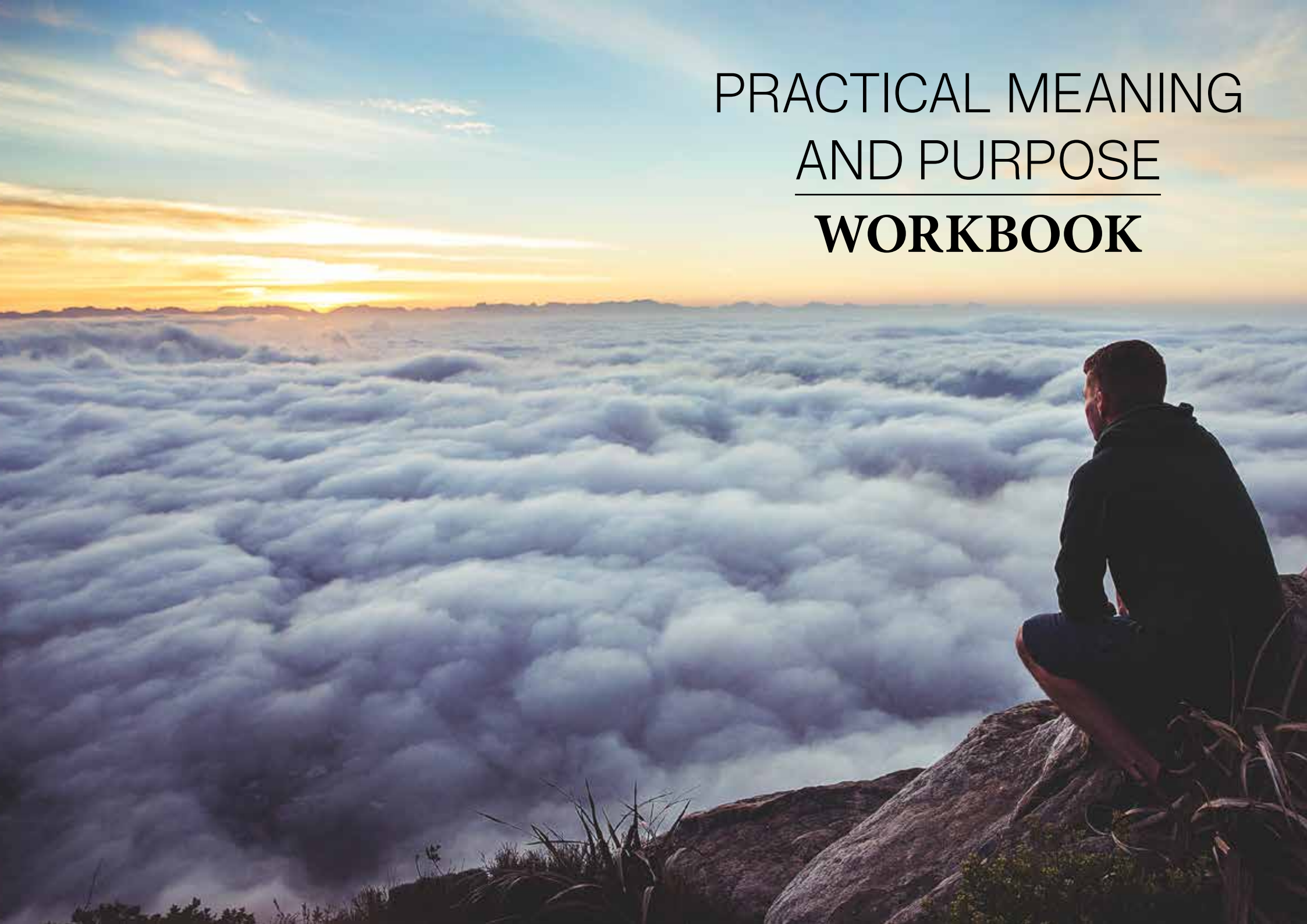


PRACTICAL MEANING AND PURPOSE **WORKBOOK**



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Meaning and Purpose

Having a meaning and a purpose in life is a big part of mental health and well-being.

Often we might think that finding the meaning and purpose of our lives might be too big a task to think about, or that it might be something that will come to us naturally as we get older.

Scientists and researchers have found that this isn't necessarily the case. There are lots of simple activities we can do that will give us a greater sense of meaning and purpose.

The research tells us that having a sense of meaning and purpose is made up of three things:

1

Comprehension

That means we want to understand the world and our place in it.

2

Significance

That means we want to feel that we have value in the world to achieve our goals.

3


Service

That means we want to have goals that motivate us and that serve something bigger than ourselves.

This six-week workbook will help you get closer to all those things.


The Benefits

Having a meaning and a purpose can make us feel better about our whole lives. It can help us accept the past, make the most of the present, and build the future we want.




Past

- Not having a sense of meaning can contribute to increased severity of depressive episodes and can increase how long they last.
- Having a sense of purpose has been shown to improve therapeutic outcomes, helping you deal with the past in a healthy constructive way.



Present

- Self transcendence (caring about things bigger than yourself) can improve personal relationships.
- The evidence for many of the activities in this workbook shows they can increase happiness and reduce symptoms of depression.



Future

- Having a sense of meaning and purpose is a protective factor of mental health and a key ingredient of psychological well-being.
- Meaning and purpose interventions can reveal powerful personal motivations that empower us to achieve our goals.

The Future

[Available services text]

Week 6 - Day 5

Perhaps the most valuable thing you can give is your time. Give the gift of time by doing something that requires a fair amount of effort and time spent in the service of others.

This Workbook

This workbook is filled with evidence-based activities for you to complete on certain days over the next six weeks.

Try and stick to the recommended order as much as possible. Don't worry too much if you miss a day, simply do the exercise you missed as soon as you remember.

Some of the activities are repeated over a few days. It is important that you do the exercise as many times as it is repeated or you might not get the most benefit from it.

Most of the exercises involve imagining something and then writing about what you imagined. Other activities involve doing things or making plans. Space is provided under each activity for you to write your thoughts. **There are no right or wrong answers!**

Calendar of Activities

 = activity

Week 1	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 2	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 3	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 4	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 5	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 6	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7



Getting Started

Before you begin this short journey towards a greater sense of meaning and purpose in life, take this opportunity to take ownership for your future. Use the spaces below to make a commitment to your progress.

My name is:



I promise to finish this workbook by seven weeks from today. That date will be:



My reward for finishing will be:



Signature:



Week 6 - Day 3

Take the time to enjoy something that you usually hurry through (examples: eating a meal, taking a shower, walking to class). When it's over, write down what you did, how you did it differently, and how it felt compared to when you rush through it.

Week 6 - Day 1

Think of three projects that could improve a community you're involved in. Re-read your list of strengths and come up with ways you could help with those projects. Use the space below to write your ideas.

[illegible]

Week 1 - Day 1

Think about your life in the future. Imagine that everything has gone as well as it possibly could. You have worked hard and succeeded at accomplishing all of your life goals. Think of this as the realization of all of your life dreams. Now, write about what you imagined.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Think about a time where you were at your best. Use the space below to write a short introduction to yourself that highlights your best self.

Week 5 - Day 6

Think about your life in the future. Imagine that everything has gone as well as it possibly could. You have worked hard and succeeded at accomplishing all of your life goals. Think of this as the realization of all of your life dreams. Now, write about what you imagined.

Week 1 - Day 2

Week 5 - Day 4

Think of three bad memories. How do you feel when you imagine those things? Use the space below to write about how the negative emotions associated with those memories contributes to other negative things in your life.

[illegible]

Week 1 - Day 3

Think about your life in the future. Imagine that everything has gone as well as it possibly could. You have worked hard and succeeded at accomplishing all of your life goals. Think of this as the realization of all of your life dreams. Now, write about what you imagined.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Week 1 - Day 6

Think of someone you feel very grateful toward, but who you have never properly thanked. Write a letter to them describing your gratitude. Deliver this letter to them if you feel comfortable doing so.

Week 1 - Day 6

Think of someone you feel very grateful toward, but who you have never properly thanked. Write a letter to them describing your gratitude. Deliver this letter to them if you feel comfortable doing so.

Week 1 - Day 6

Think of someone you feel very grateful toward, but who you have never properly thanked. Write a letter to them describing your gratitude. Deliver this letter to them if you feel comfortable doing so.

Week 5 - Day 2

Often we hear the saying “when one door closes, another opens”. Use the space below to write about three doors that have closed in life and the doors that have opened as a result.

Week 5 - Day 2

Often we hear the saying “when one door closes, another opens”. Use the space below to write about three doors that have closed in life and the doors that have opened as a result.

Week 5 - Day 2

Often we hear the saying “when one door closes, another opens”. Use the space below to write about three doors that have closed in life and the doors that have opened as a result.

Week 4- Day 5

Make a list of three character strengths you feel you need to work on the most. How can you use your top five strengths from earlier to improve these?

[illegible]

Week 2 - Day 1

Each evening this week, write down three good things that happened and why you think they happened.

This image shows a single page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Week 2 - Day 2

Each evening this week, write down three good things that happened and why you think they happened.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Week 4 - Day 2

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Week 4 - Day 1

Make a list of your top five character strengths (e.g. bravery)*. Pick one of your top five and commit to using it in a new way this week. Use the space below to write some ideas of what you might do.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is no handwriting or other markings on the paper.

Week 2 - Day 3

Each evening this week, write down three good things that happened and why you think they happened.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is no handwriting or other markings on the paper.

Week 2 - Day 4

Each evening this week, write down three good things that happened and why you think they happened.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Week 3 - Day 6

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Week 3- Day 3

Imagine the world, one hundred years in the future. Everything has turned out exactly as you would have liked. The world is ideal. Now, write about what you imagined.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Week 2 - Day 5

Each evening this week, write down three good things that happened and why you think they happened.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Week 2 - Day 7
Each evening this week, write down three good things that happened
and why you think they happened.

Week 2 - Day 6
Each evening this week, write down three good things that happened
and why you think they happened.
