



This week, spend time discovering (or rediscovering) your personal *why*.  
Use the worksheet below to explore where meaning is showing up in your life—or where it’s been missing.

## Your “Meaning Finder” Worksheet

### 1. What You Create

List 3 things you’ve created, built, or contributed to that gave you a deep sense of fulfillment.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### 2. Who You Love

Write down 3 relationships that give your life meaning. Then, note *why* they matter so much.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### 3. How You’ve Grown Through Struggle

Think of a hard season you’ve faced. What did you learn or gain from it?

- Situation: \_\_\_\_\_
- What I gained: \_\_\_\_\_

### 4. What Gives You a Reason to Get Up Today?

Describe one thing that gives your life meaning right now.

- \_\_\_\_\_

### 5. What’s One Way You’ll Act on That Meaning This Week?

Make it practical. Make it small. Make it matter.

- \_\_\_\_\_

### Remember:

Meaning isn’t something you stumble upon.  
It’s something you pay attention to.  
Choose it. Build it. Live it.