work, charities, hobbies, and/or interests?





Experience

In what ways do you find meaning in your experience in the world– whether it be nature, music, art, theater, concerts, galleries, museums, literature, outdoor mindful activities (e.g. awareness of environment,) mindfulness, being with others, and spirituality.

Change of Attitude

How are you sensing a need to challenge existing attitudes, change the way we think about life situations, or see a different perspective:

- Is there another way of looking at this?
- What's the bigger question?
- How might someone else see the situation?
- What advice would I give to someone else in this situation?
- What's the most helpful and best response for me, others, and this situation?

