

Date: \_\_\_\_\_

## Self-Reflection Activity: Meaning in Life

*Meaning in life*<sup>Me</sup> is a complex construct made up of three components: coherence, purpose, and mattering. Sense of *coherence*<sup>C</sup> is the ability to make sense of one's experiences in life; sense of *purpose*<sup>P</sup> is the feeling of having a life aim and working toward it; and sense of *mattering*<sup>Ma</sup> is the feeling that one's actions make a difference and that life is worth living.

Think about your experiences **in the past 7 days**. Was your meaning in life salient last week? On a **scale from 1-10** (1 = strongly disagree, 10 = strongly agree), rate how much you agree with each of the following statements to identify your current thoughts, feelings, and behaviors related to your sense of *meaning in life*.

### Rating

- \_\_\_\_\_ 1. Last week, I felt that my life as a whole had meaning.<sup>Me</sup>
- \_\_\_\_\_ 2. Last week, I felt that my existence was full of meaning.<sup>Me</sup>
- \_\_\_\_\_ 3. Last week, I could make sense of the things that happened in my life.<sup>C</sup>
- \_\_\_\_\_ 4. Looking at my experiences in the last week in the context of my life as a whole, things seemed clear to me.<sup>C</sup>
- \_\_\_\_\_ 5. Last week, I had a good sense of what I am trying to accomplish in life.<sup>P</sup>
- \_\_\_\_\_ 6. Last week, my life goals compelled me to keep going.<sup>P</sup>
- \_\_\_\_\_ 7. Last week, I knew that my existence matters even in the grand scheme of the universe.<sup>Ma</sup>
- \_\_\_\_\_ 8. Even considering how big the universe is, my life mattered last week.<sup>Ma</sup>

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### Digging Deeper

Based on your ratings above, how satisfied are you with your sense of meaning in life? Explain.

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What do you identify as the source of your sense of coherence, purpose, and mattering?

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How do you typically experience a sense of coherence, purpose, and mattering in day-to-day life?

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When you struggle, how might a sense of coherence, purpose, and mattering help you persist?

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### The Extra Mile

If you feel up to the challenge, we invite you to tackle one of the following growth activities. These may take more time or push you out of your comfort zone, but meaningful engagement is a worthy investment. Good luck!

1. Create a list of three goals that feed your sense of meaning in life. Are you working towards achieving those meaningful goals today? If yes, keep going! If no, make room in your schedule for working towards the goals that give your life meaning.
2. Think of some major life events, both good and bad, that have shaped who you are as a person. Do you think you experienced those events for a reason? Consider how those events contribute to your current sense of meaning in life.
3. Think of some monotonous activities in which you participate regularly (e.g., washing dishes). Do those contribute to your sense of meaning? Consider how you might find meaning in the simple things.