

4WRD Living a Meaningful Life



How do our values, beliefs, and goals create a meaningful life?



This Course

Goals and Life Meaning

- What gives life meaning?
- Life meaning and well-being
- Goals + Life Meaning
- Build the Right Mindset
- Wrap Up



Do we find meaning, or do we create it?



Think about the meaningful areas in your life



Why are they meaningful?



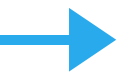
How do they impact which goals you've set for your life?



Activity Time

Reflection

Think about the goals you've set. How has your definition of your life's meaning impacted which goals you've set? How have the goals you've set impacted your perception of your life's meaning?



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The definition of a
meaningful life is highly
subjective.

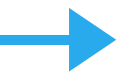
How do you define a meaningful life?



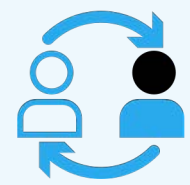
What aspects contribute to your meaningful life? What do you do to contribute?



**Some philosophers
argue we choose
what we value, and
therefore we create
our purpose**



Our perception of our life meaning can impact our well-being



Relationships



Health



Happiness



Stress Level



Career



Finances



Outlook



Reputation



Self-Esteem



Safety



Future



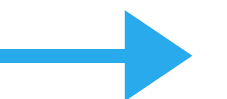
Well-Being



Terror Management Theory (TMT)

Living a meaningful life is critical to every component of our well-being.

Once we define what really matters to us, we expand that meaning by reaching out and helping others. It helps us develop the fullest picture of why our lives matter and make sense



Goals and Life Meaning

GOAL DIRECTION:

The positive benefits of living a meaningful life begin with something real, tangible, and practical...and totally within our sphere of control!

Goals that reach beyond what is familiar move us forward and create meaning and help us make sense of our lives.



Setting goals and doing things that matter



As we set and pursue goals, and strive to do things that matter, our lives begin to make more sense



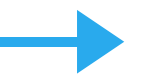
Build the Right Mindset

Working on building a better mindset helps us find our meaning (meaningful direction) - and reap the benefits!



Build the Right Mindset

- Broaden the mind
- Find meaning through growth
- Actively seek "happy"
- Defining core values
- Set values-based goals



1. Broaden the mind

Look beyond yourself

Look beyond yourself. Read. Listen to music. Watch documentaries. Volunteer. Learn new things. Basically, move beyond self-focus to broader society or world-based focus.



2. Find meaning through growth

Look beyond self-assessment to the self as a member of the greater society or world at large.



3. Actively seek "happy"

Look for ways to support others and share authentically with them to build or grow intimacy.

Practice self-acceptance and define your values and beliefs in order to align your life with those beliefs.



4. Define core values

VALUES SORTING

| | | | |
|--------------|---------------|---------------|----------------|
| Accuracy | Creativity | Humility | Purpose |
| Achievement | Dependability | Humor | Rationality |
| Adventure | Duty | Justice | Realism |
| Authority | Family | Knowledge | Responsibility |
| Autonomy | Forgiveness | Leisure | Risk |
| Caring | Friendship | Mastery | Safety |
| Challenge | Fun | Moderation | Self-knowledge |
| Change | Generosity | Nonconformity | Service |
| Comfort | Genuineness | Openness | Simplicity |
| Compassion | Growth | Order | Stability |
| Contribution | Health | Passion | Tolerance |
| Cooperation | Helpfulness | Popularity | Tradition |
| Courtesy | Honesty | Power | Wealth |

Narrow your values from this list to your top three.



5. Setting Value-Based Goals

1 Choose an area of your life

2 Consider why it is essential to make a change based on the value(s) you chose on the previous slide

3 Think about WHY it matters to others that you make this change and HOW it matters

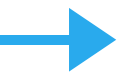
4 If you're able to make this change, how will you positively support your values?

5 If you're able to make this change, how will it impact others positively today? In a week? 5 years from now? 10?

6 Use the SMART framework and turn your big goal into 5 SMART goals

7 Commit to taking action towards your specific goals

8 Lead a more meaningful life!



REFLECTION



As you pursue and achieve your new goals, reflect on how they change your perception of your life's meaning.

How can you grow that meaning even further?



Worksheet

Let's analyze your goals in relation to your life's meaning.



Question 2: Which of the 5 mindset builders will you work on TODAY to help you find more meaning in your life?

Question 1: Which areas of your life could use improvement when it comes to reflecting your values? How is this potentially impacting your well-being?

Question 3: Which goals can you implement today to align yourself with your values and core beliefs? How does that bring you closer to living a more meaningful life?

Summary

Define what a meaningful life is to you.

You can't improve your life if you don't have a definition for what a meaningful life is! It's highly subjective, so think about this for yourself.

Build a better mindset

You can build a better mindset which will give your goals direction, build a life that matters and makes sense to you.

Set value-based goals

You have the power to set goals based on your values. Determine what those values are and improve different areas of your life! See how that impacts your perspective.



Thank you for joining!

if you have any questions or feedback,
please reach out to us at
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WWW.GO4WRD.COM

