

# Meaning in Life

**What harmless beliefs can you think of that might make life more meaningful to you?**

**Think of a future scenario you're hoping for or working towards. What about that future scenario brings you a fantasized joy? And what is the promise that this future scenario holds that can not be fulfilled in the present moment?**

**When do you worry about meaning? Why do you think it's at these particular moments?**

**Think about your own problems and the things you have suffered through. Were you able to experience meaning or find something valuable in spite of the hardship? For instance, was there a time when you lost someone important to you, and it changed the way you relate to yourself or others?**

**Imagine you have come to the end of your life. Picture yourself sitting in a hospital bed. Have you done what you wanted to do in life, or told the people who matter in your life why they matter? What specific things are you doing that you may regret later? And how do you move towards this less regretful version of your imagined older self?**

**How do you regard the effort, pain, and difficulty in your life? Is it something you've worked to eliminate, to balance, or to incorporate into your awareness of suffering?**

**When do you feel like you're spending your time well? When did you last experience flow? When do you feel most alive? Are there any ways in which you can integrate these experiences into your daily life?**

**Have you ever felt like your life did not matter at all in the grand scheme of things? What happens when you zoom in from the timeless cosmic scale to your situation here and now? If there is comfort in this telescopic view, how do we balance that grand-scheme comfort with inspired living?**

**When you're facing difficulties, is it your tendency to zoom-in too much, or zoom out too much? What is the consequence of taking that perspective? Think of a time when this perspective dominated your thinking or actions; is there any way to balance these two tendencies?**

**In what things in life are you cultivating depth? If you can't think of any, where do you crave more depth? Amidst industrialized busy culture, how do we grant ourselves the tools to "go deep?"**

**Does this piece resonate with you? Is there a process that you miss now that you have achieved a certain level of success?**

**What meaningful connections have you built in your life? How much time and effort have you invested in these connections? What other verbs work with this idea of crafting our own meaning?**

**What things in life are you willing to sacrifice your personal happiness for? What are moments that were not happy, yet they were rich with meaning?**