

FINDING MEANING

BELONGING

Where do you feel a sense of belonging: work/community, family? Write down the places where you are most at home? What do you feel connected to?

- 1.
- 2.
- 3.
- 4.

PURPOSE

How do you contribute to others? When do you feel in flow? How do you want to make a difference?

- 1.
- 2.
- 3.
- 4.



MEANING

BELIEFS

What do you believe in? What is important to you? What are your values? Do you have a sense of the greater good? What does that look like?

- 1.
- 2.
- 3.
- 4.

YOUR STORY

How can you change your internal dialogue to shift your own story about yourself. What is your new story? (Take a moment to write it).

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