



Living a Meaningful Life

How to live a meaningful life
through your goals

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What does it mean to live a meaningful life?

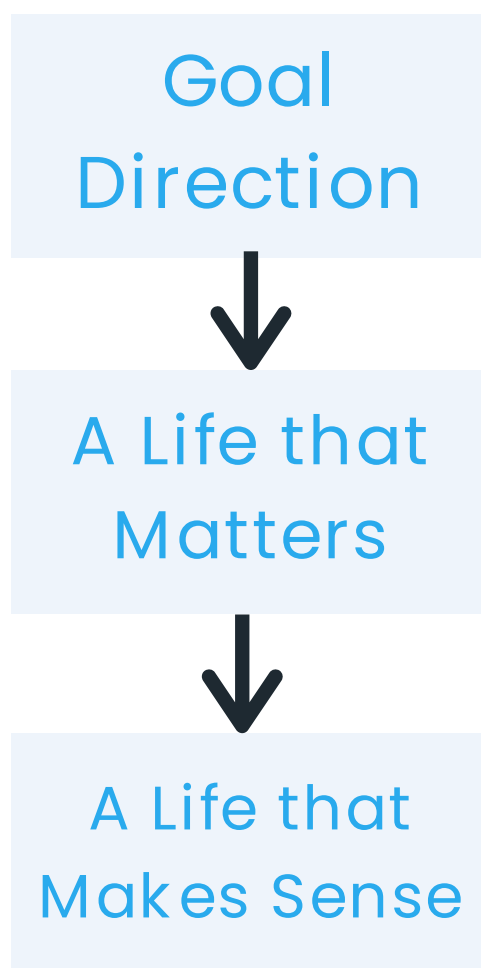
Definition:

What living a meaningful life looks like is highly subjective! Think about what a meaningful life is to you. What do you do that contributes to that?

Life meaning and well-being

Our perception of our life meaning can impact our well-being. Living a meaningful life is critical to every component of our well-being. Once we define what matters to us, we can develop the fullest picture of why our lives matter and make sense

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

Goals and Life Meaning

Starts with...

Building the Right Mindset

1. Broaden the mind
2. Find meaning through growth
3. Actively seek "happy"
4. Defining core values
5. Set values-based goals

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

Broaden the mind

Look beyond yourself. Read. Listen to music. Watch documentaries. Volunteer. Learn new things. Move beyond self-focus to broader society or world-based focus. Use this space to brainstorm what you will commit to doing to broaden your mind.

Find meaning through growth

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

Actively seek happy

Look for ways to support others. Practice self-acceptance and define your values and beliefs in order to align your life with those beliefs. Write down what you can do to seek happy.

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

Choose your
top 3 values
from this list.
Write them
down below!

Set 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 it 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!

Goals and Life Meaning

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

Goals and Life Meaning

Question 1: Which of the 5 mindset builders will you work on TODAY to find more meaning in your life?

Goals and Life Meaning

Question 1: Which goals can you implement to align yourself with your values and core beliefs? How does that bring you closer to living a more meaningful life?

A grayscale photograph of a person climbing a tall, jagged rock formation. The climber is positioned near the top of the rock, which is a prominent, isolated peak. The background shows a hazy, mountainous landscape under a cloudy sky.

Thank You!

We hope you found this workbook on goal-setting useful. We'd love to hear how we helped! Tell us about your experience or how you've improved your goal-setting skills via the contact details below.

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