



SENSE OF MEANING

Take the [Multidimensional Existential Meaning Scale](#). Take a moment to review your scores in the following areas: coherence, purpose, and significance. Write them in the space below. Then, take some time to reflect by responding to the questions.

Coherence:	Purpose:	Significance:

Were you surprised by your results?



Was one area higher or lower than others? If so, why do you think that is?

Objective 1

Use this space to take notes on the information from the first objective.



Objective 2

Take some time to reflect on your own sense of meaning by responding to the following questions.

What factors shape your sense of meaning?



Do you think these factors have changed throughout your life?

Circle the two areas that you chose to explore further.

Demographics

Career

Relationships

Adversity

Spirituality

Then, use the space below to write in the area you chose and any notes you have from your exploration.

Area:



Notes:

Area:

Notes:

Take a moment to think about a person in your life. This could be yourself, a loved one, or someone you work with. Think about the factors that may be influencing their sense of meaning in life.



Are these factors different from those you noted for yourself?



Objective 3

Take a moment to complete the following exercise.

List twelve daily things you complete, regardless of their meaning.



- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.

Which activity would you like to do less of?

Which activity would you like to do more of?

Which activity would you like to differently? How will you do it differently?



Next, take some time to think about your life in the future. Imagine that everything has gone as well as it possibly could. You have succeeded at your goals and accomplished all your life's dreams. Now, write about what you imagined. Try to be as specific as possible.

Use this space to capture any resources you'd like to explore further or notes from the module.





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