

Finding meaning



IT'S PART OF HUMAN NATURE TO SEARCH FOR MEANING. RESEARCH HAS FOUND A LINK BETWEEN A POSITIVE PERCEPTION OF THE MEANING OF LIFE AND OVERALL HEALTH AND WELL-BEING.



- **Discover your values.** What things truly matter to you?
- **Explore your passions.** What things make you feel happy?
- **Identify your skills.** How do you contribute in a meaningful way?
- **Reflect on your social connections.** How do your relationships provide purpose?
- **Consider your current and possible careers.** How do your passion and skills collide?
- **Write down what your ideal future would look like.** Where do you see yourself in 5, 10, or 20 years?
- **Set specific goals and “if-then” plans.** How can you create the meaningful life you envision?
- **Follow-through.** Check in with yourself regularly to evaluate if you are living the meaningful life you desire.