

“What gives my life a sense of meaning right now?”

SELF



Focus: Inner life, purpose, values, and coherence.

Reflective Questions

- What gives my life a sense of meaning right now?
- When do I feel most like myself?
- Where am I living in alignment with my values- and where am I not?
- Where do I need to grow?

Practical Exercises

- Meaning Mapping: Identify what matters most, how you spend your time, and what gives you energy.
- Daily Check-In: What mattered today? Did I live toward it?



How's Your Spirit?



Vibrant



Steady



Tired



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